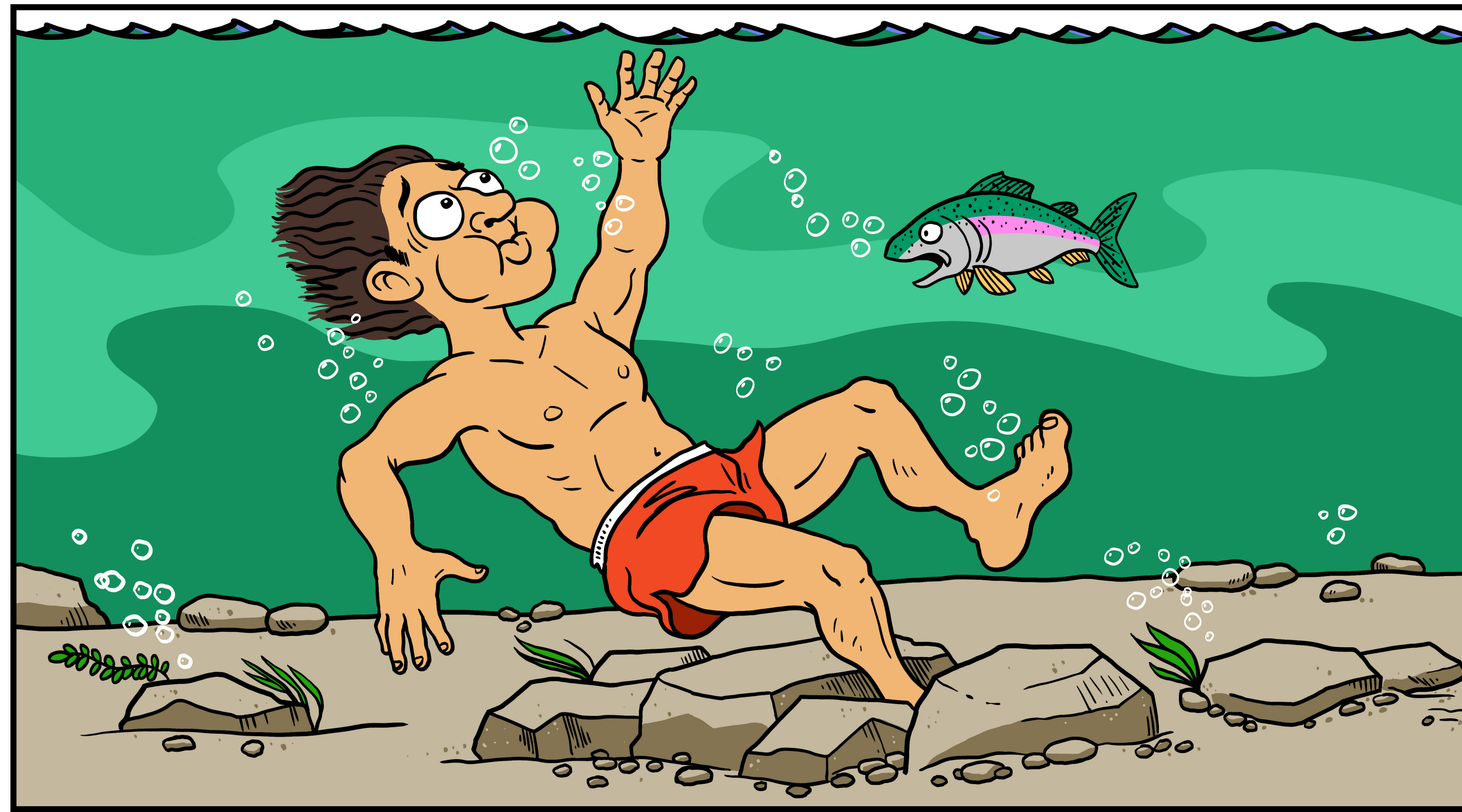
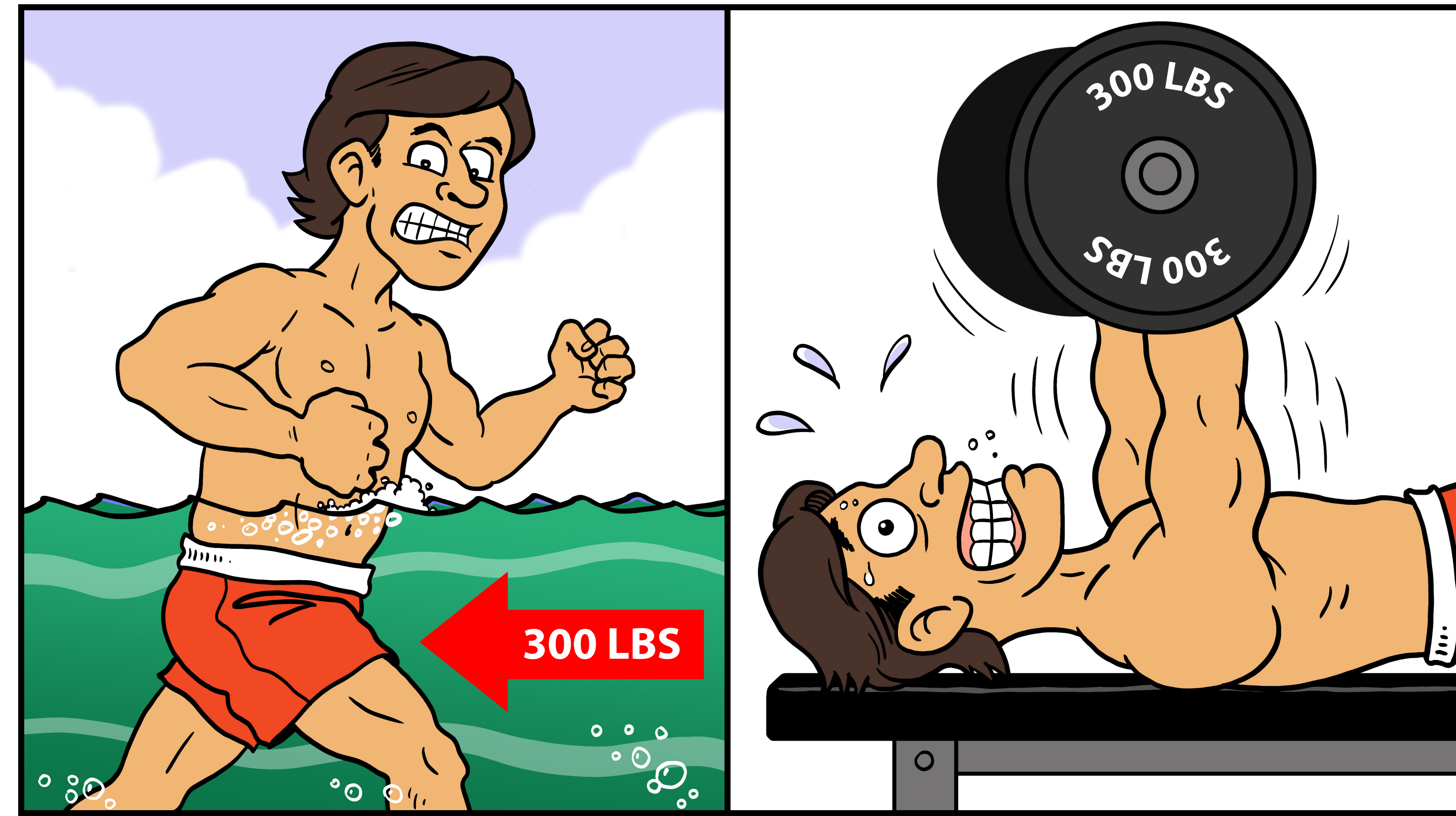


Respect the River: Be aware of potentially hazardous conditions.

