

**San Joaquin River Parkway and Conservation Trust April 2010 Newsletter:
Excerpt on Water Safety**

We Want You to be Safe

As the weather is beginning to change you may find yourself looking for ways to enjoy the Parkway and the San Joaquin River, and the Trust wants to be sure you are aware of the things you can do to stay safe. The river's flows will be higher and swifter than we've seen in several years due to a higher rain fall and the interim release flows scheduled as part of the San Joaquin River Restoration Program. If you visit the river in the next few weeks, you will definitely notice that the river looks different. Here are some water safety tips that you can share with your family and friends.

One of the most important ways to prevent water related accidents and injuries is to wear a personal flotation device or life-jacket. We require life-jackets on all tours of the San Joaquin.

- Be aware that even though the river may look calm and slow moving, the current is swift and can pose a threat to new and experienced swimmers.
- Enjoy your time at the river with a buddy.
- Watch out for the dangerous "too's" - too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Be knowledgeable of the water environment you are in and its potential hazards, such as deep and shallow areas, currents, depth changes, obstructions and where the entry and exit points are located. The more informed you are, the more aware you will be of hazards and safe practices.
- Know how to prevent, recognize, and respond to emergencies.