



Don't Be Next

People have died in this river.

Don't let a friend or family member die or be hurt.

Don't be a victim yourself.

Hypothermia



Cold Water Can Kill.

- Hypothermia (lowered body temperature) can occur quickly in very cold water
- Hypothermia impairs muscle function and the ability to think clearly, which can lead to drowning.
- Alcohol compounds the dangers of hypothermia.
- Dress appropriately and always wear a PFD.

PFDs



Life Jackets or PFDs Do Save Lives.

- A PFD will add buoyancy to your body (to help you float), hold your head and body higher in the water for better visibility, and help keep your body warm.
- Air-filled swimming aids such as inner tubes are not substitutes for approved PFDs.
- Wear your PFD the entire time you are on a boat, when you are fishing and while swimming in the river.
- If you are a nonswimmer or uncomfortable around water, wear a PFD even if you are only going near the edge of the river.

Swimming



Don't Overestimate Your Abilities.

- Swimming in the Big South Fork River is NOT recommended. You swim at your own risk!
- You will find hazards throughout the waters of the Big South Fork River.
- Rivers have deep pools and strong underwater currents that are not always obvious.
- Submerged rocks, logs, and ledges can entrap feet and legs.

Alcohol



Alcohol Can Make You A Victim!

- Alcohol impairs the ability to make quick decisions, and contributes to many swimming and boating tragedies.
- A responsible person never enters -- or allows others to enter --- the water after drinking.
- Water won't sober you up.