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## Break the Grip of the Rip!

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**Reporters/editors: Brian Doyle, associate NH Sea Grant director, is available for interviews by contacting Rebecca Zeiber at [rebecca.zeiber@unh.edu](mailto:rebecca.zeiber@unh.edu).**

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Durham, N.H. – Beach season is right around the corner. This year, stay safe when you swim by learning the “Break the Grip of the Rip!” Rip currents are strong ocean currents that can pull people away from shore, sweeping even the strongest swimmers out to sea. To raise awareness about this dangerous phenomenon, the National Oceanic and Atmospheric Administration’s (NOAA) third annual Rip Current Awareness Week kicks off June 3.

Sea Grant, a NOAA program, is working to educate the public on the dangers of rip currents. For a free informational brochure explaining how rip currents form—and what to do if you find yourself swept up in one—contact NH Sea Grant Communications (603.749.1565; [rebecca.zeiber@unh.edu](mailto:rebecca.zeiber@unh.edu)), NH Sea Grant, University of NH/Kingman Farm, Durham, NH 03824. Or check out <http://www.ripcurrents.noaa.gov/>.

