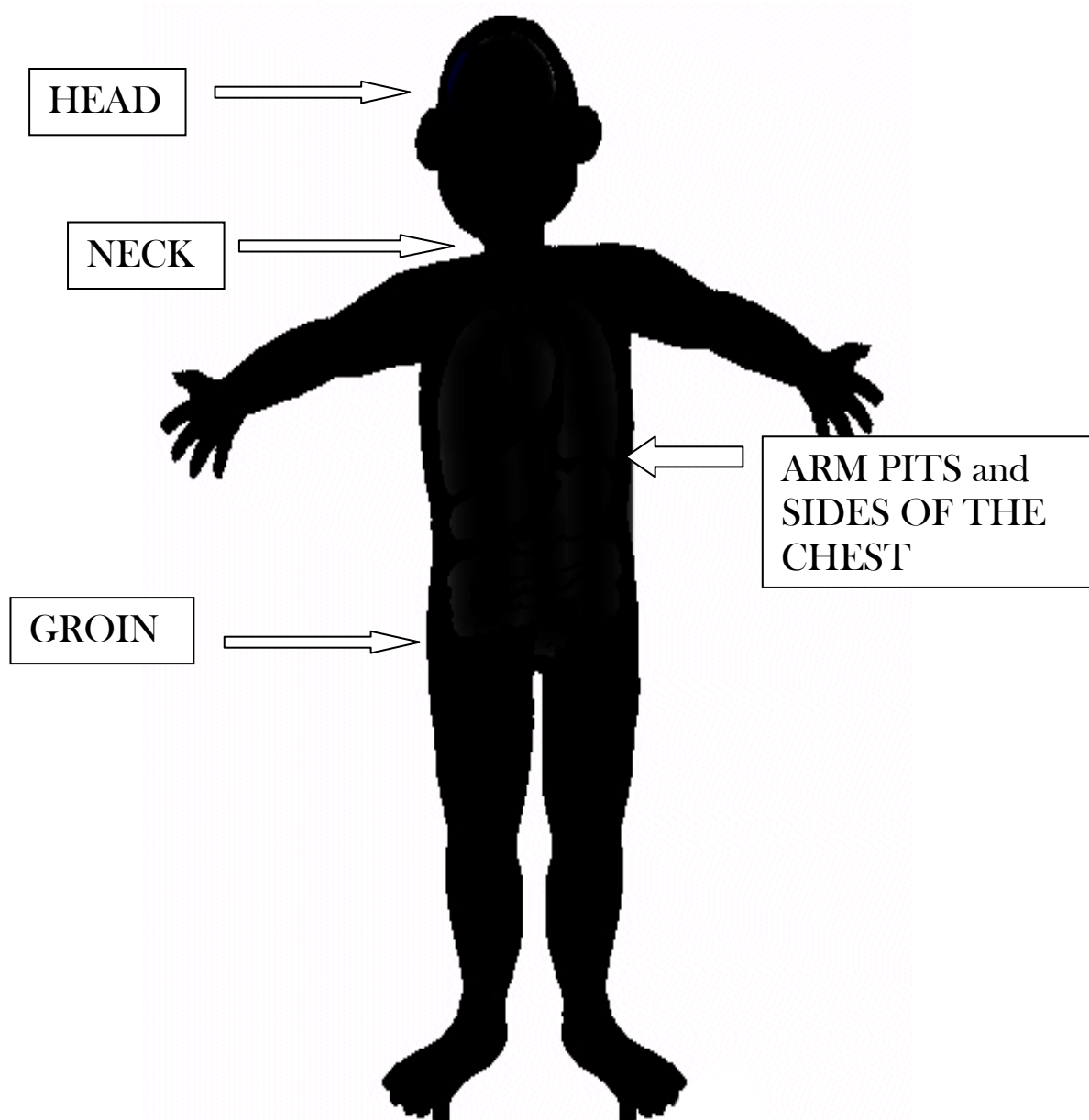




Hypothermia is the Lowering of the Body Core Temperature



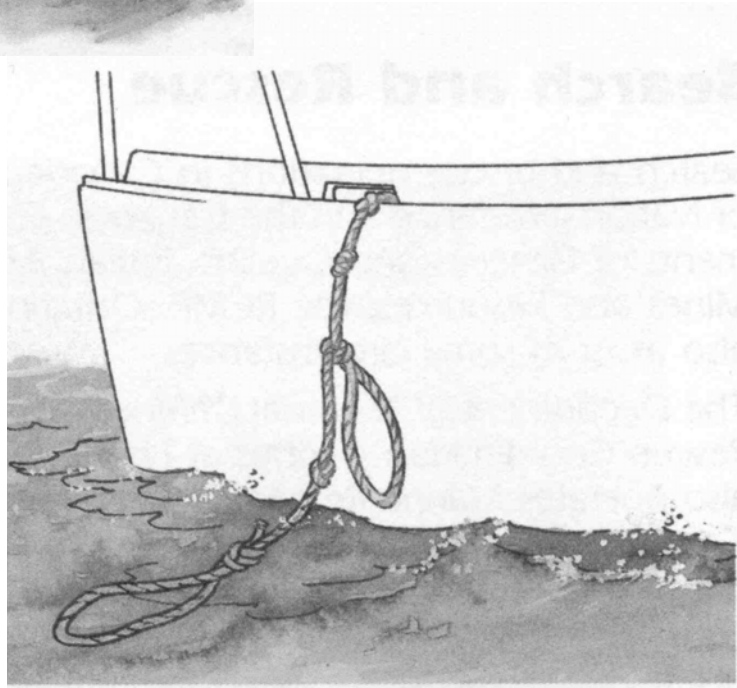
