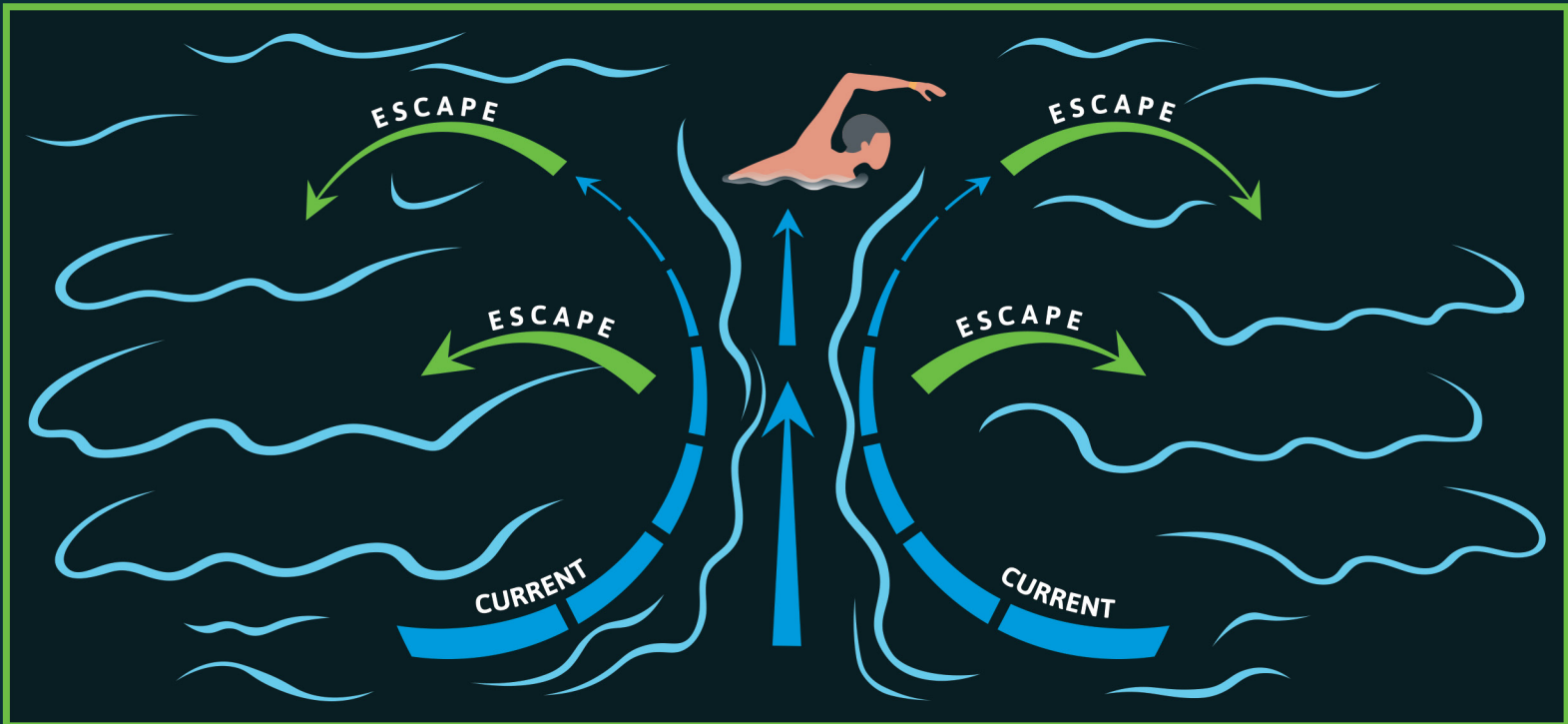


BE READY FOR RIP CURRENTS



Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer away from shore or their desired path. If at all possible, swim within eyesight of the nearest lifeguard.



SAFETY PRECAUTIONS

- If possible, swim near a lifeguard.
- Don't swim alone.
- Heed warning flags on the beach.
- Develop strong swimming skills. For information about swimming classes for all ages, please visit your local Semper Fit.

CAUGHT IN A RIP CURRENT?

- Relax. Rip currents don't pull you under.
- Don't swim against the current.
- Swim parallel to the shore until you're out of the rip. Then swim to shore at an angle.
- If you can't escape the current, float or tread water. Yell or wave to gain attention for assistance.

AQUATIC READINESS - MARINES

- The Marine Corps is an amphibious force designed to execute operations near shorelines. Marines must be proficient swimmers.
- Rip currents have claimed the lives of Sailors and Marines diving, snorkeling and surfing.
- The Marine Corps provides a Swim Survival Skills Training (S3T) Program with a progressive swim curriculum to aid Marines in passing swim qualification. For more information, visit the link below:
www.fitness.marines.mil/water-survival