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.