

# River Safety

## Junior River Rangers



### Simple steps to stay safe when visiting the river

The river is a great place to explore and have fun, but rivers can also be dangerous to those who are unfamiliar with them. This guide gives some simple information on how you can make sure your visit to the river is an exciting, fun and safe experience. None of our activities require you to get into the water and we advise that you don't.

1

#### Check before you step!

Soft banks, mud, plants, roots or fallen trees can make you unsteady on your feet. Be careful where you are walking.

2

#### Avoid climbing on steep banks

Steep banks can cause falls and make it difficult to get out of the water. Also, riverbanks can get damaged if you climb on them.

3

#### Pick a safe place to approach the river!

If you do want to approach the river, find a place where the water can easily be accessed.

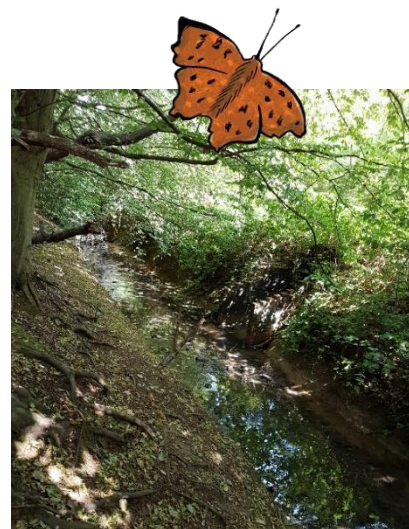


A shallow bank with a gentle slope is ideal. You may also be able to find a gravel beach or stepped access at some points along the river.

4

#### Check for clear water.

Avoid the water if it is brown and murky. This usually occurs after periods of heavy rainfall and is a sign that the river water is not safe.



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### Look out for sharp objects!

Broken glass and other sharp objects can sometimes be found along the path or hidden in the leaves. Be careful where you are walking and take extra care when collecting things from the river environment



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### Safeguard against river bugs

Rivers can carry germs that cause illnesses such as [Weil's disease](#).



To protect yourself, keep hands away from eyes, noses, ears and mouths while visiting the river. Use hand sanitiser or wash hands thoroughly to remove germs at the end of your river fun!

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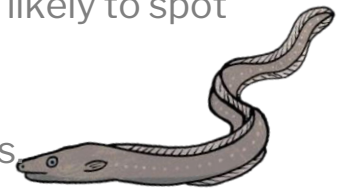
### Respect the river habitat

Remember, animals live here

- Take care not to damage their habitat
- Try not to disturb or upset the animals in the area – the quieter you are, the more animals you are likely to spot



- Look with your eyes not your hands. Try not to hurt any of the small creatures you find
- Do not take animals from their home – put creatures back where you found them
- Take your rubbish home with you



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### Enjoy your visit!

Visiting a river is a great way to get outdoors and connect with nature. For ideas to make the most of your visit, check out our [Junior River Rangers](#) activities!