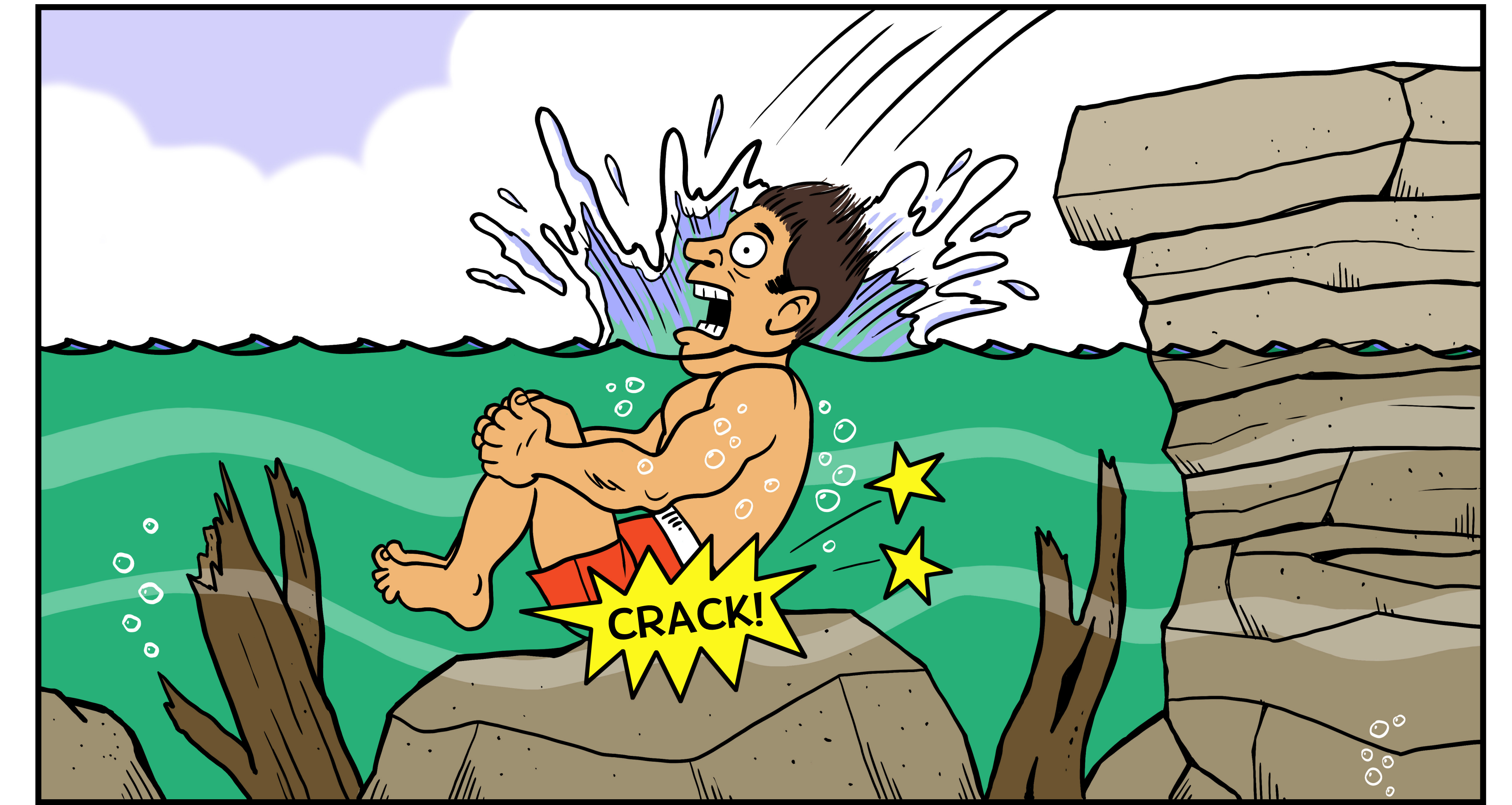
Preventable accidents happen that cause serious injuries or death. Don't bet your life, respect the power of the river!



