



While swimming holes offer wonderful recreational opportunities, these areas come with additional risks. Smart decision-making, being informed and paying attention to posted warnings can often prevent a tragedy.

Remember that water is wild

Heavy rains, floating or lodged debris, or even long periods of heat and drought can change currents, depths and the underwater structure of a wild body of water. ALWAYS use caution when swimming in natural water bodies.

Avoid dangerous water holes

In recent years, multiple drownings have occurred at Huntington Gorge, Cobb Brook, Bolton Potholes, Dog's Head Falls, Saxtons River, Hamilton Falls and New Haven River. Be cautious in these areas.

Check water and weather conditions

Swollen rivers and fast-moving currents can create dangerous conditions for days after a heavy rain event. Check the forecast — flash flooding can quickly turn a quiet spot into raging water.

Observe your surroundings

Watch the currents and listen for the sound of unusually loud rushing water. Natural waters can have hidden dangers below the surface, like formations that create a suction. Toss in a stick or short branch. If it is swept away or sucked underwater, stay out and don't take chances.

Never swim alone

Natural waters are unpredictable, and accidents can take only an instant. So always bring a buddy, for good company and to keep each other safe.

Don't swim above or under waterfalls

Heavy currents can wash people over falls, with pressure that may keep you down, and undertows can trap swimmers underwater. Avoid swimming above or directly beneath waterfalls.

Be realistic about your own abilities

Understand your own limits, and don't put yourself or others in danger by taking risks. Water is a stronger force than you may think, so use good judgment, swim sober, and be honest with yourself about your own strength and abilities.