



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KNOW BEFORE YOU GO

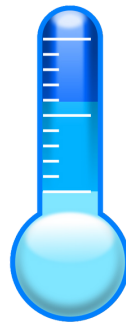
River Rescue Stations
now available in 5
different locations

- Stewart Park
- Cleveland Rapids Park
- River Forks Park
- Whistler's Bend Park
- Hestness Landing

RESPECT THE WATER Be Prepared!

Always **wear a life jacket** when around water.

Know Before You Go - River temperatures are available at ymcaofdouglascounty.org
Be aware of currents, undertows and obstructions as our rivers are constantly changing.



Cold Water Immersion

Treat water below 77°
degrees with caution.

60° and below is life
threatening

STAGES OF IMMERSION

- 1.Cold Shock
- 2.Physical Incapacitation
- 3.Hypothermia