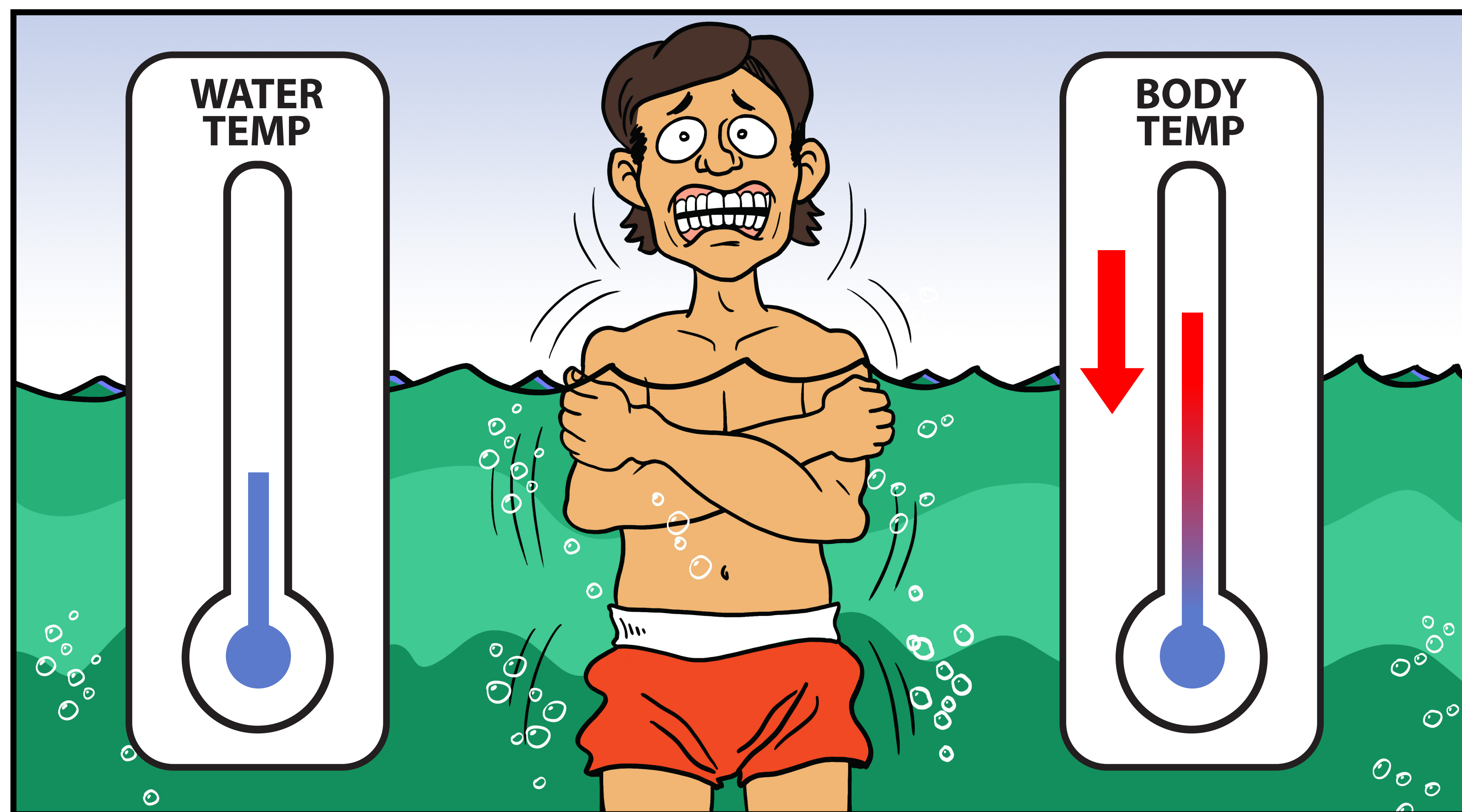
Swift currents can trap you.
Arms and legs can get trapped between boulders and branches. You may not be able to bring your head to the surface for air.



