

# Enjoy BOATING

## Know Before You Go!

### Wear Your Lifejacket

When choosing a lifejacket consider the following:

#### Size

- Check the label
- Ensure the lifejacket is within your chest size

#### Comfort

- Try it on, sit down, make sure it doesn't ride up
- Ensure a snug but comfortable fit

#### Style

- Choose one that suits your type of fishing

For your lifejacket to work, make sure it fits properly and you **WEAR IT!**

### Be Prepared to Call for Help

Have a plan in place to alert Search & Rescue (SAR) in the event of an emergency.

#### Cell Phone

- Dial \*16 to alert Coast Guard
- Dial 911 to alert Local Authorities

#### Marine Radio

- Broadcast on Channel 16 to alert Coast Guard & other boaters in the area

#### File a Float Plan

- Leave with a responsible person whom you trust

Learn more at [enjoyboating.ca](http://enjoyboating.ca)

# Survive Cold Water

Cold water can take your breath away! Increase your chances of surviving an accidental cold water immersion by understanding the 1-10-1 principal. Splash... you now have:



## 1 MINUTE to get your breathing under control

- The cold shock response lasts approximately 1 Minute
- Sudden, involuntary gasping and rapid breathing
- Don't panic! This hyperventilating will pass
- Keep your head above water by **wearing your lifejacket**



## 10 MINUTES of meaningful movement

- Cold Incapacitation takes approximately 10 minutes
- Weakness and the inability to keep swimming sets in
- When you can't swim anymore you can keep your airway above water by **wearing your lifejacket**



## 1 HOUR before you become unconscious due to hypothermia

- Loss of Consciousness due to hypothermia can take 1 hour or more
- Stay afloat and keep your airway above water to survive even longer by **wearing your lifejacket**

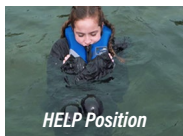
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## Help & Huddle

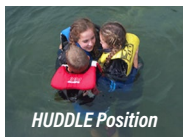
If getting your body out of the water is not possible. Try the **HELP** or **HUDDLE** position to reduce heat loss.

To conserve heat loss through your armpits and groin, press your legs together and bring them to your chest. Then tuck your arms tightly to your sides.

With 3-5 people, extend your arms and pull the group together as tight as possible.



*HELP Position*



*HUDDLE Position*

## Reboarding Devices

A simple piece of rope and knowing what to do with it can be the difference between self rescue and SAR rescue.

