

5 WAYS TO STAY SAFE BY THE RIVER

ENJOY THE SUNNY DAYS, BUT BE SMART AND STAY PROTECTED!

INFORMATION FROM - US FOREST SERVICE



Always swim with a buddy.

Safety in numbers.
Always let someone else know where you are.

Wear a life jacket.

Anytime you are in the river, always wear a US CoastGuard approved life jacket. Even if you are a good swimmer.

Avoid walking on rocks.

River rocks are can be slippery causing you to fall and possibly injury yourself.

What to do if you fall in rapid water.

Lay on your back with your legs pointed downstream and your toes pointed to the sky. Watch for rocks. Get out when the water slows and becomes shallow.



If you must cross the river.

Study the area first.
Cross only in areas that are very shallow and slow flowing.