

Tips To Avoid, Escape, And Survive Riptides

Summer is the perfect time of year to relax and enjoy being a beach bum.

For a lot us, that means soaking up some rays before swimming in the surf. But, it's important to be aware of the dangers of the sun and surf, so that your beach day stays as safe and perfect as possible! That's why it's important to protect your fun and your life by being aware of one of the big hidden risks of the ocean: unexpected riptides (strong currents) that can and will come up out of nowhere.

It is well worth it for your family time to learn the basics!

Avoid

Know that the risk is there.

Watch the flags!

Watch the waves.

Stay out of dangerous conditions.

This means avoiding the ocean when red flags are out.

Keep an eye out for storms coming in, but know that riptides can occur when conditions look perfect.

Don't go out over your head.

Never swim alone.

Keep your feet on the bottom.

Escape

Call attention to yourself.

Yell the word "Help!"

Swim parallel to shore.

Try not to panic.

Don't fight it.

Float until help arrives.

Survive

Survival starts with knowing how to Avoid & Escape!

Do you have any other life-saving tips?! Please SHARE any and all lifesaving tips!