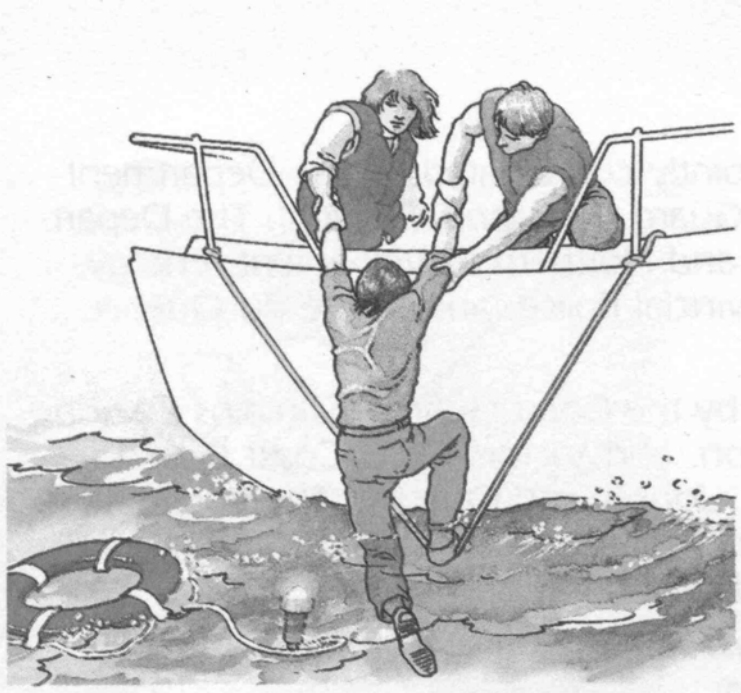


Helpful positions when immersed in cold water.





ALTERNATE RECOVERY METHODS (No Ladder)





