IDENTIFYING RIP CURRENTS

Rip Currents are the main cause of life threatening incidents and drownings

- Look for uneven shaped waves.
- Ask a local resident or lifeguard.
- Discolorations indicate rip currents
- Remain calm, and go with the current.
- Swim parallel to shore.
- Wave your arms and call out for help.
- Tread water slowly, take breaths, and rest by floating on your back.

RIP CURRENTS
Break the Grip of the Rip!

Beauty Can Be A Beast

Our ocean changes rapidly. Especially at some of our most beautiful places in the world. Know the conditions by seeking information before you go.

KNOW CONDITIONS!
HawaiiBeachSafety.com
Kauai Beach Guide APP (on I-Tunes)
NOAA Ocean Hotline 245-3564 EXT. 6
KauaiExplorer.com

IN TIME OF NEED:
Dial 911
Wilcox Hospital Emergency; 245-1010
3-3420 Kuhio Hwy, Lihue HI 96766

* Lifeguard Towers * Rescue Tubes *
* Snorkel with a Buddy * Rip Currents *

KNOW THE CONDITIONS
KNOW YOUR LIMITS
WHEN IN DOUBT - DON'T GO OUT
SNORKEL WITH A BUDDY!

Snorkelers Account for 40% of All Drownings

CONSIDER A SNORKELING COURSE WITH A CERTIFIED INSTRUCTOR.

- Ask a Lifeguard where it's safe to snorkel.
- Be sure no hair interferes with the seal around your face.
- Adjust the strap from the back of your head.
- Only breathe through the mouthpiece.
- Water will surge through the tube if your head is too deep... resurface to blow and clear the tube.
- Periodically check to be sure you are not drifting out to sea.
- Ask about renting a dry snorkel.

REMAIN CALM, DO NOT PANIC, IF YOU ARE HAVING DIFFICULTY WITH CURRENTS OR SNORKEL DEVICE.

KAUA'I LIFEGUARDS HELP SAVE LIVES

Most Drownings/Rescues are at Unguarded Beaches
ASK A LIFEGUARD WHERE IT IS SAFE CONDITIONS CHANGE RAPIDLY!

*10 LIFEGUARD TOWERS
*3 ROVING PATROLS
at ungarded beaches

Kaua'i
2016

- 120,000 Preventative Actions
- 220,000 Personal Contacts

RESCUE TUBES HELP SAVE LIVES

ONLY IF YOU ARE A COMPETENT SWIMMER SHOULD YOU USE A RESCUE TUBE

THERE ARE MORE THAN 200 RESCUE TUBES AROUND KAUAI

If someone needs to be rescued call
911

- Follow instructions on the tube.
- If you have fins use them.
- Unstrap the tube and swim with the current to the victim.
- Pass tube to them WITHOUT MAKING BODY CONTACT.
- Stay calm, float with victim until professional help arrives.
- You can use the tube as a towing device.
- Swim parallel to the shore to where waves can bring both of you to the beach.