

LIZZIE AND LUKE'S LIFESAVING LESSON: RIP CURRENTS

Rip currents are strong currents of ocean that flow outwards from the shore, through the surf zone and into deeper water.

Rip currents can quickly change shape and force, and can be difficult to see. Often, rip currents can be indicated by deeper, darker-coloured water, where few waves break and sometimes display a rippled surface.

If you are caught in a rip current, try to remain calm and raise your arm to let others know you require assistance. Swim parallel to the shore, or towards breaking waves, and use them to help push you back in to shore.

To reduce the chances of being caught in a rip current:

Always swim between the red and yellow flags!



The diagram (above) shows a rip current pulling out from the shoreline. The black arrows indicate the best direction to swim to escape the rip current.

A Lesson with Lizzie and Luke;
aims to help beach goers be better educated in beach safety.

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