CANADIAN CAPACITY PLATE

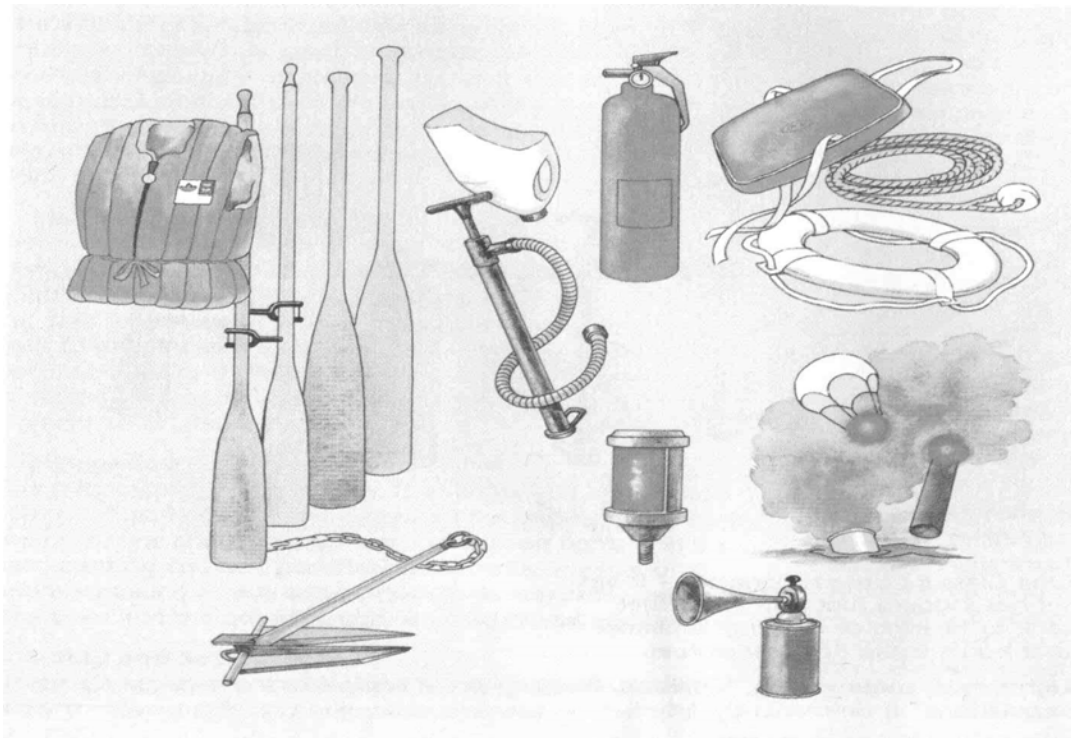
Garde côtière  Coast Guard CAPACITÉ MAXIMUM CAPACITY PAR BEAU TEMPS - IN FAIR WEATHER	
CHARGE* _____ kg _____ lbs	ADULTES 3 ADULTS
LOAD* _____ kg _____ lbs	PUISSANCE _____ kW _____ HP POWER
* PERSONNES MOTEUR ESSENCE GREEMENT - PERSONS MOTOR GAS GEAR CONSTRUCTEUR-BUILDER	
MODELE-MODEL	
Le fabricant certifie que ce produit est conforme aux Normes de construction des petits bateaux. The manufacturer certifies that this product complies with the Construction Standards for Small Vessels.	



REQUIRED EQUIPMENT

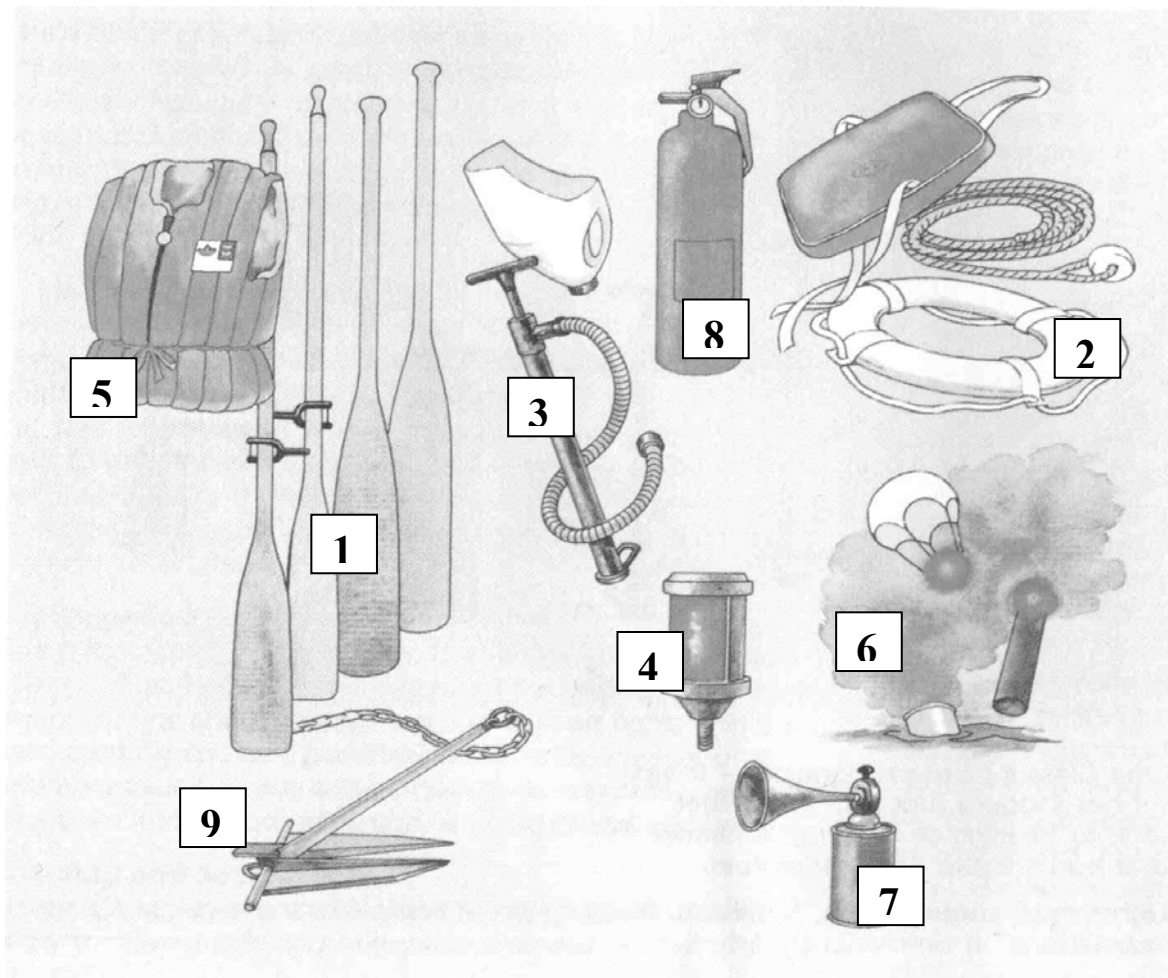
(for vessels more than 5.5m and up to 8m in length)

