

# Rip Currents

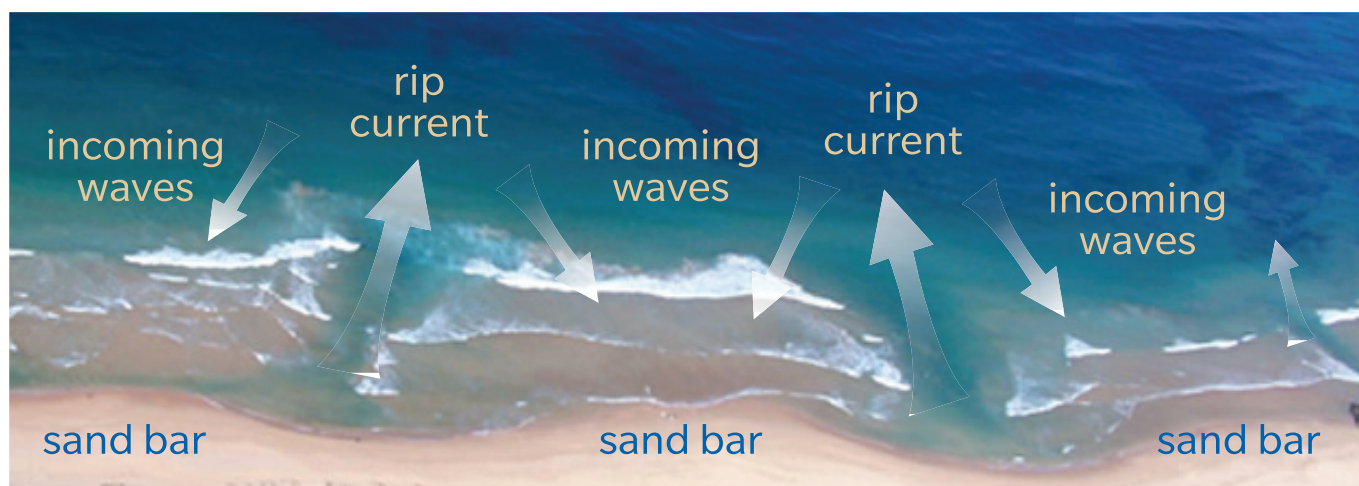
## A common beach hazard

Rip currents are one of the greatest, and most common, hazards on Australian beaches. On average, rip currents are responsible for at least 21 drownings in Australia each year. In addition, lifesavers and lifeguards perform countless rescues each and every year to assist swimmers who have been caught in rip currents.

The majority of drownings traced back to rip currents have occurred after swimmers begin to panic and, contrary to recommendations to swim parallel to shore, attempt to swim against the current directly back to the shoreline.

This leaves them exhausted and unable to stay afloat. Rip currents have also been responsible for claiming the lives of non-swimmers, who were dragged from shallow and waist-deep water into deeper surf.

## How do you spot a rip current?



### How do you spot a rip current?

The key signs to look for are:

- Deeper and/or darker water;
- Fewer breaking waves;
- Sandy coloured water extending beyond the surf zone;
- Debris or seaweed;
- Significant water movement

Sometimes it can be easier to look for where the waves are breaking consistently, and then look to each side where they don't break consistently. Those areas are rip currents.

For more information, visit [lifesaving.com.au](https://lifesaving.com.au)

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