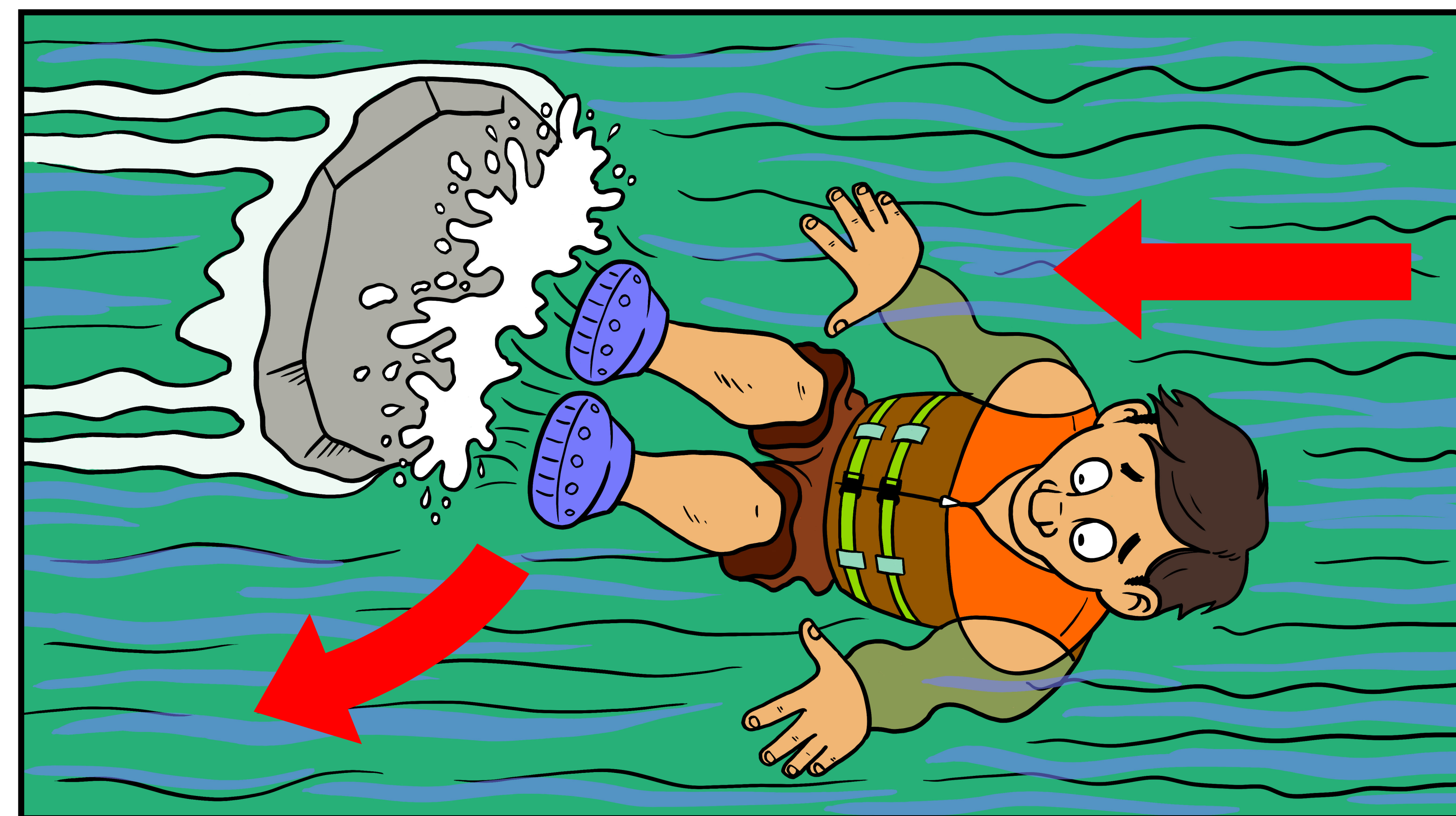
Fast moving water is dangerous.
Water flowing at 8 mph is equal to 300 pounds of constant force.
How long can you bench press 300 pounds?



