

# Swim in areas with lifeguards and obey all warnings!

## If caught in a rip current:

**Stay calm. Don't fight the current.**



**Swim parallel to the shore  
until you are out of the current.  
Turn and swim to the shore.**



**Otherwise, float or tread water  
until you are out of the current  
and then head to shore.**



Download the Red Cross Swim  
App for more water safety tips.



**American  
Red Cross**