

Swimming in the sea? Stay safe



Be prepared for rip currents

A rip current is a strong current close to the coast. The location of rip currents can vary each day.



If you find yourself in a rip current

- Don't panic and cry for help
- Let yourself be carried along, save your energy
- Don't swim against the current: you waste energy
- Swim to the right or left when the rip current loses strength

If you see someone in a rip current

- Raise the alarm: wave to a lifeguard post
- No lifeguard? Call 112
- Don't go into the water yourself

www.texel.nl/veiligzwemmen

Gemeente Texel

.txl

