



Plan:

- Who can help with this adventure?
- Who can explain the 1-10-1 rule?
- What techniques can you use to help re-board your boat?
- What skills do you need to practise for this adventure?
- What scenarios can you imagine for this adventure?
- How can you preserve body heat if you cannot get out of cold water? What is the HELP position?
- How can you increase thermal protection, to help prevent or delay the onset of hypothermia, even when you are not in the water?

Do:

- Find out how to best get out of the water quickly, and be prepared for your next cold-water adventure!

Review:

- What do you know now that you did not know before?
- How did you feel before, during and after this activity?
- How can you build on this experience?
- What did you like about this adventure?
- How did you retain body heat?

Safety Note:

- What safety precautions do you need to take for all water activities?
- Wear your PFD or lifejacket. If you fall into cold water you'll have a much better chance of survival if you are wearing a lifejacket.

Online Resources:

- Cold Card
- Cold Water
- Reboarding Reference
- 1-10-1 (Video)
- Stay or Swim (Video)

Reference: coldwaterbootcamp.com/pages/1_10_60v2.html

Canadianpath.ca

Survival in Cold Water

MACKENZIE RIVER
Environment & Outdoors



The Adventure:

When adventuring out on or near the water in the colder conditions, there are a few extra precautions that you need to keep in mind. Do you know the different kinds of thermal protection to help prevent or delay the onset of hypothermia?

In warm conditions, practise getting out of the water and into a boat, or onto a dock (imagine the dock is ice). How quickly and safely could you get out of dangerously cold water?

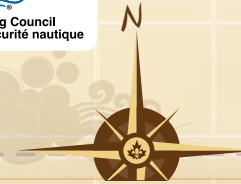


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