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South Carolina State Parks

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TIDBIT! Sharks! Jellyfish! Stingrays! Many people are afraid of these creatures when they go in the ocean. But even if we take these animals out of the ocean, there are still dangers lurking. One of the most dangerous is rip currents.

Rip currents are swiftly moving, perpendicular currents of water flowing away from the beach. They most typically form at low tide when breaks in sand bars form.

If caught in a rip current:

- Try to remain calm to conserve energy. Never swim against the current.
- Think of it like a treadmill you can't turn off. You want to step to the side of it.
- Swim parallel to shore to get out of the current.
- If you can't escape, tread water. Rip current strength eventually subsides offshore.

Always review how to escape rip currents to help ensure your family and friends have a safe and fun trip to the beach!

