

# Please Be Safe Around the Water!

- If you cannot swim, stay in very shallow water at the river's edge.
- Always swim with a partner. Never swim alone.
- Supervise children at all times in and near the water.  
Remember: there are no designated swimming areas or lifeguards in Los Padres National Forest.
- Be aware of river hazards including deep pools, shallow areas, uneven footing, immersed objects such as rocks and vegetation, and strong currents.
- Never swim after consuming alcohol or using drugs.
- Do not use glass or other breakable containers in or near the water.
- Never jump or dive into the water. The water may be shallower than it appears; there may be rocks or other hazards under the surface that you cannot see.
- Do not slide down rocks into the water. You may lose control and be seriously injured.
- Stay away from waterfalls. The rocks next to and under falls can be slippery and loose.
- While rafting, tubing, kayaking, or engaging in other water craft activities always wear a life vest and a helmet.

