

# Be River Safe

# Survival Swimming

If you end up being swept down a river you need to Survival Swim using the Whitewater Position.

## To Survival Swim use the Whitewater Position:

Float on your back with your head up

Face downstream with your feet and toes just at the surface

Have your arms by your side free to move if needed

Find a quiet spot along the river and use your arms to propel yourself towards the river bank. Switch to swimming or side swimming to get over to the river bank

Turn your hips slightly to one side so that if you bump over rocks your butt cheeks hit the rocks, not your tailbone

## The Whitewater Position allows you to:

- see where you are going
- push off rocks with your feet
- see waves and take a breath before they hit you in the face
- use your arms, if necessary, to steer and maneuver or to slow you down
- conserve your energy
- move to the side of the river ready to swim out of the river.

## When you are Survival Swimming:

- keep your feet up off the bottom so you don't get trapped
- do not try to stand up in moving water. Your feet can easily be caught under rocks. The force of the river may then push you down to the riverbed and hold you there.
- do not abandon the Whitewater Position because you are getting bumped or hurt by rocks. It is better to get a few bruises than get caught on the river bed.

