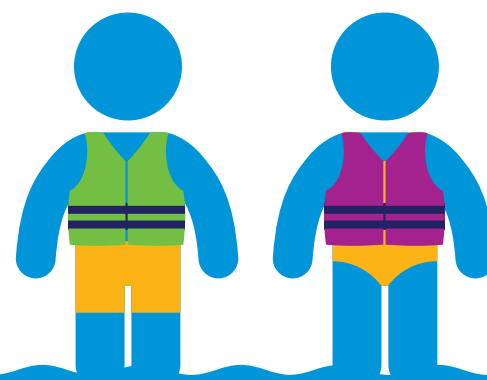


River Safety Facts

for Parents and Kids



When visiting Sacramento County's many rivers and lakes, everyone should wear a properly fitted life jacket when fishing, boating, swimming, floating, or just wading and by law, children under the age of 13 are required to wear a life jacket.

If you don't have life jackets, there are life jacket borrowing stations at Ancil Hoffman Park, Discovery Park (two locations), Sand Cove, Howe Avenue, Paradise Beach, Sunrise, Watt Avenue access points and are also available at most local fire stations.

River Safety Tips

- **Keep an eye on children.** Never leave children alone in or near the water.
- **Learn how to swim.** Even with life jackets, knowing how to swim is important to stay safe.
- **Stay out of deep water.** Stay close to shore to avoid drop-offs and currents.
- **Watch out for hazards.** Wear water shoes to protect your feet from hidden hazards in murky water.
- **Protect yourself.** Never risk your life to save belongings that have floated away from you.
- **Obey signs.** Read any signs you see in the area before enjoying the water.
- **Avoid alcohol and drugs.** They impair your judgement and coordination.
- **Wear water-resistant sunscreen.** Apply 30 minutes before activity and reapply every 2 hours.
- **Never use rope swings or jump off bridges.** Don't risk getting hurt by landing in shallow water or from branches breaking.
- **How to help someone in trouble.** Yell "Help" to draw attention. Reach towards the person with a pole, branch or paddle. Or, throw out a life jacket or ice chest to help them stay afloat until they are able to get to shore or help arrives.



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Learn more at www.safekidssacramento.org and www.saccounty.net.

*Adapted from the Sacramento County Department of Regional Parks