

# Rip Currents

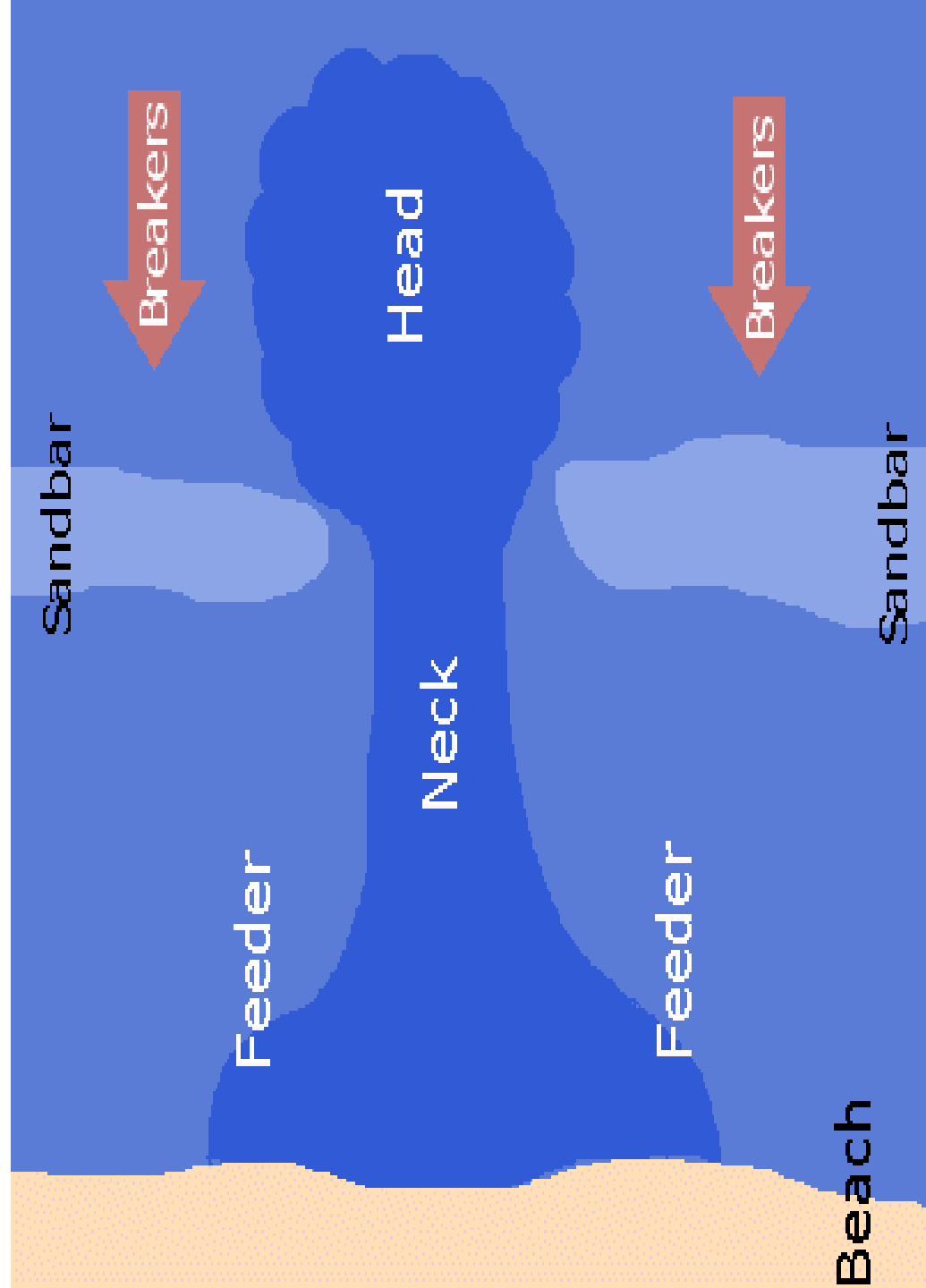
Rip currents cause 80% of surf rescues.

## What is a rip current?

*'A rip current is a body of water moving to find its natural level out to sea.'*

There are 3 main parts to a rip:

- 1). The **Feeder** (The start of the rip)
- 2). The **Neck** (water travelling out to sea)
- 3). The **Head** (End of rip, bowl like shape water travelling round and round)



