

Safety Afloat: Cold Water Survival

Objectives:

Promote fun and adventurous activities on lakes and rivers in a safe manner to come back and do it again another day.

Including:

- Cold Water And General River Hazards
- Accident And Hypothermia Prevention
- Personal Protection
- Safe Practices
- Fundamental First Aid
- River Rescue
- Q & A

Cold Water Hazards

- Hypothermia (3 stages)
- USCG 50°/50min/50% rule
- 50° - 1 hr / 32° - 15 mins

River hazards

- Strainers, entrapments, pins

Personal protection

- Helmet, PFD, footwear, whistle, throw rope
- Swimming ability
- Hypothermia Prevention
 - Alcohol / Staying dry / Wet & Dry suits

Safe practices

- Lead & sweep
- River floating
- River crossing

Fundamental First Aid

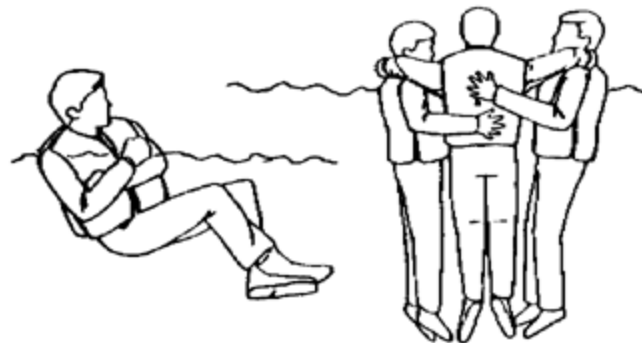
- Scene management (check/call/care)
- ABC's
- Wound management
- Environmental illnesses
- Musculoskeletal injuries

River Rescue

- Reach, throw, and don't go

Key Ideas

- Wear a PFD
- Wear appropriate clothing & gear
- Never paddle alone
- Don't exceed your ability
- Stay dry, stay warm
- Watch out for hazards
- Provide aid to others in a safe way that doesn't endanger yourself
- Learn more about safe and exciting paddling and first aid



H.E.L.P.
(Heat Escape
Lessening Posture)

HUDDLE
to maintain
body heat

Further Reading

United States Coast Guard (USCG - boating safety, cold water research)

- <http://www.uscg.mil>
- www.uscgboating.org (this is their boating safety division)

American Canoe Association (Clubs, training, standards)

- www.americancanoe.org

British Canoe Union (clubs, training, standards)

- www.bcu.org.uk

REI (Training, equipment)

- www.rei.com

Eastern Mountain Sports (EMS - training, equipment)

- www.ems.com

American Heart Association (AHA - CPR and related training)

- www.americanheart.org

American Red Cross (ARC - CPR, First Aid, and boating safety training)

- www.redcross.org
- www.riredcross.org (Rhode Island Chapter)

Outdoor Adventure Corps (OAC - outdoor events, calendar, information, training)

- www.outdooradventurecorps.org