

## Dear tourist:

Although the majority of beaches are suitable for swimming, there are some that because of their ocean conditions, shifting sands, and geomorphology are susceptible to under currents, also known as rip tides.

The following is to provide some useful advice to identify them, as well as freeing yourself in the event you get caught in one, and also some general advice to enjoy the beach safely.

## How can you help someone being dragged by a rip tide?

- Get help from a lifeguard.
- If there is no lifeguard, call 9-1-1.
- Throw the victim something that floats, like a cooler, a life jacket, or a ball.
- Yell the instructions on how to escape, as outlined in this manual.



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**Toll free:**  
800-tourism (800-868-7476)

**Emergency**  
9-1-1

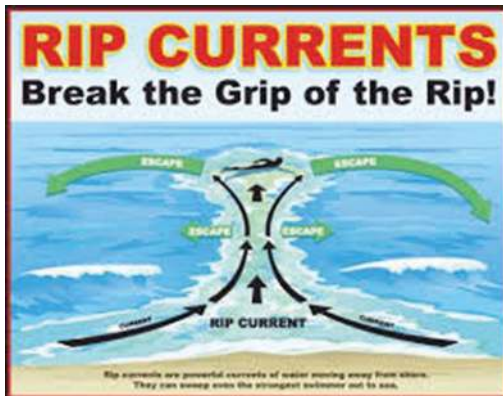
# Safety advice for Swimmers

ICT  
FREE  
SAMPLE



## How can you Identify a riptide?

- A channel of turbulent water moving out to sea.
- An Area that has a visibly unusual color, usually due to swirling sediment from the beach.
- A formation of foam, algae, or litter moving uniformly out to sea.
- A disturbance in the waveline coming to shore.
- Remember that in many cases, these types of currents are unperceivable to the naked eye and although the ocean may seem calm, they still may be present, especially in beaches where the sediment is thick or the sand is white.



## How to avoid being trapped by a rip tide?

- Be very cautious. Ocean conditions can change at any moment.
- Remember that rivers and lakes also have currents that may be dangerous.
- Never swim alone.
- Swim near lifeguards. If there are none, look for signage warning of dangerous currents, or ask some of the locals if the beach is dangerous or not.

## What can I do if a riptide gets a hold of me?

- Try to stay calm to conserve energy.
- Don't fight the current.
- Swim perpendicular to the current or parallel to the beach.
- Once you feel that you are free of the current, swim to shore.
- If unable to do the aforementioned, wade in the water. The force of the current lessens as it goes out to sea. When the current diminishes, swim toward the shore.
- If, at any moment you feel that you cannot reach the shore, get someone's attention: face the beach, wave your arms and shout for help.



## General recommendations for all beaches

- If you can't swim, be careful in the water.
- If you have eaten or drunk any alcoholic beverages, wait at least two hours before going into the water.
- Ask hotel staff, lifeguards, or locals, about the ocean water conditions.
- Look for signage or flags that warn of dangerous ocean water conditions. When you do find flags, red means danger.
- Always be in the presence of another adult who can adequately help you in the event you are in danger or need help.
- If you haven't been trained in first aid, are not skilled at swimming, or overall not in good physical condition, never try to rescue someone on your own who is drowning.
- If you want to try some water sport such as surfing, jet skiing, or others, you should know how to swim.
- If you are traveling with friends, do not play or joke around in a way that can put your life or that of others at risk.
- Learn about the ocean conditions or other natural phenomenon that can change the ocean conditions.
- If you travel to the beach with children, people with physical limitations, or elderly people, stay close to them and never let them out of your sight for any reason.