



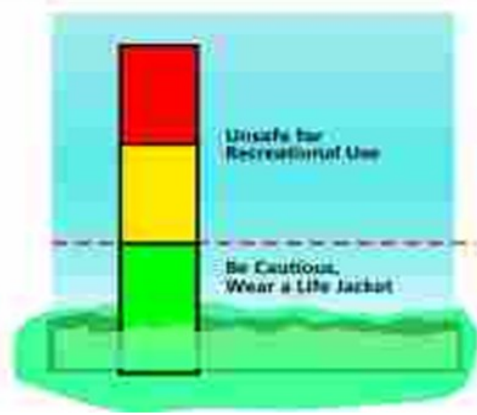
**The Fredericksburg Fire Department
Reminds You to...**

Respect the River!!!

Plan your trip: Use the River gauge visible from Fall Hill Avenue at Normandy Village to plan your trip on or around the Rappahannock River. The gauge is provided and maintained by the Friends of the Rappahannock. The example to the right was taken from their Website.

Green: Be Cautious! Wear a Life Jacket
**IF YOU CAN NOT SEE THE GREEN
DO NOT GO IN!!!**

On Average, **10 DEATHS PER DAY** can be attributed to **DROWNING. WEAR A PFD!!!**



Drugs and Alcohol and the River Don't Mix: Drugs and alcohol can impair a person's judgment and physical ability. Warm weather can intensify these effects and further dehydrate a person enjoying a day on the River.



Choose the Correct Personal Floatation Device (PFD) and Wear It: Choosing a PFD takes time and research. There are five types (I-V) with the most popular on the river being Types I-III. Type I PFDs will turn an unconscious victim face-up; Type II will turn most unconscious victims face up as they have less buoyancy than the Type I PFDs; and Type III PFDs are for special use (i.e. Kayaking and Canoeing).

Additional Information and Websites

<http://www.uscg.mil/hq/cg5/cg5214/pfdselection.asp> (United States Coast Guard Water Safety)

<http://www.savvyboater.com/s-91-us-coast-guard-life-jacket-ratings.aspx> (PFD Descriptions)

http://www.afws.net/data/va/city_of_fredericksburg-spotsylvania.htm (IFLOWS)

<http://www.fredericksburgva.gov/departments/citymanager/index.aspx?id=1790> (City of Fredericksburg)

<http://riverfriends.org/TheRiver/RiverLevelsSafety/tabid/490/Default.aspx> (Friends of the Rappahannock)

Fredericksburg Fire Station 1: 540-372-1019

Fredericksburg Fire Station 2: 540-372-1062