



**Section 4**

**Safe Fishing and Boating: Water Smart® Activities**

## Wet Activity: Pre Trip Check

**Objective:** To learn how to prepare for a safe boating trip.

- I. Choose which type of entry you would like everyone to practice and call out items on the teacher's key. For safe items they enter the pool, and for unsafe items they yell out unsafe.
- II. Instructors can mix this up and substitute entries for any other skill.

### Teacher's Key:

- local hazards (safe)
- fridge (sorry)
- weather (safe)
- PFDs (safe)
- bird cage (sorry)
- boat (safe)
- fishing gear (safe)
- gas (safe)
- all safety equipment (safe)

References: *BOAT™ Study Guide*, p. 16; 40-47  
*Canadian Lifesaving Manual*, p. 2-3 & 2-4



## Wet/Dry Activity: Equipment Relay

**Objective:** Reinforce using safe boating equipment

- I. Set up a relay using any kind of movement to get from point A to point B. In order for the racer to tag the next person they need to choose a piece of equipment that is required by law for a motorized watercraft 6m or less.
- II. Can be done in shallow or deep water, if the equipment is not available use flash cards. Have them write out what equipment is needed for safe boating.

References: *BOAT™ Study Guide*, p. 16  
*Canadian Lifesaving Manual*, p. 2-3

## Wet Activity: Appropriate PFD

**Objective:** To reinforce the need to wear an appropriate fitting PFD

- I. Have two piles of various sizes of PFDs. One pile should have sizes that will NOT fit properly, and one pile that does. Have them run/swim/hop in the water or use a swimming drill over to the pile and get a PFD. Discuss how hard it was to move in a PFD that does not fit properly. Do the activity again, this time with the pile of properly fitting PFDs.
- II. Have various sizes of PFDs in a pile in shallow water, have participants go and find a lifejacket and put it on. Discuss how hard it is to put a PFD on in the water which does not fit properly.

References: *BOAT™ Study Guide*, p. 12; 57-59  
*Canadian Lifesaving Manual*, p. 1-4; 2-2 to 2-6  
Video – *Saved by the Jacket*

## Dry Activity: Dressed for Success

**Objective:** Reinforce the necessity of clothing layers and choosing proper clothing.

- I. Review different types of clothing. Assign groups to put together what they would wear for different activities. Discuss the different layers and what should or shouldn't be worn. Different flotation devices and suits are important for fishing, hunting and boating in cold weather.

## Dry Activity: Share the Water

**Objectives:** To acquaint participants with proper boating etiquette

- I. Review the Collision Regulations in the BOAT™ study guide. This covers all lights and shapes, rules, when certain boats meet, overtake, sound signals and radar reflectors.
- II. For children use toy boats and put red markers on the left side and green markers on the right. Either on land or in the water have the participants move using the navigation lights as a key on how to give way, pass, and steer clear of each other.

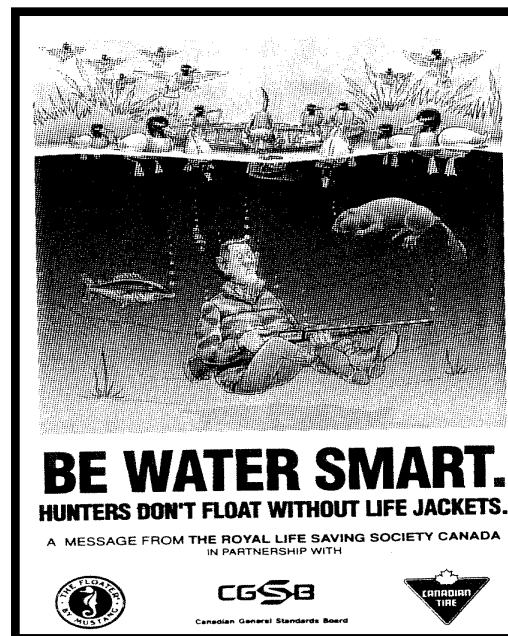
*Reference: BOAT™ Study Guide, p. 17-24*

## Wet Activity: Buoys Obstacle Course

**Objective:** Learn the Cardinal Buoy System and Terminology

- I. Set up an obstacle course and have everyone navigate the course using the Cardinal Buoy System.
- II. Instructing lower levels you will have to guide them through the course. Do not use too many types of buoys at the same time. Proper terminology can be used with this activity, place posters in the appropriate areas and call out a direction. The participants move in an appropriate and safe manner to get to the proper location.
- III. If you do not have a way to weigh the buoys down, then this can be done as a dry activity.

