

Tubing Safety Tips

- It is hard to judge how swiftly moving water is flowing, therefore, it is best to always wear a life vest, especially for children.
- Do not go into streams when they are running high or near bankfull. They can be dangerous!
- Be aware of current weather conditions and stream conditions.
- If you are going tubing, know how to swim!
- Wear a helmet. The rivers are rocky and head injuries are common. Even a bike helmet will work.
- Do not wear flip-flops. Wear shoes with traction like aqua shoes or sneakers.
- Do not take wallets, credit cards or other valuables. However, if you do have a medical condition, wear a medical bracelet.
- Pin or tie your car key tightly to your clothes, so it does not come lose in the water.
- Keep in mind that the rocks in the streams are slick, so if you need to stand up, it is easy to fall.
- Wear sunscreen even on an overcast day. Water reflects UV rays back and you can get seriously sunburned.
- Stay hydrated. Do not drink stream water.
- Do not jump from rock embankments. You do not know how stable the embankment is. Never jump off of a bridge and never dive head first. Water depth can be deceiving and you can end up with broken bones or injuries that are fatal.
- Even on hot days, the water in the river can get as cold as 53° F. You run the risk of hypothermia at 70° F Be aware of your surroundings and be sure that you are in control at all times.
- Do not drink alcohol if you are going to tubing. Alcohol hastens your risk of hypothermia, heat-stroke and it slows your response to a dangerous situation. Save the drinking for celebrating after you are off of the river.
- Always be in your tube feet first to prevent hitting your head and causing serious head injury.
- Follow all posted laws and rules.
- Do not go in frozen bodies of water.
- Use the Buddy System. Do not tube alone.
- Remember, that as much as we care about you, and want you to have a great time, you are assuming your own risk going in the any of the streams in Boulder County.