1. One approved lifejacket or PFD for each person on board
2. Two oars with rowlocks or two paddles
3. One anchor with 15m chain (minimum), cable or rope
4. One bailer or one manual pump
5. One Class B-I fire extinguisher if vessel is power driven
6. **proper lighting under "Collision Regulations"**
7. Some type of sound signalling device
8. Approved distress flares if vessel has sleeping accommodations or is more than 1 nautical mile

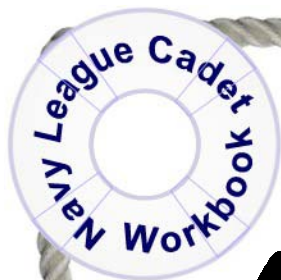




Identify the required equipment onboard a vessel



1.	2.	3.
4.	5.	6.
7.	8.	9.



PRE-DEPARTURE CHECKLIST

- ☒ . What is the weather forecast?
- ☒ . Any local hazards or boating restrictions?
- ☒ . Do you have maps or charts?
- ☒ . Are there enough personal flotation devices of appropriate size for everyone on board?
- ☒ . All safety equipment in good working order?
- ☒ . Ample reserves of fuel for the trip or will you need to refuel?
- ☒ . Is your VHF radio working properly?
- ☒ . First aid kit, basic tools and spare parts?
- ☒ . Have you let someone know where you're going, when to expect you back and what your boat looks like?

Note: Photocopy and use this checklist every time you go boating



SAILING PLAN

Canadian
Coast Guard

Garde côtière
canadienne

VESSEL NAME AND NUMBER		☐ SAIL ☐ POWER	
NAME AND ADDRESS		TELEPHONE	
VESSEL SIZE AND TYPE			
COLOUR	HULL	DECK	CABIN
TYPE OF ENGINE(S)			
OTHER DISTINGUISHING FEATURES			
RADIO AND CHANNELS MONITORED	HF CHANNEL	VHF CHANNEL	CB CHANNEL
	SKIFF DORY OR SMALL BOAT (COLOUR)		
OTHER SAFETY EQUIPMENT			
FLARES (NUMBER)	LIFEJACKETS (NUMBER)	OTHER	

WHERE TO CALL FOR SEARCH AND RESCUE
CALL COLLECT BY DIALING "0" + THE AREA CODE + THE NUMBER

EAST	CENTRAL	WEST
R.C.C. HALIFAX 902-427-8200 1-800-565-1582	R.C.C. TRENTON 613-392-2811 (613) 965-3870-3875 or 1-800-267-7270	R.C.C. VICTORIA IN VANCOUVER 604-566-4301/4302
M.R.S.C. ST. JOHN'S 709-772-5151 OTHER AREAS 1-800-563-2444	M.R.S.C. QUEBEC CITY 418-648-3599 1-800-463-4393 (FOR 1-800 PLEASE DIAL DIRECTLY)	IN VICTORIA 604-380-2333 OTHER AREAS 1-800-742-1313 R.C.C. EDMONTON 403-973-4402 1-800-661-5631

