

RIP CURRENTS

The facts

Rips are strong currents running out to sea. They can take you from the shallows very quickly and leave you out of your depth.

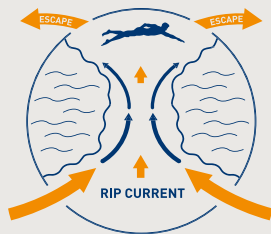
Rips are especially powerful in larger surf, but they're also found around river mouths, estuaries and man-made structures like piers and groynes. They can catch even the most experienced beachgoers out, so don't be afraid to ask lifeguards for advice. They will show you how you can avoid rips.

How to stay safe

If you are caught in a rip:

- Stay calm – don't panic.
- If you can stand, wade. Don't try to swim.
- If you have an inflatable or board, keep hold of it to help you float.
- Raise your hand and shout for help loudly.
- Don't swim directly against the rip or you'll get exhausted.
- Swim parallel to the beach until free of the rip, then make for shore.

For more information on rip currents, go to ripcurrents.co.uk

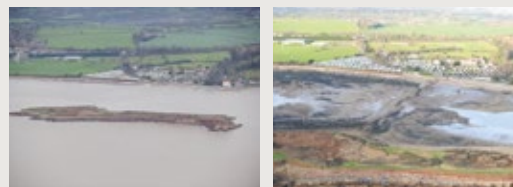


TIDAL CUT OFF

The facts

Tides are the rise and fall of sea levels caused by the combined gravitational forces exerted by the moon, sun, and rotation of the earth.

Tidal cut off can be dangerous. Awareness of the potential risks will help save lives.



Causeway: Access to an island that covers and uncovers during a tidal cycle.

Sandbanks: A flat sandy area with raised banks that allow the tide to flow in all around you, potentially leaving you stranded.

Headlands: Headlands and rocky outcrops can create isolated bays. These bays can get cut off on an incoming tide. Cliffs are hazardous if there is not a safe exit.