

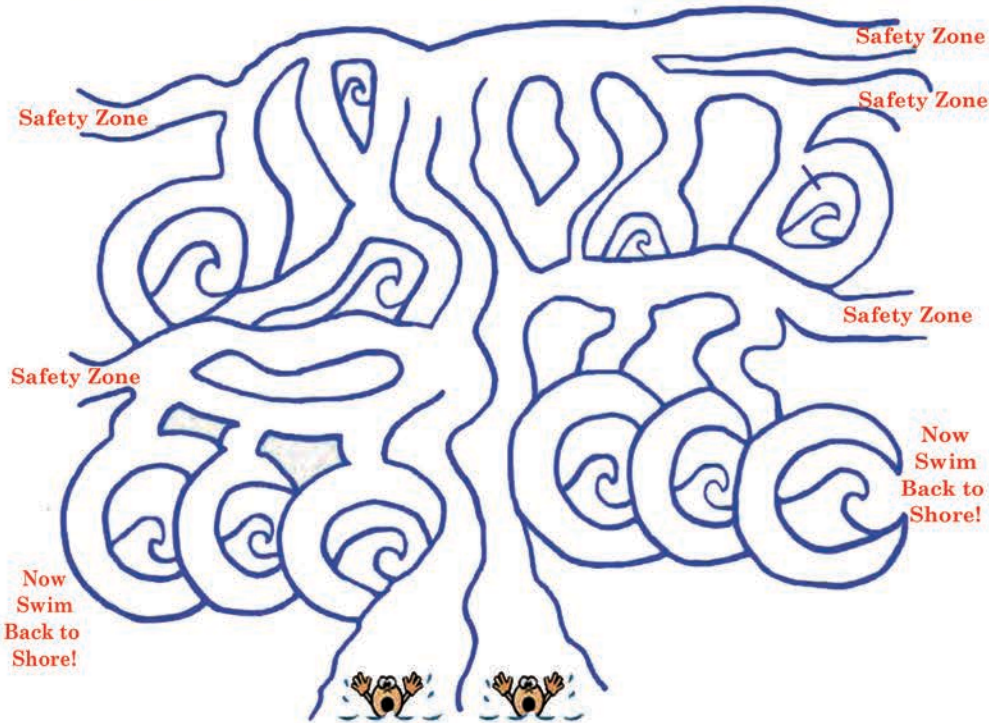
If Caught in a Rip you can Conquer the Current by:



1. Stay LACM!
2. DO NOT FIGHT the RERUNCT, just go with the flow.
3. To escape, swim to your FELT or GIRTH side, along the beach and away from the current.
4. If you can't escape relax, LOFTA or DRTEA water.
5. Call or wave for LEPH!

Break the Grip of the Rip

Swim carefully into this rip current maze and try to escape to a safety zone. Be careful and don't fight the currents and hit a **DEAD END**!
 CHALLENGE: Try to find at least 6 paths to the safety zones!



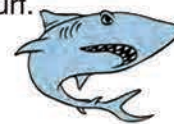
START



Rip Current True or False

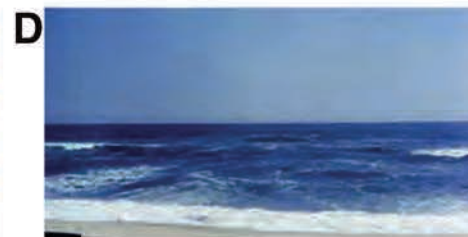
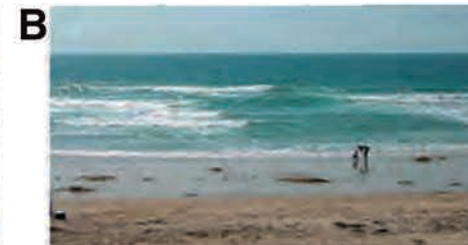


1. ___ Rip currents are a flow of water moving swiftly towards the beach.
2. ___ Rip currents can be found in calm patches in the surf.
3. ___ Rip currents are more dangerous to ocean swimmers than sharks.
4. ___ You should swim near structures such as jetties, groins and piers to avoid rip currents.
5. ___ Rip currents can pull you underwater.
6. ___ Not even Olympic swimmers can swim against the power of a rip current.



