



NEIGHBORHOOD BEACH WATCH

Safe Rescue

- Avoid if possible.
- Don't attempt unless you are competent in current conditions (wave size, water temp., etc.).
- Assure help is on the way (other surfers/swimmers, emergency personnel, etc.).
- Get a floatation device!
- Approach with caution – **don't let them grab you!**



Observe & Report

- Get help from a lifeguard.
- If a lifeguard is not available, have someone call 9-1-1.
- Throw the rip current victim something that floats--life ring from pier, surfboard, body board, or a cooler.
- Yell instructions on how to escape.
- Remember, **many people drown while trying to save someone else from a rip current.**

(949) 361-8219
911



Community Partnership Program

“Working together to save lives”

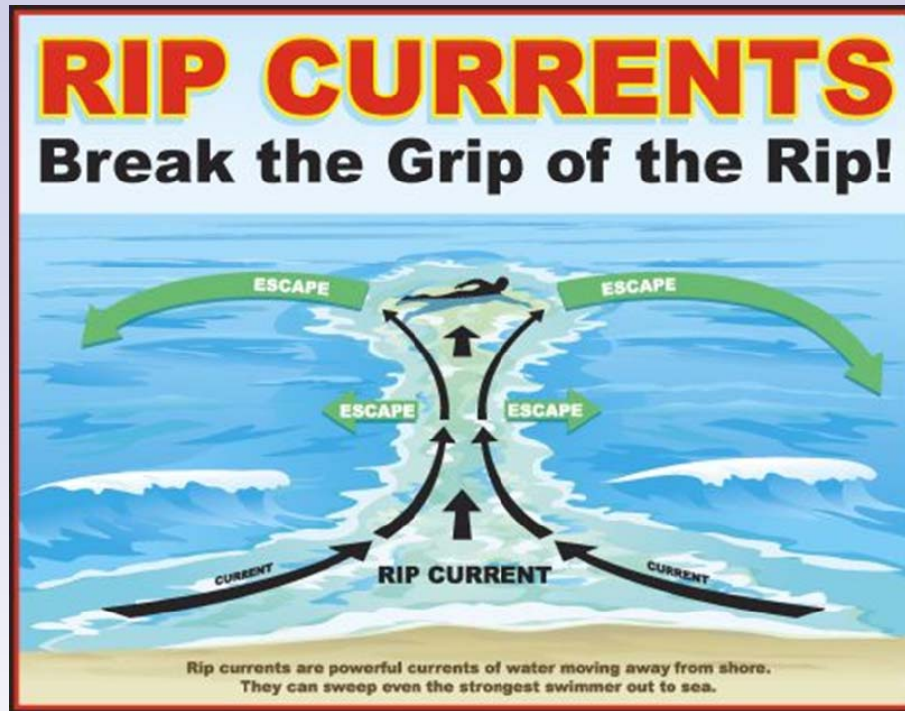
Ocean Hazards

What is a Rip Current?

It is a strong channel of water that flows seaward from near the shore, typically through the surf line.

Rip Currents are the leading cause of swimmers in distress.

You can sometimes recognize a rip current by the brown, choppy, foamy water moving seaward.



How do I escape a Rip Current?

- Remain calm to conserve energy and think clearly.
- Never fight against the current.
- Think of it like a treadmill that cannot be turned off, which you need to step to the side of.
- Swim out of the current in a direction following the shoreline. When out of the current, swim at an angle--away from the current--towards shore.
- If you are unable to swim out of the rip current, float or calmly tread water. When out of the current, swim towards shore.
- If you are still unable to reach shore, draw attention to yourself by waving your arm and yelling for help.

Victim Detection

- Making no progress or moving backwards in a rip current
- Waving for help
- Hair in face
- Double arm back stroke
- Climbing the ladder
- Swimmer facing shore
- Taking waves on the back of the head
- Panicked look on face
- Small children
- Weak swim stroke
- Bailing on bodyboard or surfboard
- No fins in large surf
- Fully or partially dressed in non-swim attire
- Paddling further and further out – afraid to come in
- Struggling to keep head above water
- Going over the falls
- Floating face down
- Caught in lateral current moving toward pier, rocks or jetty
- Broken leash/lost board
- Multiple people on single floatation device

If you see someone in trouble, call for help!
Don't become a victim!