*Reference: BOAT™ Study Guide, p. 3 & 34*

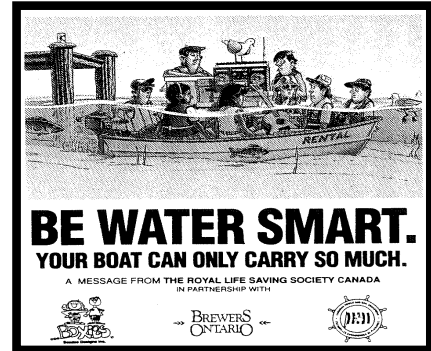


## Wet Activity: Capsize

**Objective:** Learn how to do a self rescue when a boat capsizes, reinforces how to enter a boat.

- I. All participants put on a PFD and enter the boat (any sort of inflatable boat, canoe) – you can take them for a ride, and then capsize the boat when all participants are ready. Have all participants try to get on top of the canoe/boat while wearing a PFD.
- II. Try this activity with and without PFDs (varying on the level of swimming) discuss which way is harder and why you wear a PFD.
- III. This can also be done starting from a capsized position.

*References: BOAT™ Study Guide, p. 59-60  
Canadian Lifesaving Manual, p. 3-4*



## Dry Activity: Throwing Aids

**Objective:** To accurately throw an aid 4 out of 5 times.

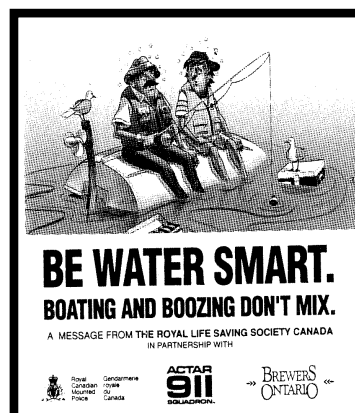
- I. Using buoyant heaving lines or throw bags have all participants' line up 3-5m from the target. Using the heaving lines hit the target 4 out of 5 times.
- II. Challenge the participants to try standing further back if 5m is too close. See variations from the rescue section on throwing assists for more variations.

*References: BOAT™ Study Guide, p. 13  
Canadian Lifesaving Manual, p. 4-12 to 4-15*

## Wet Activity: Cold Water

**Objective:** Learn how to survive in cold water.

- I. Ice bucket: Have everyone write their names on a piece of paper. Next, have two or three people submerge their hands in a bucket of water filled with ice. When their hands become numb, remove them from the water and try to write their name again. They should see a difference in how long it took to write their name and how difficult the task has become.
- II. HELP and HUDDLE: Have each person go into the HELP position for two minutes. Make sure they know they cannot un-tuck from the position or it will not work properly. If they are rolling onto their faces or sides, have them lean back and scull with their hands. After two minutes are up spread out like a star. They should feel a rush of cold water. Try with and without a PFD.



## Safe Fishing and Boating: Water Smart<sup>®</sup> Handouts, Puzzles & Word Games

- Are you Boat Smart?
- PFD/Lifejacket Quiz
- PFD/Lifejacket Quiz Answers
- Boating Quiz
- Boating Quiz Answers
- Boating
- Boat Smart
- Be Boat Smart: Wear a PFD
- Choose it. Use it. Lifejackets have come a long way.



# Are you Boat Smart?



- 1 How many people die in boating activities every year in Canada?  
50                      100                      200                      500
- 2 How many boating injury incidents occur each year?  
1000                      2000                      4000                      6000
- 3 Which is the most dangerous type of boat?  
Canoe                      Powerboat                      Sailboat                      Rubber raft
- 4 Which is the “Real Drowning Machine”?  
Personal water craft (jet ski)                      Fishing type boat
- 5 What percentage of Manitobans aged 18 – 34 were involved in water related fatalities?  
5%                      7%                      21%                      26%
- 6 What percentage of Manitobans were wearing PFDs or lifejackets in a boating incident where fatalities occurred?  
0%                      8%                      13%                      19%
- 7 Can boat operators become impaired without consuming alcohol or drugs?  
Yes                      No
- 8 The legal maximum blood alcohol limit to operate a boat or automobile is 0.08. What is the average blood alcohol level in fatal boating incidents?  
0.05                      0.08                      0.12                      0.20
- 9 Can you loose your driver’s license or go to jail for operating a powerboat while impaired?  
Yes                      No
- 10 What is the maximum boat speed permitted within 30 meters of shore?  
10kph                      20kph                      50kph                      No limit

**Answers:**

1. 200; 2.6000; 3.Powerboats=2/3 of all boating deaths;4.Fishing type boats=half of all power boats deaths; 5. 26%; 6.0%; 8. 0.20 = more than 2.5 times the legal limit; 9. Yes-the law does not recognize any difference between operating a boat, car or snowmobile while impaired; 10.10kph

# PFD/Lifejacket Quiz

1. What does PFD stand for?
2. Who is responsible for approving PFDs and Lifejackets in Canada?
3. What are the approved colours for a Lifejacket/PFD in Canada?
4. What is the difference between a Lifejacket and a PFD?
5. When in a boat always \_\_\_\_\_your PFD/Lifejacket.
6. When boating there must be \_\_\_\_\_ for every person aboard.
7. A PFD must \_\_\_\_\_to be effective.
8. What does HELP stand for?
9. What is the purpose of HELP?
10. Where can you buy a PFD?
11. Over\_\_\_\_\_% of drowning victims were not wearing a PFD.



