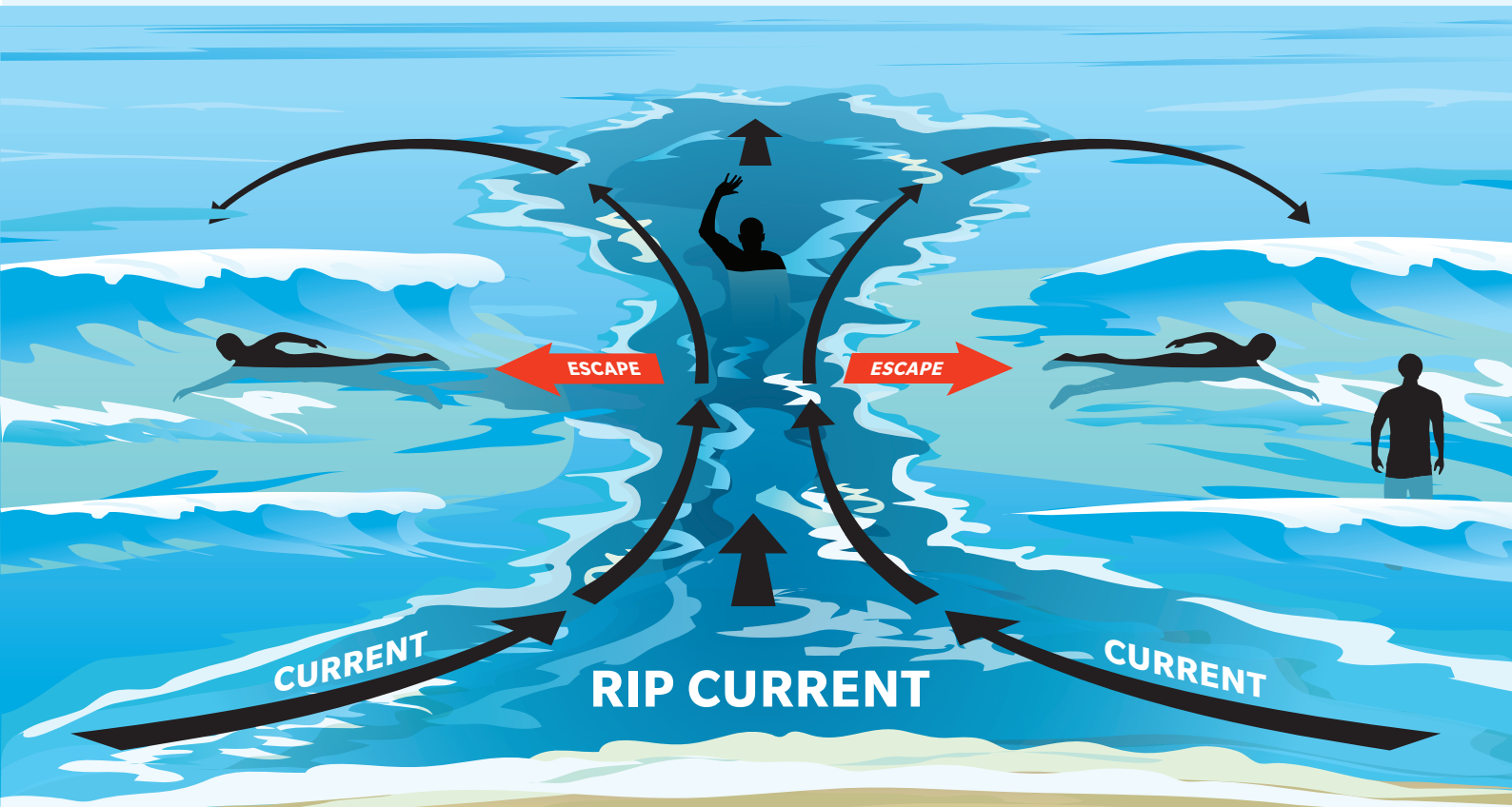


YOU CAN SURVIVE A

# RIP CURRENT

BY KNOWING YOUR OPTIONS



## AVOID RIP CURRENTS

### SWIM BETWEEN THE RED AND YELLOW FLAGS

If you're caught in a rip current, stay calm, conserve your energy and consider these options:



Seek help. Raise your arm and call out. You may be rescued.



Float with the current. It may return you to a shallow sandbank.



Swim parallel to the beach or towards the breaking waves. You may escape the rip current.

**Reassess the situation** If what you're doing isn't working, try one of the other options until you return to shore or you're rescued.

Visit [beachsafe.org.au](http://beachsafe.org.au) or download the app to find out what you don't know about rips.

