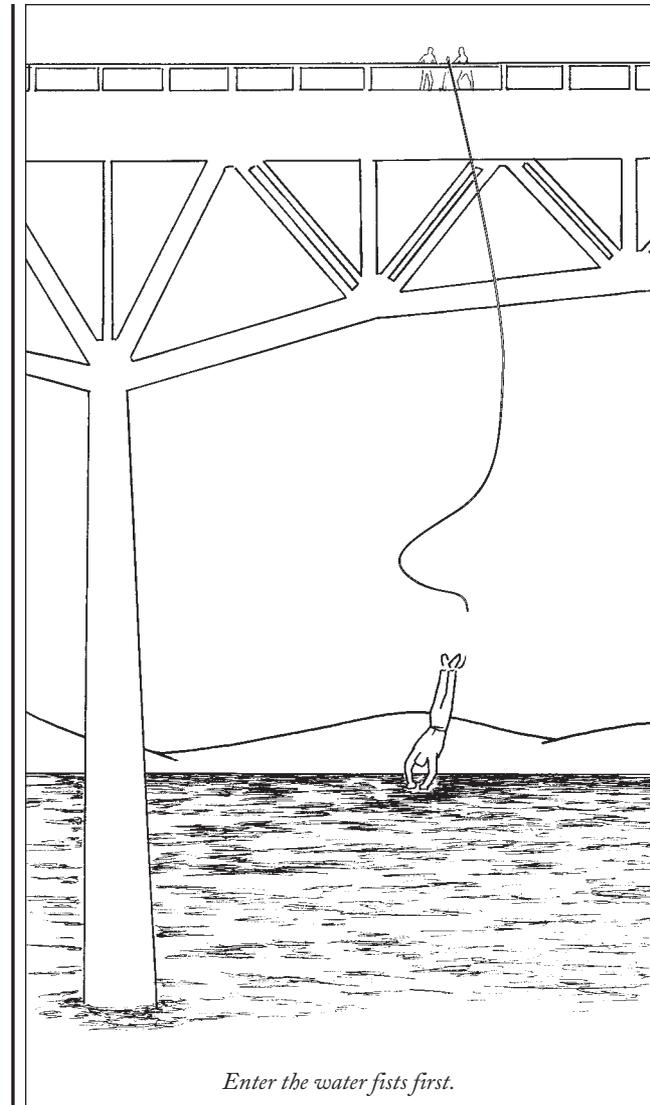


# HOW TO SURVIVE A BUNGEE JUMPING DISASTER

The bungee cord is under maximum stress at the very bottom of your jump, before you rebound; it is at this point that a break is most likely. If you are over water and the cord breaks or comes loose, you will be falling head first and have about two seconds to prepare for impact.

- 1 Straighten your legs and body.**  
Put your feet and legs together, and point your toes.
- 2 Tuck your chin into your chest as far as it will go.**  
Avoid the urge to look at the water rushing up to meet you: It will result in black eyes, whiplash, or severe spinal trauma.
- 3 Point your arms below your head in a diving position.**  
Ball your fists.
- 4 Enter the water fists first.**  
Your hands will break the surface tension of the water, putting less stress on your head. If the bungee cord was attached and broke at your rebound point, it will have slowed you almost to a stop, making for a relatively safe entry. If the cord was not attached or came loose during your fall, the impact will be more severe.



*Enter the water fists first.*

**5** Spread your arms and legs.

After entering the water, spread your arms and legs to slow your momentum and reduce the possibility of hitting the bottom.

**6** Swim to the surface.

Signal to the crew above that you are okay.

**Be Aware**

- Do not attempt to retie or hold the cord. You will not have time to tie a knot sufficient to support your weight, and the cord will fly out of your hands no matter how tightly you grasp it.
- Improper cord connection is a major source of bungee accidents. Before jumping, double-check that you are connected to the cord (generally with a carabiner) and the cord is connected to the bungee platform.
- Bungee cords are weight-specific, and you should always jump on a cord designed for your weight. Always overestimate, not underestimate, your weight.

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