POLICE
OTHER

LIST DETAILS FOR EACH TRIP ON REVERSE SIDE

85-0312 (11-82)
(VERSION FRANÇAISE 85-0313)

TRIP NO. 1			
DATE	TIME	NO. ON BOARD	
LEAVING FROM		GOING TO	
PROPOSED ROUTE AND TIME OF ARRIVAL			
RETURNING ON-DATE		ROUTE AND TIME OF ARRIVAL	
CALL SEARCH AND RESCUE AT		TIME	DATE
TRIP NO. 2			
DATE	TIME	NO. ON BOARD	
LEAVING FROM		GOING TO	
PROPOSED ROUTE AND TIME OF ARRIVAL			
RETURNING ON-DATE		ROUTE AND TIME OF ARRIVAL	
CALL SEARCH AND RESCUE AT		TIME	DATE
TRIP NO. 3			
DATE	TIME	NO. ON BOARD	
LEAVING FROM		GOING TO	
PROPOSED ROUTE AND TIME OF ARRIVAL			
RETURNING ON-DATE		ROUTE AND TIME OF ARRIVAL	
CALL SEARCH AND RESCUE AT		TIME	DATE
TRIP NO. 4			
DATE	TIME	NO. ON BOARD	
LEAVING FROM		GOING TO	
PROPOSED ROUTE AND TIME OF ARRIVAL			
RETURNING ON-DATE		ROUTE AND TIME OF ARRIVAL	
CALL SEARCH AND RESCUE AT		TIME	DATE
TRIP NO. 5			
DATE	TIME	NO. ON BOARD	
LEAVING FROM		GOING TO	
PROPOSED ROUTE AND TIME OF ARRIVAL			
RETURNING ON-DATE		ROUTE AND TIME OF ARRIVAL	
CALL SEARCH AND RESCUE AT		TIME	DATE

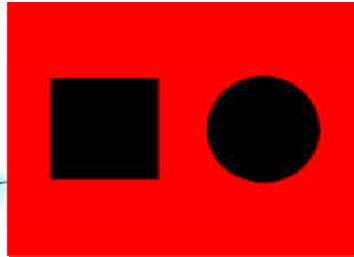
NOTIFY THE PERSON HOLDING THIS SAILING PLAN OF ANY CHANGES
 ESPECIALLY LATE ARRIVAL PLANS



DISTRESS SIGNALS



1. Distress Cloth



2. Emergency Position Indicating Radio beacon (EPIRB)



3. Arm Signal



N
Over
C



Ball
Over
or
Under
Square

4. Code Flags



5. Sound Signals



DISTRESS SIGNALS (cont...)



Parachute
Rocket



Multi-star
Rocket



Hand-held



Buoyant Orange
Smoke

6. Flares



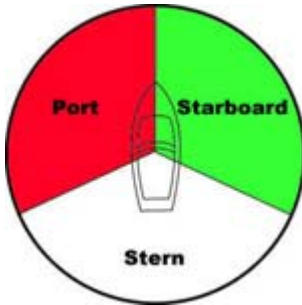
7. Dye Marker



8. Flashlight



Operating Rules (Right of way)



Port: If a power-driven vessel approaches within this sector, maintain your course and speed with caution.

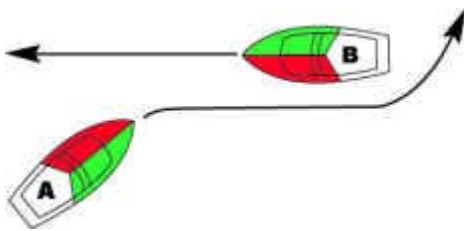
Starboard: If any vessel approaches within this sector, keep out of its way (Note: This rule may not always apply if one or both vessels are sailboats.)

Stern: If any vessel approaches this sector, maintain your course and speed with caution.

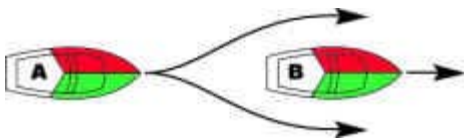


A blows one blast and alters course to starboard.

B blows one blast and alters course to starboard



A keeps clear of and must avoid crossing ahead of **B**.



