


# Tips About Rips



 Always Swim at a guarded beach.

 Swim near a Lifeguard.

 Pay attention to the Flags and Warnings:

▶▶ *Double Red means “Water Closed To Public”*

▶ *Red means “High Hazard” (High Surf/Currents)*


▶ *Yellow means “Medium Hazard” (Moderate Surf/Currents)*

▶ *Green means “Low Hazard” (Exercise Caution)*

▶ *Purple means “ Dangerous Marine Life Present”*

## If caught in a Rip Current:

 Don't panic. Ride it out.

 Don't swim against the current. Swim parallel to the shore (*Tread water or float*).

 Once you're free from the current, swim to shore.



For more information, contact the:  
Drowning Prevention Coalition of Palm Beach  
County 561-616-7068 or [www.pbcgov.com/dpc](http://www.pbcgov.com/dpc)



*The Palm Beach County Drowning Prevention Coalition is collaboratively supported by:  
The Palm Beach County Board of County Commissioners, Children's Services Council of Palm Beach County  
and Palm Beach County Fire Rescue*

# MORE...

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### Did You Know:



Rip Currents aren't undertows- they won't pull you under-relax and don't panic.



Rip Currents cause 150 drowning deaths annually in the US.



Rip currents account for more than 80% of near-drownings in our oceans.



In 2004, Palm Beach County Lifeguards rescued 100 people from Rip Currents and assisted 15 other swimmers.



2 of the 5 Rip Current drownings in 2004 were people who tried to rescue friends or family in trouble.



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