



US Army Corps
of Engineers®

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**

120 ft
58 MPH

100 ft
55 MPH

80 ft
49 MPH

60 ft
42 MPH

50 ft
39 MPH

40 ft
35 MPH

30 ft
30 MPH

20 ft
25 MPH

10 ft
17 MPH

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. 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 like a rock or tree. Hitting a submerged object or the bottom of a body of water can be fatal.

Is the risk worth your life?



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.