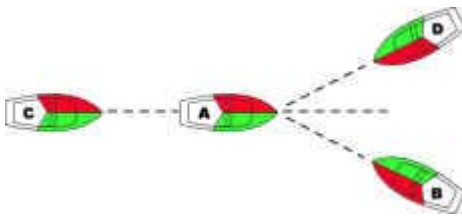
Any vessel overtaking another must keep clear.



Rules of the road

The rules of the road are established by the [Collision Regulations](#) and apply to every vessel in all navigable waters - from canoe to supertanker. For information on the Canadian Aids to Navigation System, please visit:

www.tc.gc.ca/BoatingSafety/sbg-gsn/menu.htm

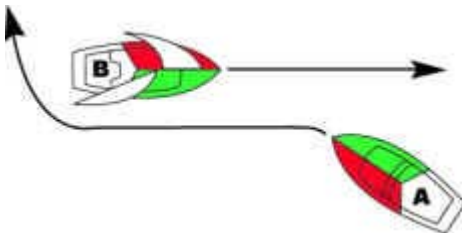


A keeps clear of B

C keeps clear of A and B

B keeps clear of D

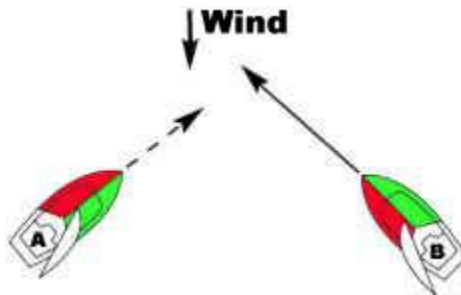
D keeps clear of A and C



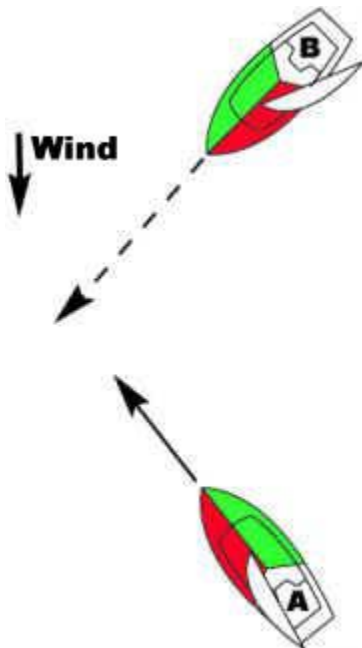
A power-driven vessel keeps clear of a sailing vessel.



When each sailing vessel has the wind on a different side, the vessel that has the wind on its port (left) side shall keep out of the way of the other. In our illustration, **A** keeps clear of **B**.

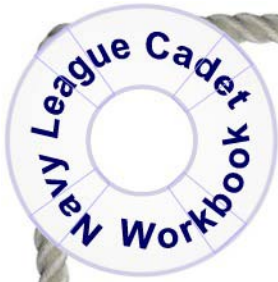


If a sailing vessel has the wind on its port side and the sailor cannot determine with certainty whether the other vessel has the wind on its port or starboard side, the first vessel must keep out of the way of the other.



When both sailing vessels have the wind on the same side, the vessel to windward shall keep out of the way of the vessel to leeward. **B** keeps clear of **A**.

Note: The windward side is defined as the side opposite to that of which the mainsail is carried or, in the case of a square-rigged vessel, the side opposite to that on which the largest for-and-aft sail is carried.



Boat Work Word Search



H	T	S	A	F	E	T	Y	X	I	N	S
Y	E	D	I	S	T	R	E	S	S	N	C
P	K	P	H	R	Y	O	Z	A	O	O	S
O	C	A	U	A	M	Z	Q	I	A	R	A
T	A	D	D	D	N	V	T	S	M	O	I
H	J	D	D	I	Q	C	T	Z	Z	H	L
E	E	L	L	O	I	G	R	Q	V	C	I
R	F	E	E	R	U	M	I	K	N	N	N
M	I	U	T	A	S	N	I	S	Z	A	G
I	L	S	R	R	E	C	O	V	E	R	Y
A	E	D	E	Q	U	I	P	M	E	N	T
R	F	L	A	R	E	S	Z	H	E	L	P

ANCHOR
EQUIPMENT
HUDDLE
PADDLE
RESTRICTIONS

COASTGUARD
FLARES
HYPOTHERMIA
RADIO
SAFETY

DISTRESS
HELP
LIFEJACKET
RECOVERY
SAILING