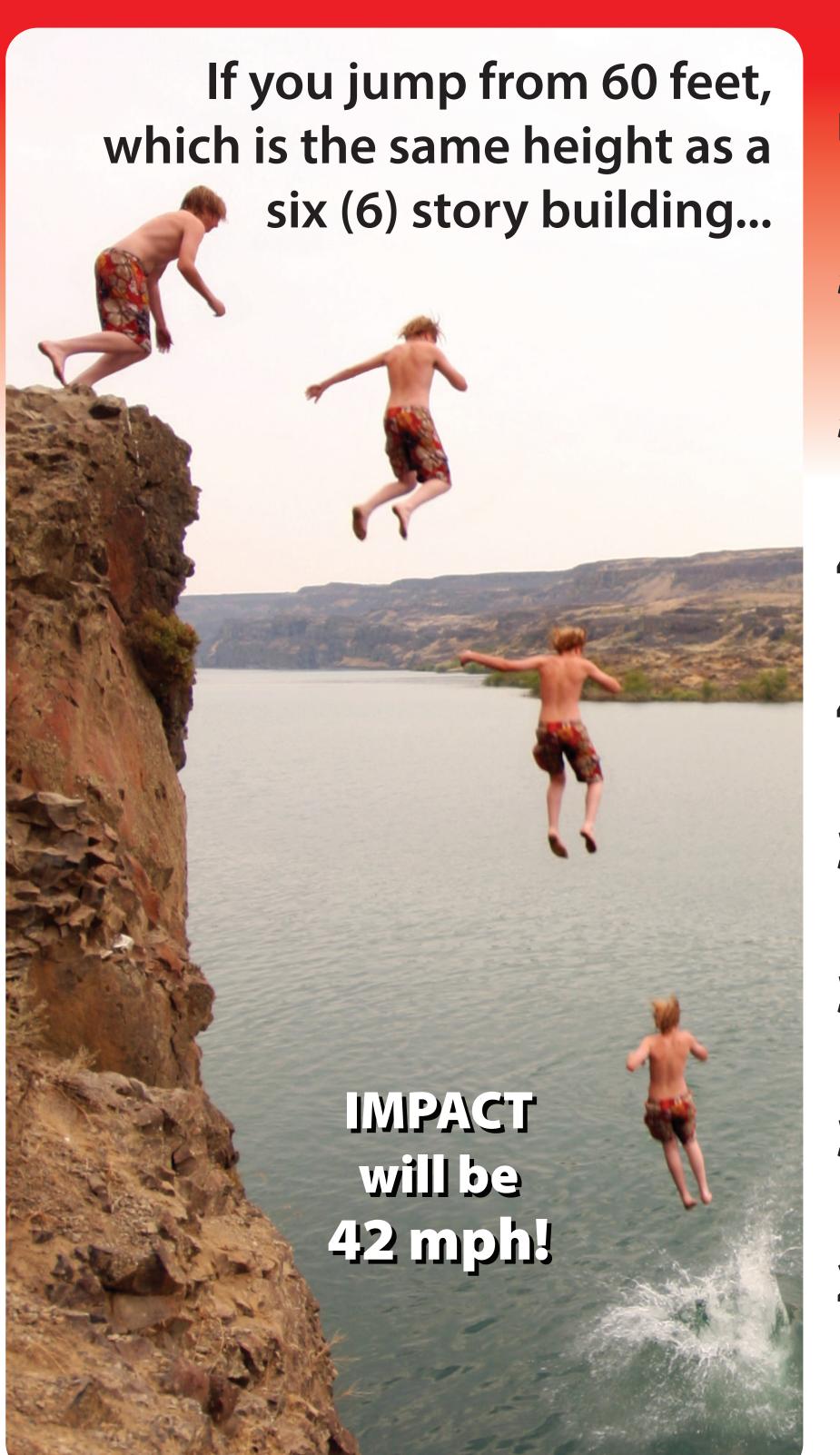


DANGERS OF CLIFF JUMPING





Impact Speed

120 ft 58 MPH

<u>100 ft</u>

55 MPH

80 ft 49 MPH

60 ft **42** MPH

- Z MPI

50 ft 39 MPH

40 ft 35 MPH

30 ft 30 MPH

20 ft 25 MPH

10 ft 17 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.

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?

