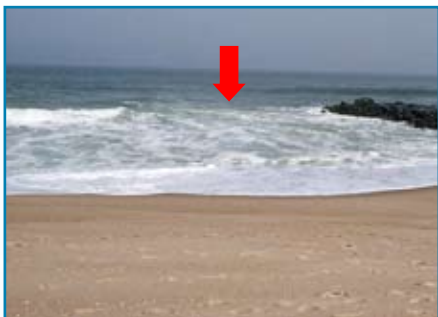
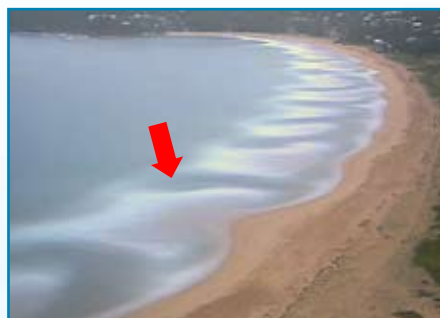


Some types of rip currents



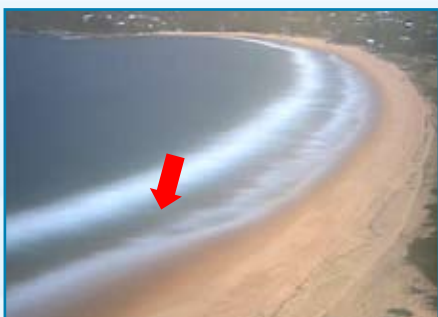
Permanent –
May last for months or years. Caused by permanent structures such as jetties.

Dr. Tom Herrington, Stevens Institute of Technology



Fixed –
May last from hours to months. Caused by a change in the structure of the sandy bottom.

Robert A. Holman, Oregon State University



Traveling –
Move along the beach by a littoral current.

Robert A. Holman, Oregon State University



Flash –
May appear suddenly and disappear just as quickly. Often caused by a sudden pileup of water due to surf. The larger the surf the stronger the rip current will be.

Lifeguard Captain Nick Steers, County of Los Angeles Fire Dept.

LBTBP's 10 surf safety tips

1. Always swim at beaches patrolled by lifeguards.
2. Swim between orange flags located on either side of lifeguard stand; they mark the safest area to swim.
3. Always swim under supervision or with an experienced swimmer.
4. Always obey lifeguards.
5. Report dangerous situations to the lifeguard.
6. Don't swim under the influence of drugs or alcohol.
7. If you are unsure of surf conditions, ask a lifeguard or do not swim.
8. Never run and dive headfirst into unknown waters. Even if you have checked before, conditions can change.
9. If you get into trouble while swimming, don't panic. Float with the current. You should call for help and wave one hand back and forth over your head. Float and wait for assistance.
10. Do not go on the beach or into the water if you hear thunder or see lightning.

This is only a partial list of safety precautions.
Try to learn more about water safety.

Lifeguard In Training Program



Since 1988, the Lifeguard In Training (LIT) Program has offered young men and women, ages 11 through 15, the opportunity to learn all aspects of ocean lifeguarding.

This valuable experience builds self confidence, self discipline, and helps to develop the physical fitness required of young men and women in their preparation for future employment as Long Beach Township Beach Patrol Lifeguards.

To learn more, visit our website at www.lbtbp.com/lit or call (609) 361-1200 for application information.

DANGER ALERT

RIP CURRENTS

The surf environment

A rip is a strong current running out to sea or parallel to the beach. Rip currents are the cause of most rescues performed at beaches. A rip current usually occurs when a channel forms between the shore and sandbar, and waves have built up water which then returns to sea, causing a drag effect. The larger the surf, the stronger the rip. Rip currents are dangerous, as they can carry a weak or tired swimmer into deep water.

