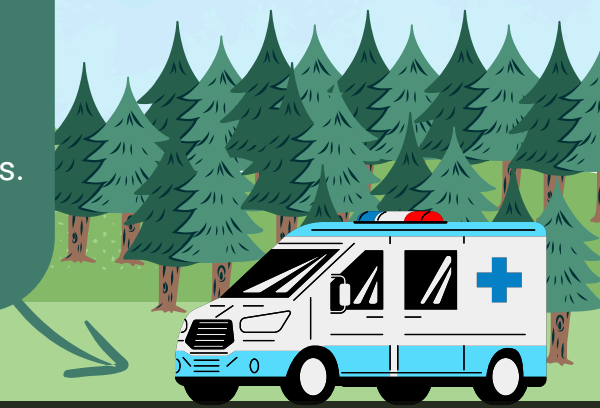


Be River Safe

Jumping In Rivers

Jumping in rivers can be fun but dangerous. Rivers change daily, so always check your spot before you start.

Why Check First- Each year, young people suffer serious injuries from jumping or diving into rivers, often hitting obstacles or the riverbed, leading to paralysis. **Don't risk it**—always check the spot before you jump.



Inform Others of Your Location- Tell family and friends where you're going, as cell service may be unreliable by the river. If your plans change, make sure to update someone.



Never swim, jump, or dive alone; always have a strong swimmer supervising, look out for each other, set safety rules like allowing only one person in the jump area at a time, and ensure everyone understands and follows the rules.



Check Before You Jump - Make sure the water is deep, clear of obstacles, and has no strong currents. Confirm the path and any equipment, like ropes, are safe. Hidden debris and shallow spots can be dangerous, so inspect carefully.



Know your limits—if you're not comfortable or a strong swimmer, don't let others pressure you to jump. **Stay safe.**

For safe jumping and diving, have fun responsibly by ensuring everyone jumps safely, waiting until the area is clear, and avoiding risky stunts or jumps over rocks.