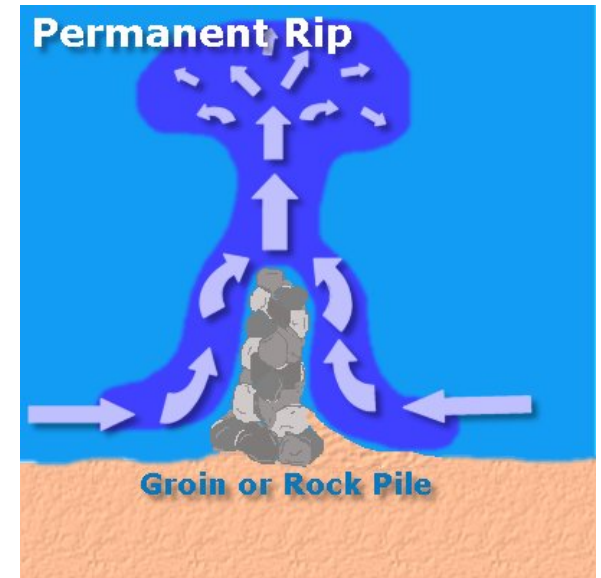
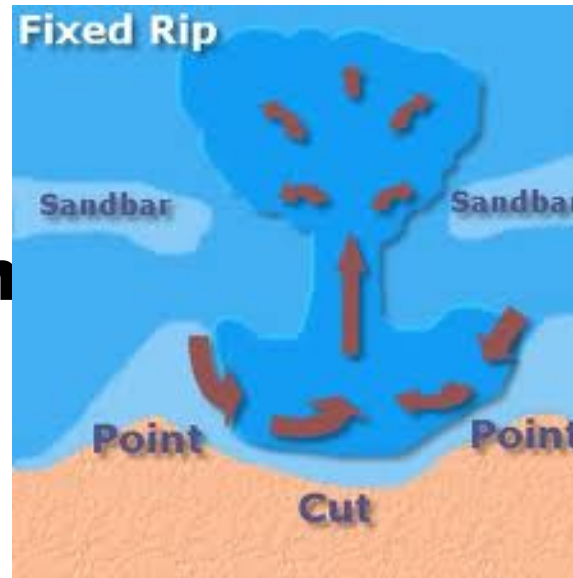
# Types of Rip Currents

Rip currents fall into three types;

**1). Fixed**

**2). Permanent**

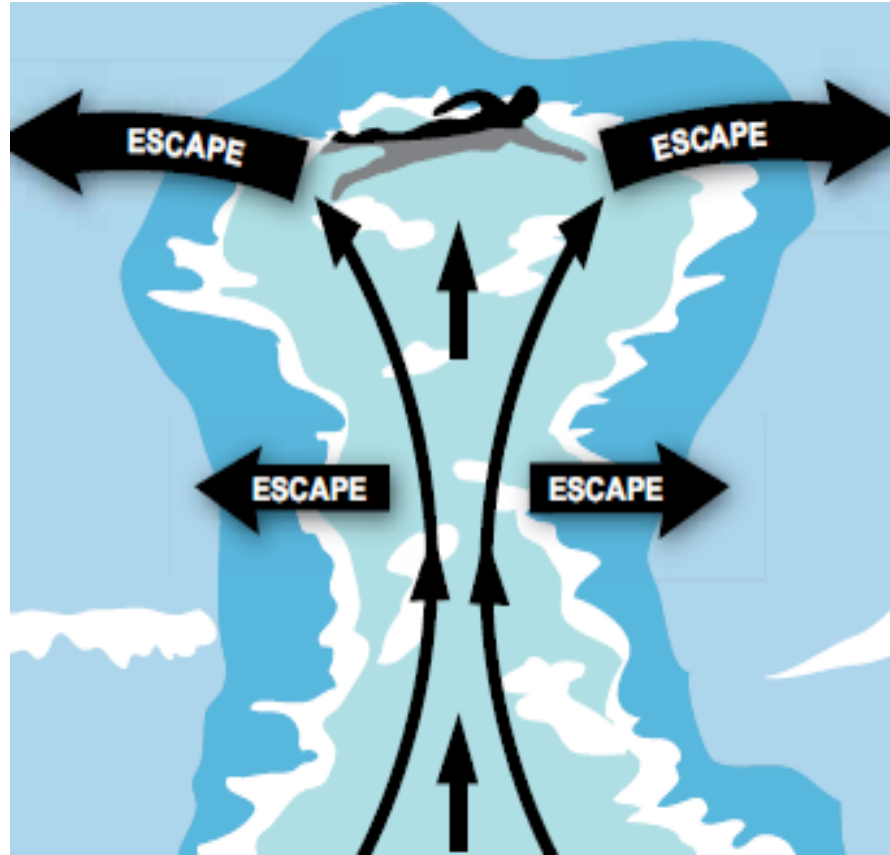
**3). Flash**



# Escaping a Rip Current

## Weak Swimmer:

Swim parallel to the beach at a 90 degree angle until the rip dissipates (usually 30-40m)



## Strong Swimmer:

Swim at a 45 degree angle out of the rip