

HOW TO SURVIVE A TRIP OVER A WATERFALL

- 1 Take a deep breath just before going over the edge.**
You probably will not have much control while you are in the air, and the water may be deep.
- 2 Go over the falls feet first.**
The biggest danger in going over a falls is hitting your head on something underwater and being knocked unconscious. Even feet first there is a risk of broken limbs. Squeeze your feet together and remain vertical.
- 3 Jump out and away from the edge of the falls just before you go over.**
You want to avoid hitting rocks directly at the bottom of the falls.
- 4 Put your arms around your head to protect it.**
- 5 Start swimming immediately upon hitting the water, even before you surface.**
Swimming will slow your descent.
- 6 Swim downstream, away from the falls.**
It is essential that you avoid being trapped behind the waterfall or on the rocks underneath.

