



Enjoying Swimming and Snorkeling

Keeping the Rainbow River Healthy and Beautiful



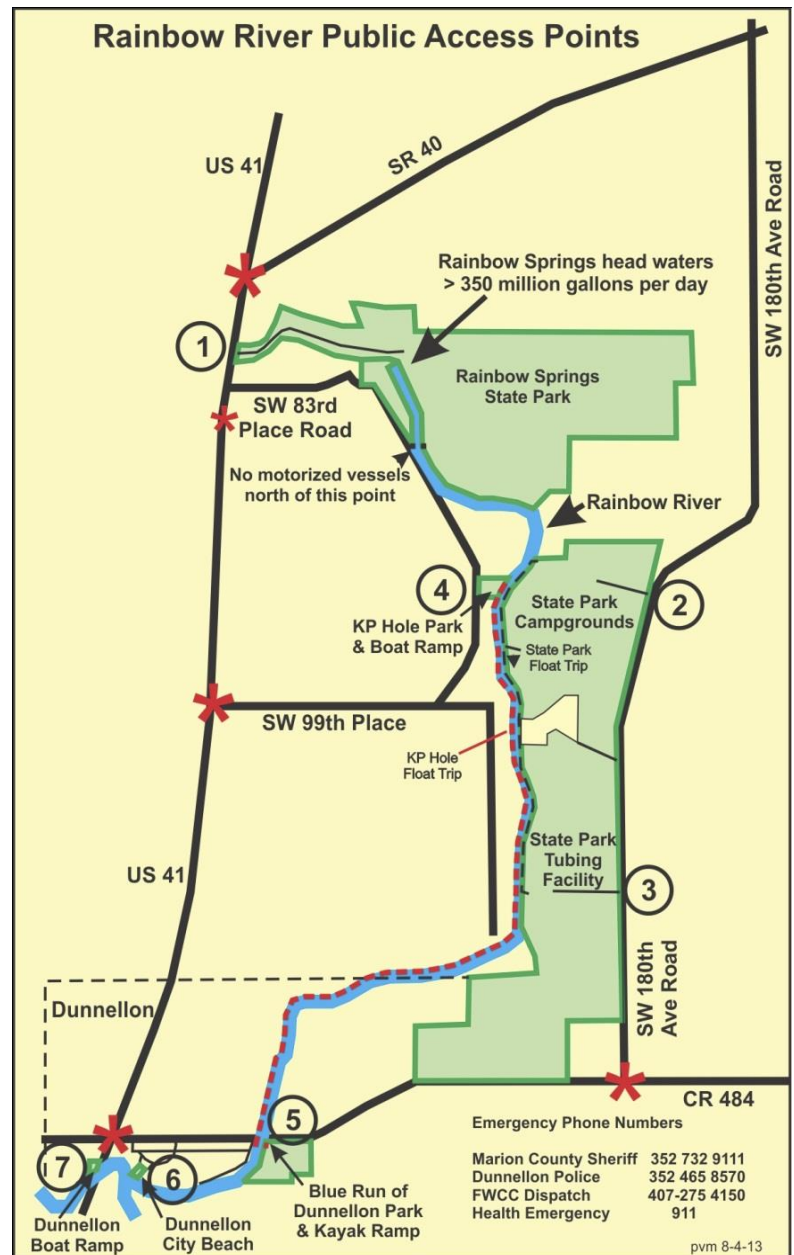
The Rainbow River is a first-magnitude, spring Outstanding Florida Waterway and Aquatic Pres from one of the 7 public access points shown in is important that visitors follow proper etiquette and the resource will be preserved for generatio

- Non-property owners should enter or exit the Rainbow River only at designated public access points shown on the map. Doing otherwise is unlawful trespassing and violators may be subject to arrest and fines. They are Rainbow Springs State Park headsprings, State Park Campground, State Park Tubers Launch (tubes only), KP Hole Park and boat ramp, Blue Run of Dunnellon Park, Dunnellon beach, and Dunnellon boat ramp.

- Swimming and snorkeling is not allowed on the northern 1700 feet of the Rainbow River above the No Motorized Vehicle sign.

- It is your responsibility to abide by the laws of Florida waters, including the Rainbow and Withlacoochee Rivers. All laws are enforced by Florida Fish and Wildlife Conservation Commission (FWC), the Marion County Sheriff's Department and the Dunnellon Police Department. <http://myfwc.com/boating/regulations/#nogo>

- Taking any type of alcohol or disposables on the Rainbow River is prohibited by law. Acceptable containers include Tupperware, Rubbermaid or a thermos. Unlawful containers include: paper sacks, boxes, plastic water bottles, aluminum cans, breakable plastic utensils, paper napkins and towels.



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- Snorkeling in Florida waters requires the use of a “Diver Down” flag per Florida statute. “Diver” by statute means any person who is wholly or partially submerged in the waters of the state and is equipped with a face mask and snorkel or underwater breathing apparatus.
- Wear a whistle on wrist or neck lanyard should you require assistance. Use it only in case of emergency.
- Consider your tolerance for cold before entering the water for hours at a time. Even on a warm day, the Rainbow River’s constant 72° F temperature is still more than 26 degrees below body temperature. The longer you are in the water, the greater the risk of hypothermia. Heat is conducted away from the body at a rate 25 times faster in water than air.
- Bring a non-disposable thermos with a hot, non-alcoholic beverage to warm your “core temperature” if you get cold.
- Consider using smaller “swim fins” instead of SCUBA fins to more readily avoid entanglement in and destruction of sensitive vegetation.
- Wear brightly colored swim gear to help boaters spot you in the water and watch out for boats and other traffic on the river.
- Stay out of main traffic lanes to keep a navigable channel open for motorized boats.

