

Know Your Beach

2. RIP CURRENTS

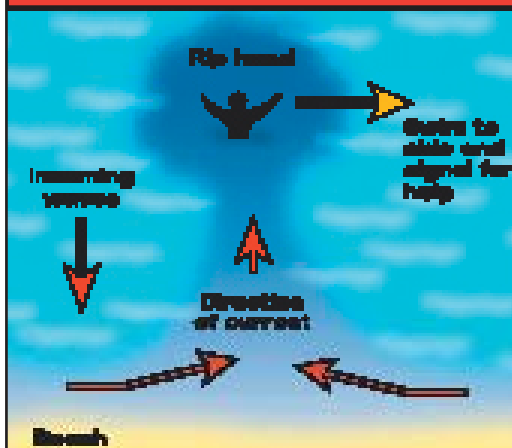
A rip is a strong current running out to sea. It can take swimmers from shallow water up to several hundred metres offshore.

Jan Juc has fixed rips at the creek mouth, between Little Rock and Bird Rock and towards Torquay. Following heavy rainfall, the rip at the creek mouth is particularly strong.

Jan Juc is predominantly a 'bars and rips' beach which means sandbars extend seawards from the beach and form quite deep channels or holes on either side of the bar.



HOW TO ESCAPE A RIP



WHAT TO DO IF CAUGHT IN A RIP

Remember the safest place to swim is between the red and yellow flags.

If you are caught in a rip, obey the three "R's":

- **RELAX:**
Stay calm and float. Do not swim against the current, swim across it.
- **RAISE:**
Raise an arm to signal for help.
- **RESCUE:**
Float and wait for assistance. Do not panic - people drown in rips because they panic. Obey directions from the rescuer.

Swim only in patrolled areas. If in doubt, check with the lifesaver/lifeguard on duty about the conditions.

IDENTIFYING A RIP

Identifying a rip can be very difficult. The following are common signs of the various types of rip currents:

- Murky brown water, caused by sand stirred up by the water movement.
- Foam on the surface and extending beyond the break and debris floating out to sea.
- Waves breaking on both sides of the rip with a smoother surface with much smaller waves inside.
- A choppy rippled effect on the surface of the water.
- The appearance of darker water, indicating deeper water.



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