


# DANGERS OF CLIFF JUMPING

If you jump from 60 feet, which is the same height as a six (6) story building...



**IMPACT  
will be  
42 mph!**

 Impact Speed
<u>120 ft</u> <b>58</b> MPH
<u>100 ft</u> <b>55</b> MPH
<u>80 ft</u> <b>49</b> MPH
<u>60 ft</u> <b>42</b> MPH
<u>50 ft</u> <b>39</b> MPH
<u>40 ft</u> <b>35</b> MPH
<u>30 ft</u> <b>30</b> MPH
<u>20 ft</u> <b>25</b> MPH
<u>10 ft</u> <b>17</b> MPH

Participating in this kind of activity at a U.S. Army Corps of Engineers lake or river project could result in receiving a citation that includes a fine.



US Army Corps  
of Engineers®



Every year people die or are severely injured from jumping off rocks, cliffs, or bluffs.

Cliff jumping puts tremendous stress on your body and can be deadly. Jumping from just 20 feet above the water, will create an impact of hitting the water at 25 mph.

When you hit water, it can feel like you are hitting concrete. If the water cannot be displaced, it will act like a solid. The impact can be strong enough to compress your spine, break bones, rupture organs, paralyze, or kill you.

There is also the possibility of hitting something that is hidden underneath the water. Hitting a submerged object like a rock or tree or the bottom of a body of water can be fatal.

**Is the Risk Worth Your Life?**