How to recognize some rip currents

Rip currents cannot always be differentiated nor distinguished from the surrounding water. Often a rip current gives no visible warning of its existence, however, certain indications may indicate rip current conditions. The conditions which may indicate a rip current are:

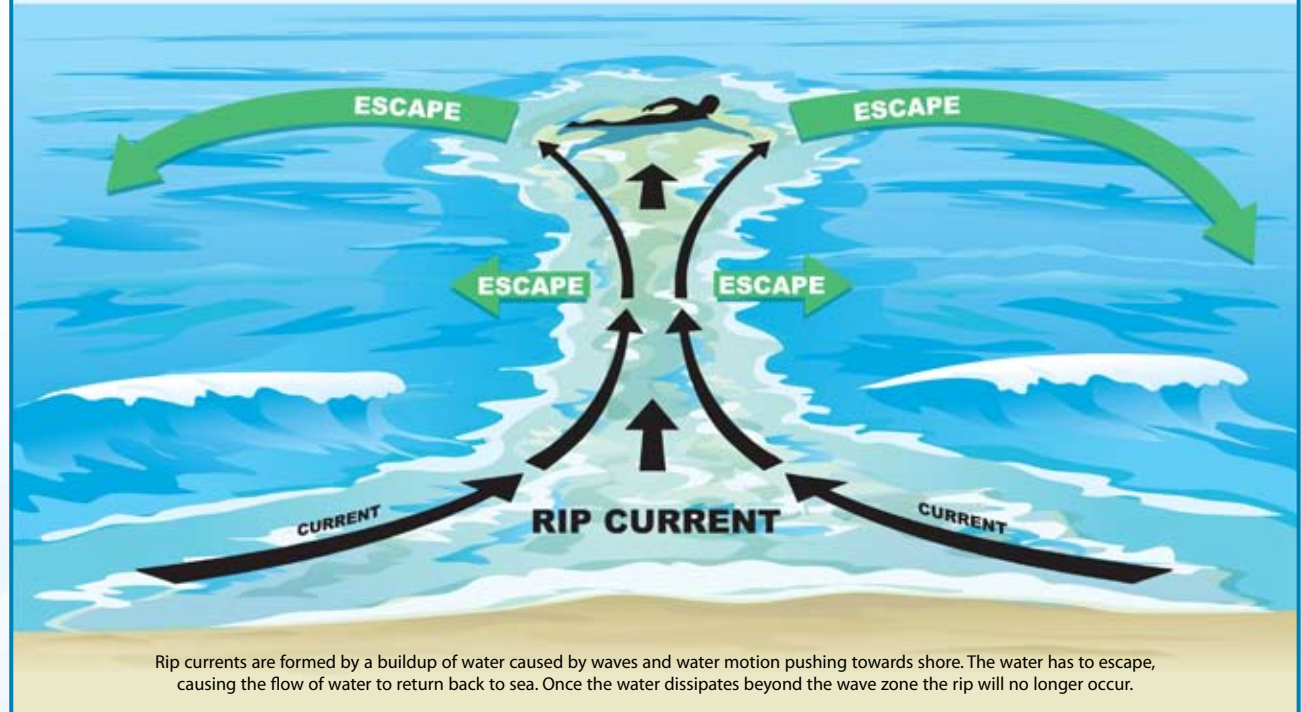
1. A channel of fast moving, churning, choppy water.
2. A difference in water color.
3. Any objects in water moving out to sea.
4. A break in the incoming wave pattern.

These conditions are not always present.

How to escape a rip current

1. Stay Calm.
2. Float to regain energy, do not fight the current.
3. Escape the current by swimming across the direction of water flow. Once free from the rip, adjust your direction and swim back to shore.
4. If you are unable to escape by swimming, float or tread water.
5. If you are unable to reach the shore, face the shore and wave your arm above your head, yell for "HELP" to draw attention to yourself.
6. When you regain energy or the current weakens, swim across the direction of water flow. Once free from the rip adjust your direction and swim towards shore.
7. Do not panic, the rip current will dissipate in deeper water.

One Example of a Rip Current



Dave Brenner, Sea Grant

How to help someone in trouble

1. Do not become another victim.
2. Get help from a lifeguard.
3. If no lifeguards are present, look for surfboard riders or other people with ocean experience.
4. Tell the victim to float and do not panic—assistance will be on the way.
5. Yell instructions to the victim on how to escape.
6. If possible throw a floatation device to the victim.
7. Call 9-1-1 for assistance.



Surf & beach safety

Understanding the ocean is very important— the more you know about how waves, wind and tides affect conditions in the water, the better able you are to keep yourself safe, or even warn others away from danger. Recognizing danger signs and awareness of surf conditions is an essential way to keep yourself, family, and friends safe.

Sun safety precautions

SLIP!
SLIP ON A SHIRT...
SLOP!
SLOP ON SOME SUNSCREEN...
SLAP!
SLAP ON A HAT...
SLIDE!
SLIDE UP AN UMBRELLA!

