

Be River Safe

Diving or Jumping in Rivers

Fact Sheet

STOP AND THINK BEFORE YOU JUMP OR DIVE

Jumping and diving in a river can be fun but can also be dangerous. The river changes every day. You need to check out your jump or dive spot EVERY DAY before you start having fun.

1. Check it out

You need to check:

- depth of the water
- what is underneath the water
- there is no strong current or risk of being swept into the fast-flowing part of the river
- there is a safe way to get to the jumping or diving spot
- any objects like a rope or branch that are used for jumping or diving are safe.

The water could be shallower than you think. Obstacles like a log or tree branch may have washed down the river and got trapped in the swimming hole. People may have thrown rubbish like shopping trolleys, bikes or bags of heavy rubbish into the swimming hole.

If you are climbing up to a jump or dive spot, make sure the track is safe and you won't accidentally fall into the river and have an unsafe landing.

If you are swinging over the river on a rope, check that it is not worn and likely to give way.

Why check it out?

Every year young people hurt themselves when jumping or diving in a river. The injuries are usually serious because when people hit an obstacle or the river bed they can hurt their necks and become paralysed.

Don't risk spending your life in a wheelchair, check out the spot before you jump or dive.

Got a worry about the safety of the river swimming hole for jumping or diving? **Be river safe ... if in doubt STAY OUT.**



Be River Safe ... *know your environment*

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2. Jumping or diving safely

- Have fun but be responsible.
- Make sure everyone jumps or dives safely.
- Wait until the last person is clear of the jumping area before you jump or dive.
- Don't go crazy trying fancy jumps and dives or taking risks like climbing up a steep bank, or jumping out over rocks that could end up with you landing wrongly or missing the deep area of the swimming hole.

Know your limits

If you are not a good swimmer and you are uncomfortable swimming in rivers, don't be pressured by others to jump or dive.

Stay within your limits.

Respect mates who don't want to jump, or dive

Not everyone feels confident to jump or climb up banks to dive or jump in. If your mate doesn't want to take part, respect their decision.

Don't force or encourage younger kids to go beyond their limits.

Don't swim, jump or dive alone

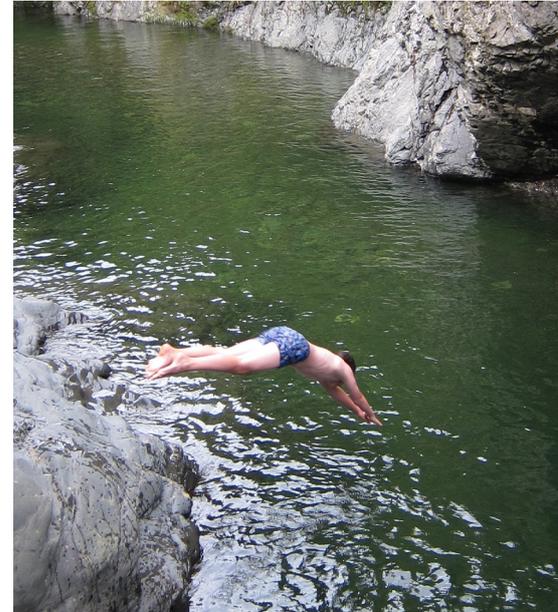
When you are alone if you get into difficulty there is no-one there to help you or get someone to rescue you.

Supervision and looking out for mates

- Make sure a strong/good swimmer is supervising the jumping or diving.
- If a group of good swimmers are jumping or diving together, look out for your mates.
- Set up some safety rules, for example: only one person in the jump or dive area at once.
- Make sure everyone understands the rules and keeps to them.

Let people know where you are

Tell your family and friends where you are going. Remember your cell phone may not work down by the river, so tell them before you go. Change of plan? Then let someone know what's happening.



Be River Safe ... *stop and think before you enter the water*