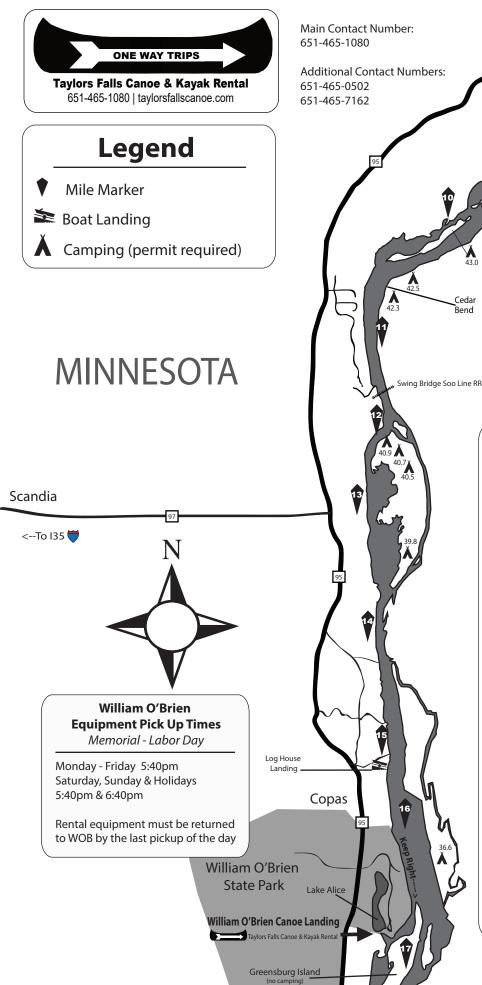
## Osceola To William O' Brien



Additional Contact Numbers:

Cedar Bend

## WISCONSIN

## **Top Ten Ways** to enjoy the river Safely

- 1. Wear your life jacket. Make sure your child wears a life jacket! (12 & under required.)
- 2. Use alcohol responsibly. Many river accidents involve alcohol.
- 3. Wear sunscreen, sunglasses and a hat to prevent sunburn. Water reflects the rays of the sun giving you a double dose of ultraviolet light.
- 4. Avoid trees that have fallen in the river. They can catch and overturn your canoe, kayak, or inner tube.
- 5. Don't jump from cliffs, bridges or trees.
- 6. Build your campfire in a fire ring and put it out cold before you leave.
- Protect your feet with river shoes water sandals, 7. or old shoes. Fishhooks, glass and rocks can injure your feet.
- 8. Bring your own drinking water. Treat river water before drinking to avoid giardia, a serious stomach irritant.
- 9. Check for ticks often and know the symptoms of Lyme disease. Deer ticks are common along the River way and some carry the bacteria that carry the disease.
- 10. Know how to identify poison ivy and avoid contact. It grows along forest edges and can cause severe itching & rash.

Osceola

Osceola Canoe Landing Taylors Falls Canoe & Kayak Rental