



CHECKLIST

Spotting rip currents: a beach safety checklist

- ☐ Scan the surf zone for darker, calmer lanes of water cutting through the breakers

- ☐ Look for gaps where waves do not break while they collapse into white water on either side

- ☐ Watch for foam, seaweed or debris moving steadily away from the beach

- ☐ Note any murky or discoloured stripes running perpendicular to the shore

- ☐ Observe the water from a high point if one is available to see the full pattern

- ☐ Check for permanent structures such as piers or groins that create predictable rip zones

- ☐ Swim only within the flagged lifeguarded area and ask lifeguards where rips are located

- ☐ Teach children to recognise the visual signs before they enter the water
