Don’t be fooled by calm, flat sections in the surf, because these are often rips. Rips are dangerous because they suck swimmers out to sea very quickly. The safest place to swim is between the flags!

For more information about rips and how to avoid them see www.irmrc.unsw.edu.au

Science of the Surf project – University of New South Wales, Surf Life Saving Australia, NSW Health, NSW Department of Sports, Recreation and Tourism