

## GUIDE TO RIP CURRENTS

**DROWNING PREVENTION  
WEEK  
17TH-24TH JUNE 2023**

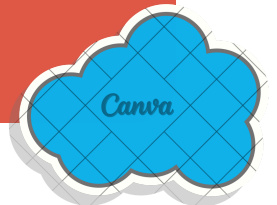
**1**

### **CHECK THE WEATHER**



**RIP CURRENTS ARE STRONGER THAN THEY LOOK**

- <https://www.bbc.co.uk/weather>
- <https://www.surflife.com>



**2**

### **KEEP A REFERENCE POINT ON THE BEACH**

- Check your reference point to see if you have moved.
- Do a quick check every minute.



**STAY IN THE GREEN**



**3**

### **STAY WHERE THE WAVES ARE**

- Avoid rip currents.
- Only go in as far as you can stand.
- Swim parallel to the shore
- Call '999' and ask for the 'COASTGUARD' if anyone is in danger

**LINKS:**

- <https://www.sls.gb.org.uk/>
- Youtube - Dr. Beach: Rip Currents