

# DANGER TO LIFE!

## 6 RIVER SAFETY RULES:



SLRG SSS



Rubber dinghy riders must be equipped with life jackets.



The payload specified for the boat must not be exceeded.



Do not tie boats together. They can no longer be manoeuvred.



Unknown runs of the river must be scouted out first before the trip.



Only good and experienced swimmers should venture out into open water (rivers, reservoirs, and lakes).



Hypothermia can cause muscle cramps. The colder the water, the shorter the stay in the water!