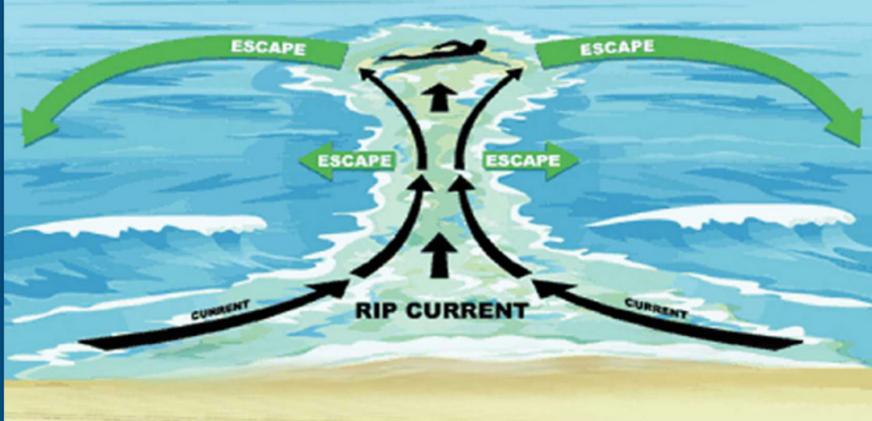


ANOTHER SOLDIER LOST

DON'T LET THIS BE YOU!



HOW TO ESCAPE A RIP CURRENT



Breaking the Grip of the Rip

Rip currents are powerful, channeled currents of water that flow away from shore. They typically extend from the shoreline, through the surf zone and past the line of breaking waves. Rip currents can occur at any beach with breaking waves, including the Great Lakes.

The United States Lifesaving Association estimates more than 100 people die each year on U.S. beaches due to rip currents. Rip currents also account for more than 80 percent of rescues performed by beach lifeguards. The National Weather Service offers the following tips on how to survive a rip current:

- Don't fight the current. It's a natural treadmill that travels an average speed of 1-2 feet per second, but has been measured as fast as 8 feet per second — faster than an Olympic swimmer.
- Relax and float to conserve energy. Staying calm may save your life.
- Do not try to swim directly into to shore. Swim parallel to the shoreline until you escape the current's pull. When free from the pull of the current, swim at an angle away from the current toward shore.
- If you feel you can't reach shore, relax, face the shore and call or wave for help. Remember: Wave and yell ... swim parallel.

Snap, crackle, pop: perilous diving

Ready or Not?

[Click to play the video](#)

Water-Related Mishaps Claim Soldiers' Lives

A Soldier drowned when he was swept away by the current after jumping into a river from a railroad bridge with another Soldier. The Soldier's body was recovered downriver two days later.

A Soldier was swimming in a lake with four other Soldiers when he began to struggle and disappeared underwater. The other Soldiers were unable to locate him and notified authorities. Rescue divers found his body later that evening. There was no lifeguard on duty at the time of the accident.

A Soldier died while swimming in a creek with two other Soldiers. Recent rains had caused the creek's currents to become stronger and the water level to rise. The Soldier's body was later recovered downstream.

[Click here to view more Preliminary Loss Reports on the USACRC website](#)

HERE IT COMES are you ready to swim?

**SWIM AT YOUR OWN RISK
NO LIFEGUARD ON DUTY**

- Always swim with a buddy.
- Avoid drinking alcohol before or during any water activity.
- Select swimming sites that have lifeguards on duty.
- Do not use air-filled or foam toys in place of personal flotation devices - they are not designed to keep swimmers safe.

READY ... OR NOT?

Ready ... or Not is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their "readiness" for what lies ahead—the known as well as the unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making.

So are **YOU** ready ... or not?

ARMY STRONG <https://safety.army.mil>

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