# How to Escape a Rip Current

Most rescues by lifeguards at ocean beaches occur when a person gets caught in a rip current. Ask the lifeguard about ocean conditions and rip currents **BEFORE** you go in the water. Rip currents are caused by the powerful force of the ocean that pushes water up the beach and gravity that pulls the water back.

TO ESCAPE A RIP CURRENT, SWIM PARALLEL TO SHORE.

To Escape

To Escape

To Escape

Lateral Current

Lateral Current
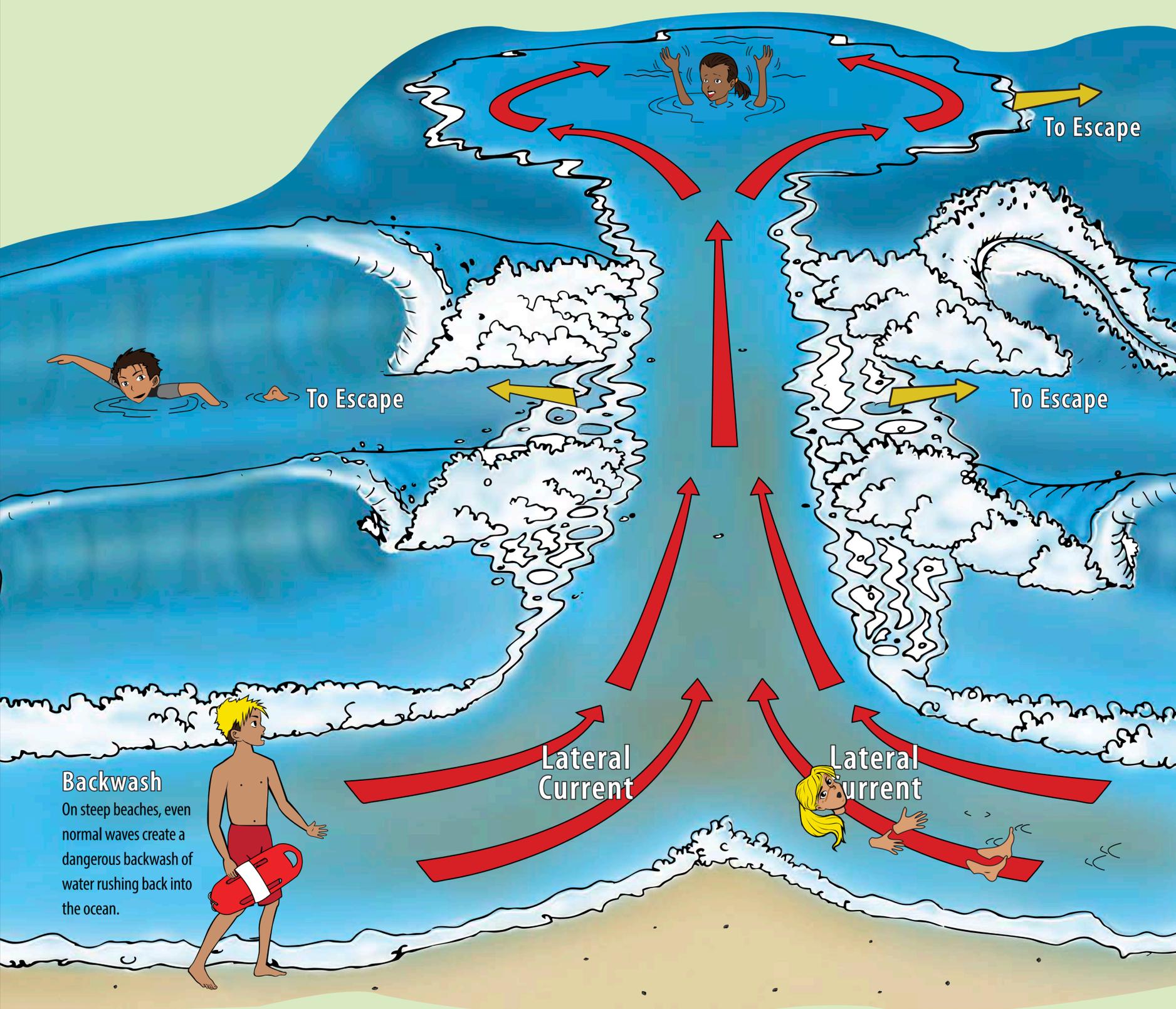
Backwash
On steep beaches, even normal waves create a dangerous backwash of water rushing back into the ocean.

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