

# RIP CURRENTS

KNOW YOUR OPTIONS

Rip currents are powerful currents of water moving away from shore.

They can sweep even the strongest swimmer away from shore.

**IF AT ALL POSSIBLE, SWIM NEAR A LIFEGUARD**

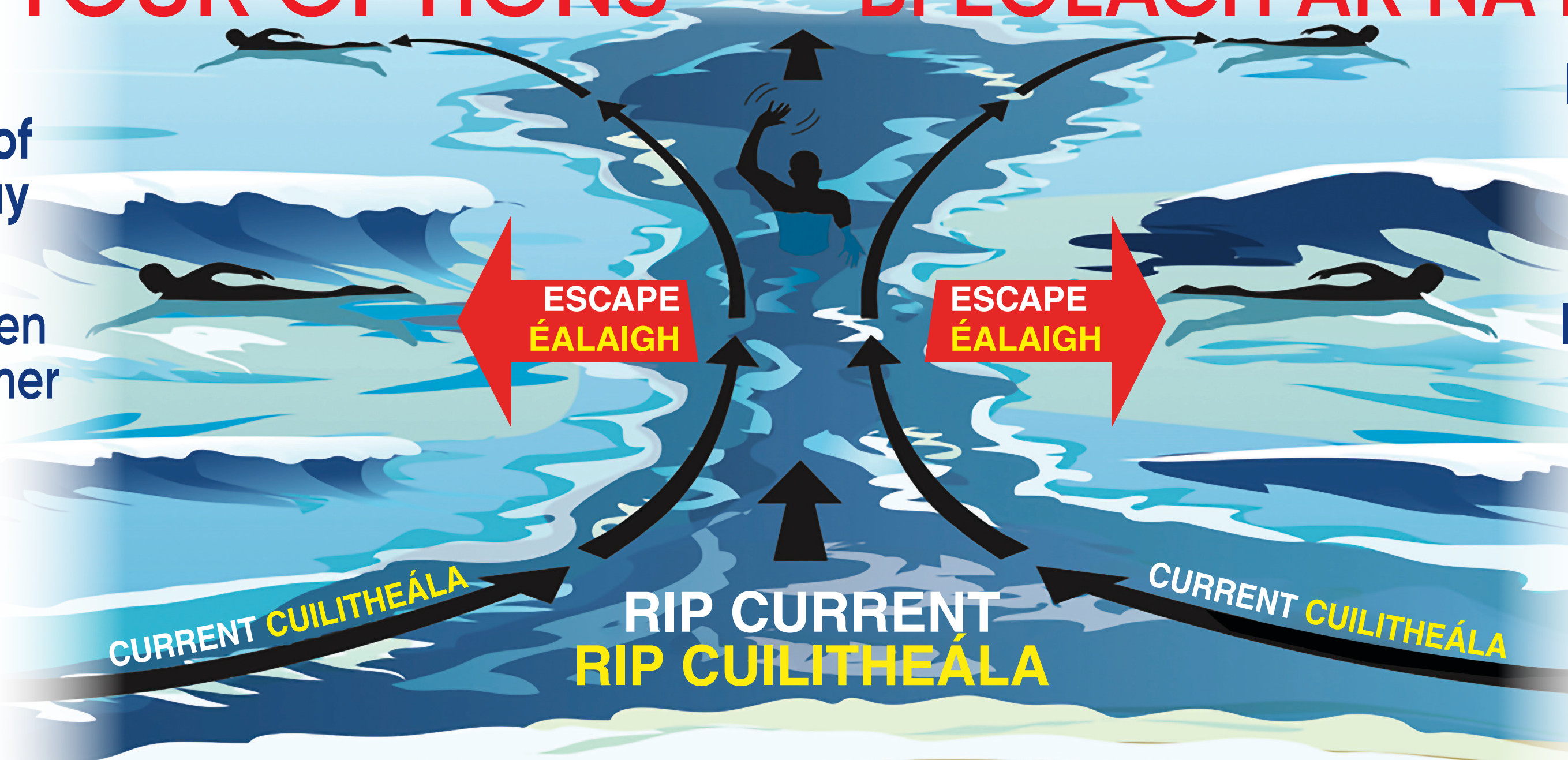
# SRUTHANNA CUILITHEÁLA

BÍ EOLACH AR NA ROGHANNA

Is sruthanna láidre iad sruthanna cuilitheála a ghluaiséann amach ón chósta.

Is féidir leo an snámhaí is láidre a sciobadh amach ón chósta

**SNÁMH IN AICE LE GARDA TARRTHÁLA MÁ S FÉIDIR**



## SAFETY SÁBHÁILTEACHT

- ✓ Know how to swim. Bíodh snámh agat.
- ✓ Never swim alone. Ná snámh i d'aonair.
- ✓ If in doubt, don't go out. Má tá dabht ar bith, fan istigh.
- ✓ Swim near a lifeguard. Snámh in aice le garda tarrthála.

If you see someone in difficulty in the water ring **112** or **999** and ask for the Coast Guard.

Má fheiceann tú duine atá i gcrúachás san uisce cuir glaoch ar **112** nó **999** agus iarr ar an nGarda Cósta.



## IF CAUGHT IN A RIP CURRENT MÁ CHEAPTAR I SRUTH CUILITHEÁLA THÚ

- ✓ Relax, rip currents don't pull you under. Bí ar do shuaimhneas, ní tharraingíonn sruthanna cuilitheála faoi thoinn thú.
- ✓ Don't swim against the current. Ná snámh in aghaidh an tsrutha.
- ✓ Swim out of the current, then to shore. Snámh as an sruth, agus as sin go cladach
- ✓ If you can't escape, float or tread water. Munar féidir leat éalú, déan snámhán nó snámh i do sheasamh
- ✓ If you need help, yell or wave for assistance. Má tá cuidiú uait, déan béic nó croith na ngéag le haghaidh cuidithe

EXAMPLES OF WHAT RIP CURRENTS MAY LOOK LIKE AN CHUMA A D'FHÉADFADH A BHEITH AR SHRUTHANNA CUILITHEÁLA

