



Kern County

SHERIFF

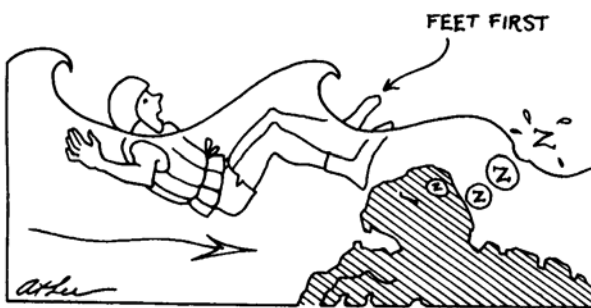
Safety Tips

- Never go into the river by yourself.
- Tell someone where you're going and when you will be home.
- Make sure that your skills and experience are equal to the river and conditions.
- Don't enter the river without proper safety equipment. Always be familiar with the area of the river below where you enter.
- Wear a life vest.
- Don't drink alcohol before you enter the river.



Always wear a life vest

- Life vests come in many sizes and shapes; wear a proper fitting life vest. Children should wear child sizes.
- Water wings are not considered an approved flotation device.
- Life vests give swimmers extra flotation.
- Make sure your life vest is in good condition.
- Life vest should fit snugly on each person to avoid coming off when in the water.
- Life vests should be U.S. Coast Guard Approved.
- Never leave children unattended in or near water even if they are wearing a life vest.



What to do if you get into trouble

- If swept into the current float on your back with your feet up and facing downstream to avoid being entrapped by underwater obstacles such as rocks or tree branches or roots.
- Stay away from the sides of the river until you see a safe place to exit clear of hazards such as tree limbs and rocks.
- Swim diagonally across (head upstream) to the safe exit point.
- If you can't swim, call for help but don't wear yourself out by screaming.
- Stay calm and cooperate with the person trying to rescue you.