Recognize the Rip Current!

With a keen eye you may spot a rip current while looking out at the ocean before you even get wet. Can you guess what **TWO** pictures below are views of rip currents from the shore?



Know These Tips About Rips

FACT

Rip currents are the number one cause of ocean surf rescues.

Rip currents form when waves build up so much water pressure near the shore that water overpowers the waves and flows back out to sea.

Rip currents can form and change speed at any time.

SAFETY

LEARN HOW TO SWIM!

ALWAYS swim near a lifeguard

NEVER swim near structures

Don't fight the current

Never swim alone

If in doubt - **DON'T GO OUT!**



NEVER try and rescue someone yourself. Get a lifeguard, yell instructions on how to escape and/or call 911!



For more info about rip currents check out njseagrants.org/ripcurrents

ANSWERS

Wordscramble: 1. Calm 2. Current 3. Left or right 4. Float or tread 5. Help

Maze: Escape through the sides of the maze on left or right parallel to the page.

True or False: 1. False 2. True 3. True 4. False 5. False 6. True

Recognize the Rip Current:

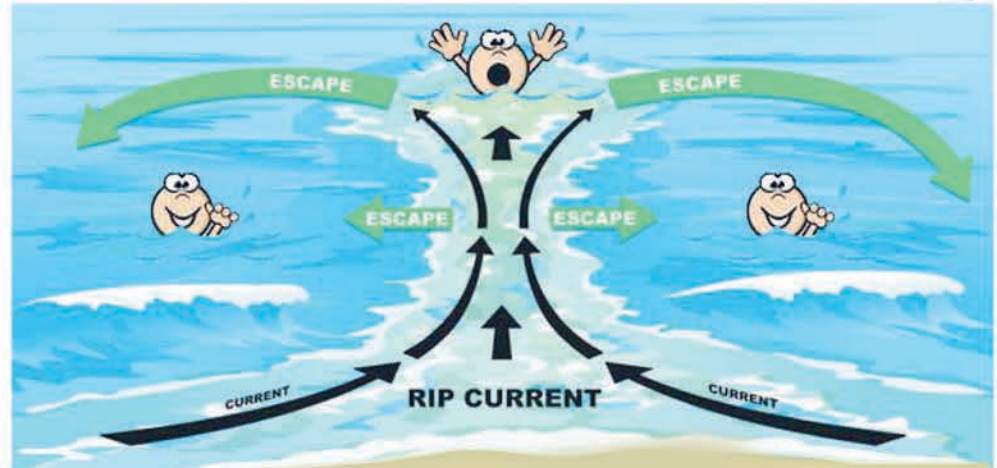
B and D (notice the calm area between the waves)



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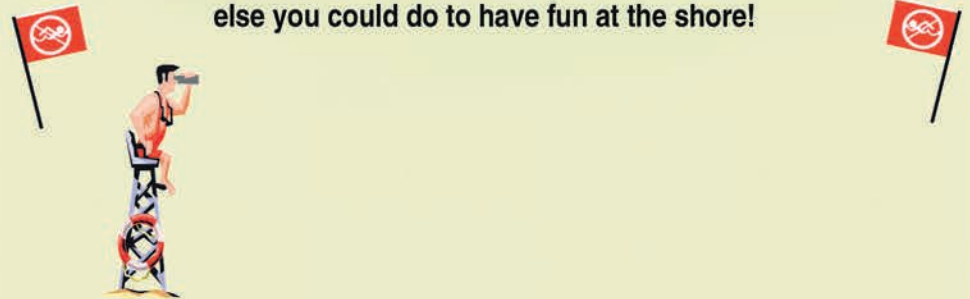
Rip Current Kids

Break the Grip of a Rip



Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.

Since you can't go swimming at this beach below, draw a picture of what else you could do to have fun at the shore!



Always swim near a lifeguard. Red flags mean unsafe or no swimming.



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