Rip Currents are powerful and fast-moving currents of water flowing away from shore. They can sweep even the strongest swimmers out to sea.

If you get caught in a rip current...

**Remain calm.** Conserve your energy and remember to breathe.

**Go with the flow.** Don’t try to fight the current. Float or calmly tread water. **Rip currents are not undertows.** The current will eventually release you offshore. Once this happens, swim at an angle away from the current toward shore.

**Call or signal for help** if you still require assistance, or if there are large waves or shoreline hazards.

Sharks will usually leave human swimmers alone, but chance encounters do happen. Here are some tips to lessen the chance of a shark encounter:

**Do:**
- Swim with a buddy or in a group.
- Leave the water if fish or turtles start to behave erratically.

**Don’t:**
- Don’t enter the water if you have any open wounds or are bleeding in any way. Sharks can detect blood and bodily fluids in extremely small concentrations.
- Don’t enter the water when the water is murky, cloudy, polluted from run-off or has poor visibility for any reason.
- Don’t enter the water at dawn, dusk or night when sharks are most active and/or moving closer to shore to find food. Be aware that some shark species, like tiger sharks, are always active, no matter what time of day.
- Don’t swim, surf or dive near harbor entrances, river mouths and channels, especially after heavy rains. These types of waters are known to be frequented by sharks.

If in doubt, DON’T GO OUT!

For more information on beach safety, please visit the following websites:

**Hawaii Beach Safety**  
www.hawaiibeachsafety.com

**National Weather Service Forecast Office**  
www.prh.noaa.gov/pr/hnl

**Official Ocean Safety Video and Swim Safe Tips**  
County of Maui, Ocean Safety  
www.mauicounty.gov/oceansafety

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Essential Safety Tips

- **Many ocean activities can be strenuous.** Please consult a doctor about any such activities beforehand, especially if you have a preexisting medical condition or are on medication.

- **Know your limits.** If you get tired while swimming in the ocean, you run the risk of drowning.

- **If you are under the influence of drugs and/or alcohol you increase your risk of drowning while in the ocean.**

- **Ocean conditions can change in an instant.** Consult a lifeguard about ocean conditions if one is available.

- **Heed all posted warning signs.** They are there for your protection and safety.

- **Wave heights can increase very quickly.** If you find yourself faced with a large wave, do a "duck dive" underneath the wave and come up behind it, then swim to shore between wave sets. Make sure to check for rocks before you dive.

- **Waves can break in shallow waters and throw swimmers onto shore with great force.** Pay attention to the shorebreak and never turn your back to the ocean.

- **Hazards exist in all coastal areas—not just in the water but on shore as well.** Be careful on sand and rocks, both wet and dry.

- **For stand-up paddle boarders:** You are required to have a lifejacket if paddle boarding beyond the surf zone (half a mile from shore). The U.S. Coast Guard will require any paddle boarders in violation to go back into shallower waters.