



Surf Beach Safety

Name: _____

Fill in the blanks to complete each statement.

1. If caught in a rip current, I should remain _____ to conserve energy and think clearly.
2. I should not fight the rip current. Instead, I will swim _____ the shoreline.
3. Once out of the current, I will swim _____ shore.
4. If I cannot swim out of the rip current, I will _____ or tread water.
5. If I am too tired to swim, I will draw attention to myself by facing the shore, calling for help and _____ my arms.