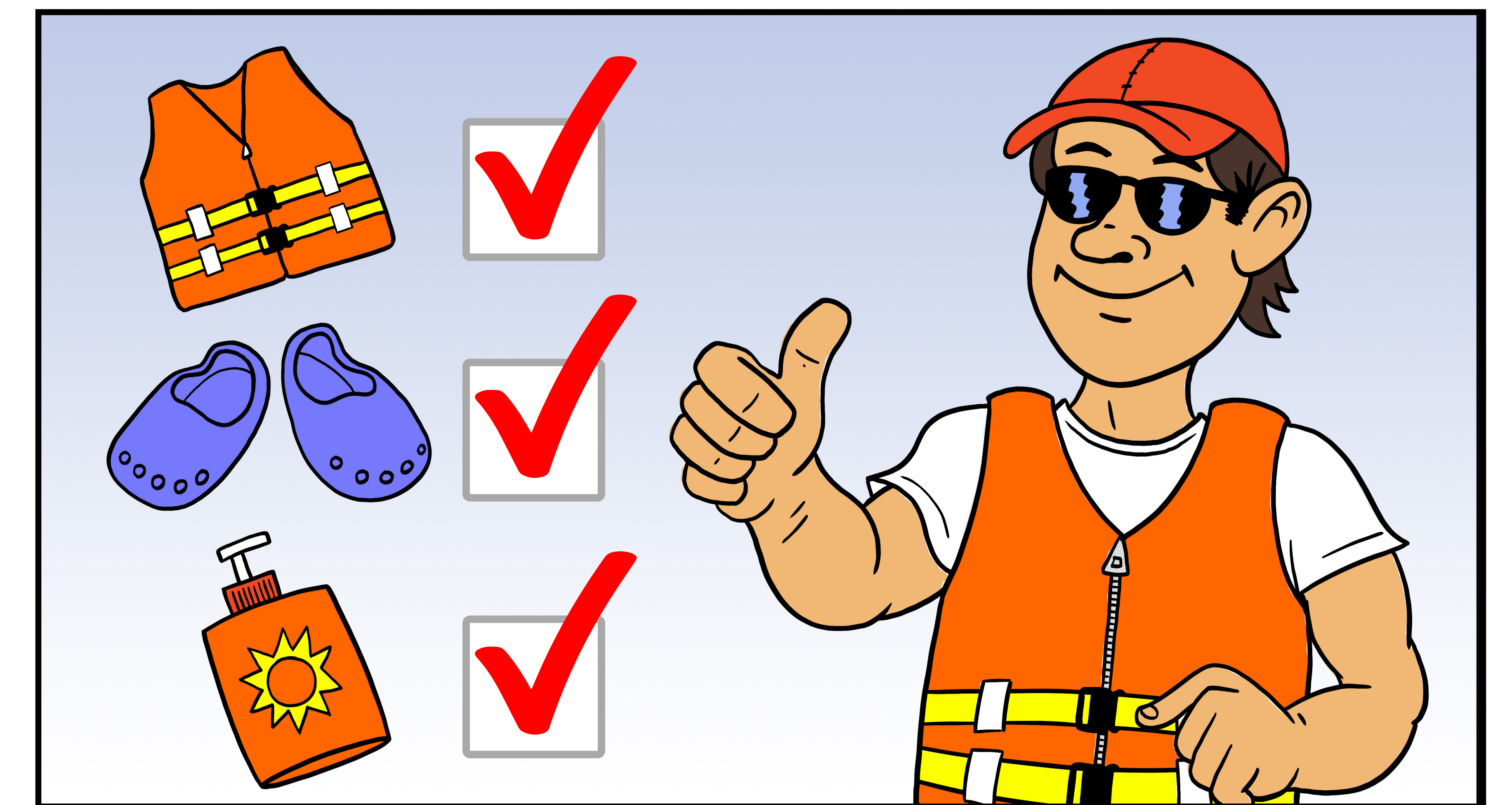
Don't jump into unknown waters.
Rocks, stumps, and other debris may be hidden just below the surface.
People die or suffer serious injuries every year.



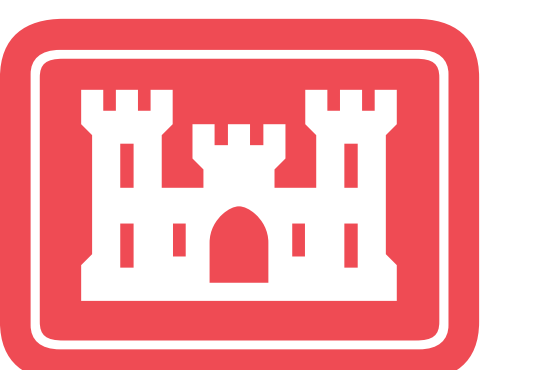
Cold water can be lethal.
Cold water can rob your body of heat in minutes. Without heat, your body will start to shut down.



If you fall in keep your feet up and facing downstream.
This prevents your feet from being trapped between rocks. Use your feet to bounce off rocks, protecting your head.



Always wear appropriate safety gear.
Life Jacket! Shoes! Sunscreen!



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