



## Sand Bars

Stay out of the water when there are high breaking waves. If caught in a rip current, DON'T PANIC, swim parallel to the shore or float until you are free of the current, then swim back to the shore. Call for help if you see a struggling swimmer. When possible, swim in view of lifeguards.

**Remember:  
White Waves Kill.**

**RIP CURRENTS**  
**Break the Grip of the Rip!**

ESCAPE ESCAPE  
ESCAPE ESCAPE  
CURRENT RIP CURRENT CURRENT

Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.

**IF CAUGHT IN A RIP CURRENT**

- ◆ Don't fight the current
- ◆ Swim out of the current, then to shore
- ◆ If you can't escape, float or tread water
- ◆ If you need help, call or wave for assistance

**SAFETY**

- ◆ Know how to swim
- ◆ Never swim alone
- ◆ If in doubt, don't go out

More information about rip currents can be found at the following web sites:  
[www.ripcurrents.noaa.gov](http://www.ripcurrents.noaa.gov)  
[www.asia.org](http://www.asia.org)

## Beachcomber



## Junior Ranger Explorer

1. Working with your family or friends, complete at least three tasks from each section.
2. Have an adult write their initials by each activity you complete.
3. Return your completed task sheet to a National Park Service ranger at the beach, at the park's main visitor center, or at the Douglas Center.
4. Receive your Junior Ranger reward!!!

### Activities

Use this space to answer the questions.

1. The Lake

2. The Beach

3. The Dunes

## Junior Ranger Pledge

As a Junior Ranger, I promise to protect and preserve the plants, animals and history of the Indiana Dunes National Park. I will share what I have learned about National Parks, and will continue to explore our national treasures.

Junior Ranger Signature

Parent / Guardian Signature



## The Dunes

Hike one of the trails in the beach area. Describe the most interesting thing you found on the trail.

Point out the type of plant or grass that you saw most and describe it.

Point out the most common tree that you saw and describe it.

Find evidence of two animals and list them here.

## The Beach

Explore the shoreline and find three differently colored rocks.

Explore the shoreline and find a small shell with black stripes on it.

Find a small sand dune forming behind a rock, plant, or piece of driftwood.

Leave no trace. Pack out everything that you brought to the beach.

## The Lake

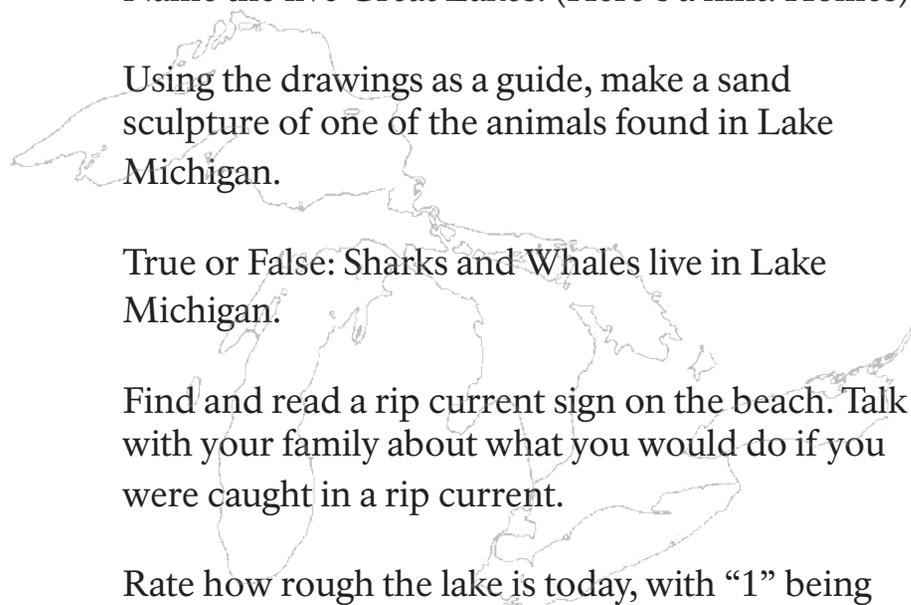
Name the five Great Lakes. (Here's a hint: Homes)

Using the drawings as a guide, make a sand sculpture of one of the animals found in Lake Michigan.

True or False: Sharks and Whales live in Lake Michigan.

Find and read a rip current sign on the beach. Talk with your family about what you would do if you were caught in a rip current.

Rate how rough the lake is today, with "1" being calm and "5" being very rough. How safe is it to swim today.



## Animals of Lake Michigan

Lake Perch



Coho Salmon



Musky



Lake Trout

