

Tips for a safe Big Jump event



So that your Jump into the water goes off without a hitch....

Bathing in water means fun. But this fact can be clouded by not only the impurities in our rivers. Rivers can pose many dangers. And a swimming accident can quickly turn a carefree party to a sad event. You can help your Big Jump to secure success by considering carefully and strictly implementing the following basic rules. They have been compiled by experts from the German Life Saving Society (DLRG).

General Safety Guidelines

Go into the water only at designated swimming areas!

The local Big Jump organizers have good reason to establish official bathing areas. Bathe exclusively at these points, where the DLRG or other lifeguards will be present, and only for the officially stated times!

Inform yourselves about the dangers!

Ask event organizers and those with local knowledge, what you should consider and what risks you can expect. Many rivers flow with strong currents, and bridges and waterways can make for unpleasant surprises. You should also be familiar with the water depth!

Correctly estimate your fitness level!

In flowing waters, there are often unexpected strong currents and surprising depths. Only good swimmers would be used to this. Those who do not know whether they can handle the currents, or those who are still not fully recovered from a cold, should stay on dry land!

Check out the bathing area carefully and never blindly jump into the water!

A daring jump can easily lead to injury. Miscalculation is especially easy in rocky and overgrown riparian zones. Therefore bathe only in freely accessible and highly visible places. Avoid protected areas, breeding and nursery areas and reed beds!

Before bathing, check out where you can safely come back to the shore!

Observe where you can easily leave the water, also while considering the current!

Don't venture out of designated areas where no one can see you!

Remember: if you go bathing alone, no one can help you or get help for you, in case of an accident.

Keep yourselves away from bridge piers and breakwaters!

Bridge piers and breakwaters fields are dangerous obstacles. You change the flow conditions and often create a wake. You should therefore swim or navigate around such areas with a wide berth!

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Keep your distance from ports, locks, industrial plants and fairways!

You should have at least a 100 m clearance from ports, weirs and sluices. Also a large safety distance must be maintained in relation to industrial plants, sheet piling and ship fairways!

Watch out for floating debris and underwater obstacles!

Bicycles and fallen branches may sometimes be impulsively discarded underwater or on the water, or old jetties could sometimes be encountered when bathing. There is risk of injury!

If exhausted, immediately swim to the bank - with the current, never against!

In case of a fall into the water or if signs of exhaustion apply: Swim immediately to shore, with the direction of flow. Look out for sandbars and shallow water areas as places of refuge!

Make note of the tidal flow!

In some rivers, flow direction is markedly influenced by the tides!

Don't stay too long in the water!

River water does not get as warm as water in lakes or pools, so here hypothermia is really a concern!

Be careful when dealing with air mattresses and water toys!

Inflatable water animals, tires and beach balls are toys and not flotation devices. Don't let yourself drift uncontrollably with rubber animals or on air mattress!

Don't drink alcohol before bathing and don't swim on a full stomach!

With the kind support of the German Life Saving Society (Deutschen Lebens-Rettungs-Gesellschaft e.V./DLRG), where you will find more information about safety in and around water:

Deutschen Lebens-Rettungs-Gesellschaft (German Life Saving Society)

Im Niedernfeld 2

31542 Bad Nenndorf

Or on the Internet at: www.DLRG.de