# PFD/Lifejacket Quiz Answers

1. Personal floatation device
2. Canadian Coast Guard and Department of Transportation (DOT)
3. Any colour for PFDs and red, yellow and orange for Lifejackets
4. PFDs are more comfortable, will not flip you over if unconscious, etc.
5. Wear
6. One PFD/Lifejacket
7. Fit
8. Heat Escape Lessening Position
9. Protects major heat loss areas
10. Answers will depend on local situation
11. 95%

# Boating Quiz

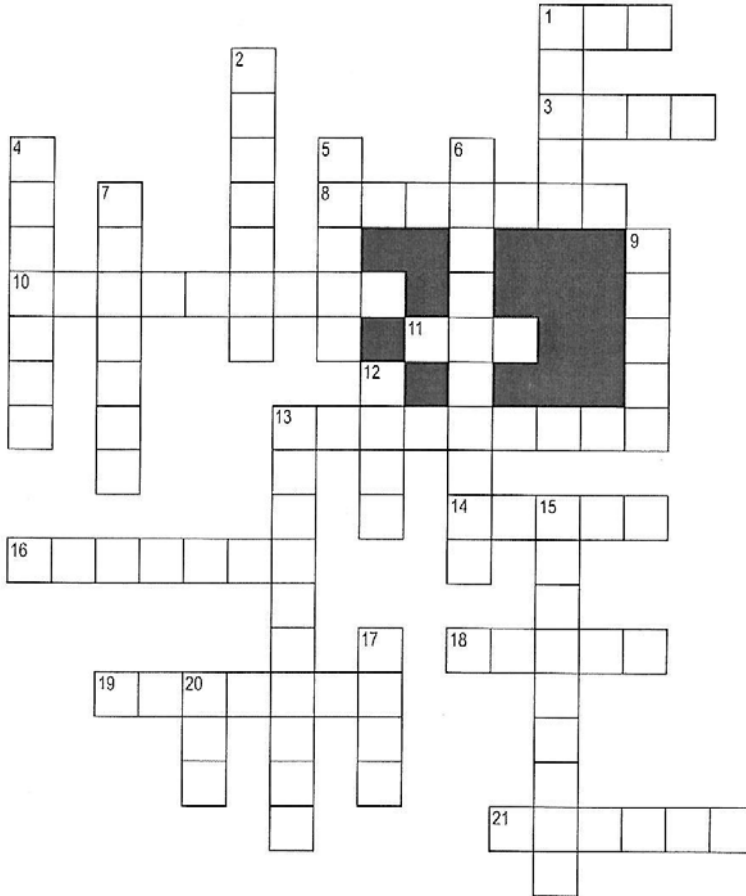
1. If you are 15 years of age you are allowed to operate a Personal Watercraft. True or False.
2. What is a boater competency card and how can you get one?
3. What is the minimum age for driving a Personal Watercraft?
4. Over \_\_\_\_\_% of all power-boating fatality victims had a blood alcohol level above the legal driving limit?
5. There must be one approved PFD or Lifejacket for every \_\_\_\_\_ on board. Failure to obey this law could result in a fine of over \$200.
6. What type of safety equipment should you bring with you when you go boating?
7. Before you set out be sure to make a \_\_\_\_\_ and leave it with someone responsible.
8. Who is responsible for approving PFDs and Lifejackets in Canada?
9. What does PFD stand for?
10. What is HELP and why is it beneficial?



# Boating Quiz Answers

1. False
2. A card you receive after passing a Canadian Coast Guard accredited test; you can take the Lifesaving Society's BOAT™ program
3. 16
4. 40%
5. Person
6. PFD or Lifejacket, buoyant heaving line, lifebuoys, manual propelling device (paddle/oars or an anchor with a 15m line), bailer or manual water pump, fire extinguisher, flares/watertight flashlight, sound signaling device, navigation lights.
7. Float plan
8. Canadian Coast Guard and the Department of Transportation
9. Personal Floatation Device
10. Heat Escape Lessening Position; to conserve body heat

# Boating



## Across

1. Front of boat
3. This will help you row
8. What you need to drive a boat
10. Right side of the boat
11. You need lots of this for your motor boat
13. What you need to give the harbour master
14. One way to check the weather
16. Dangers
18. Someone you should bring with you
19. Stay with the boat if this happens
21. This will get rid of water

## Down

1. Tell you where danger is
2. What you should never drink when boating
4. This will signal for help
5. Another way to signal for help
6. Right behind (2 words)
7. How you move in a boat (2 words)
9. Back of boat (2 words)
12. Left side of boat
13. Helps you see in the dark
15. Straight in front
17. The widest part of the boat
20. Everyone must have one of these

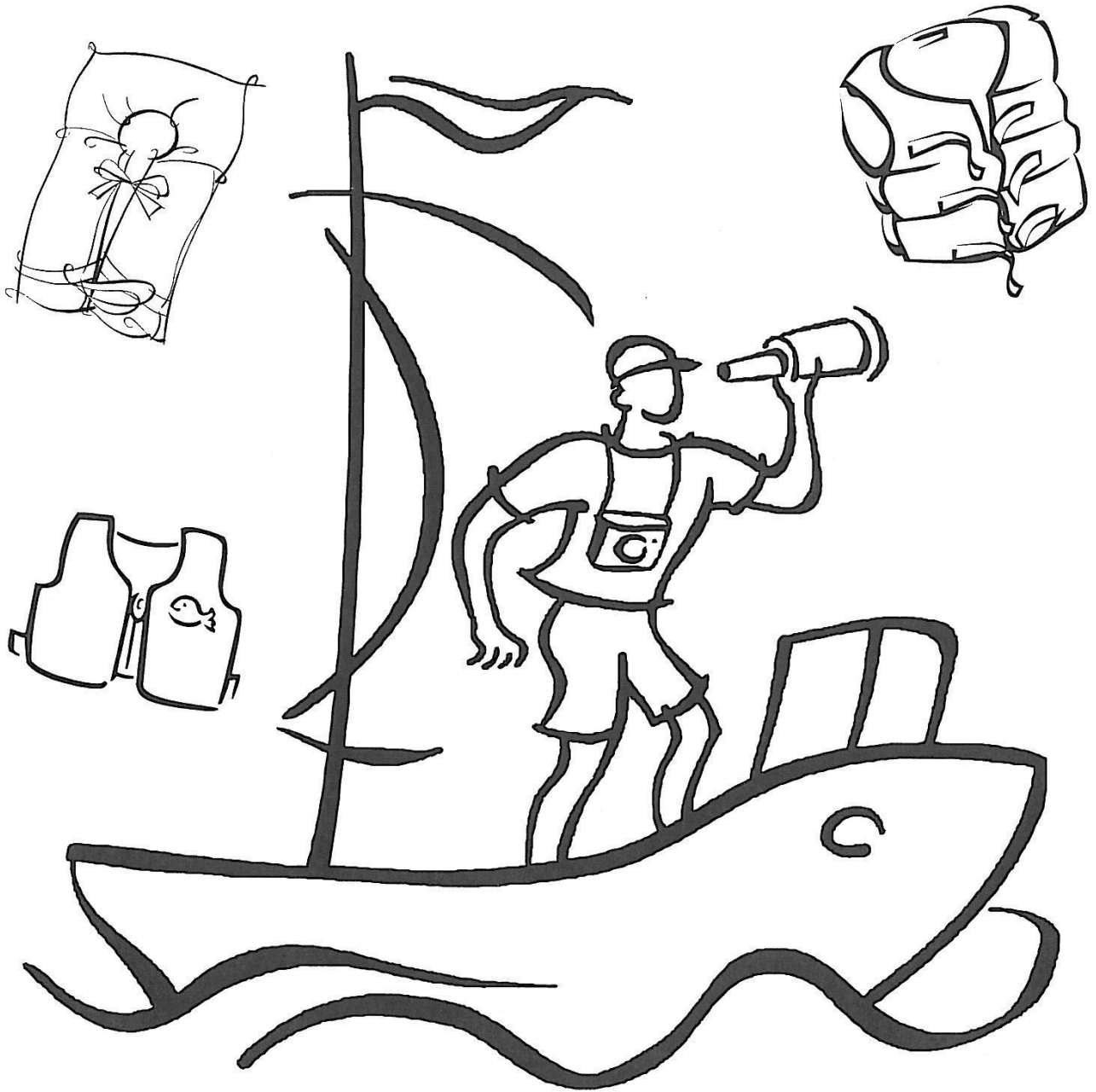


- |                |               |
|----------------|---------------|
| 20. PFD        | 21. Bailor    |
| 17. Beam       | 19. Capsize   |
| 15. Dead Ahead | 18. Buddy     |
| 13. Flashlight | 16. Hazards   |
| 12. Port       | 14. Radio     |
| 9. Stern       | 13. Floeplan  |
| 7. Stay Low    | 11. Gas       |
| 6. Dead Astern | 10. Starboard |
| 5. Flare       | 8. License    |
| 4. Whistle     | 3. Oars       |
| 2. Alcohol     | 1. Bow        |
| 1. Buoy        |               |
- Down



# Be Boat Smart: Wear a PFD

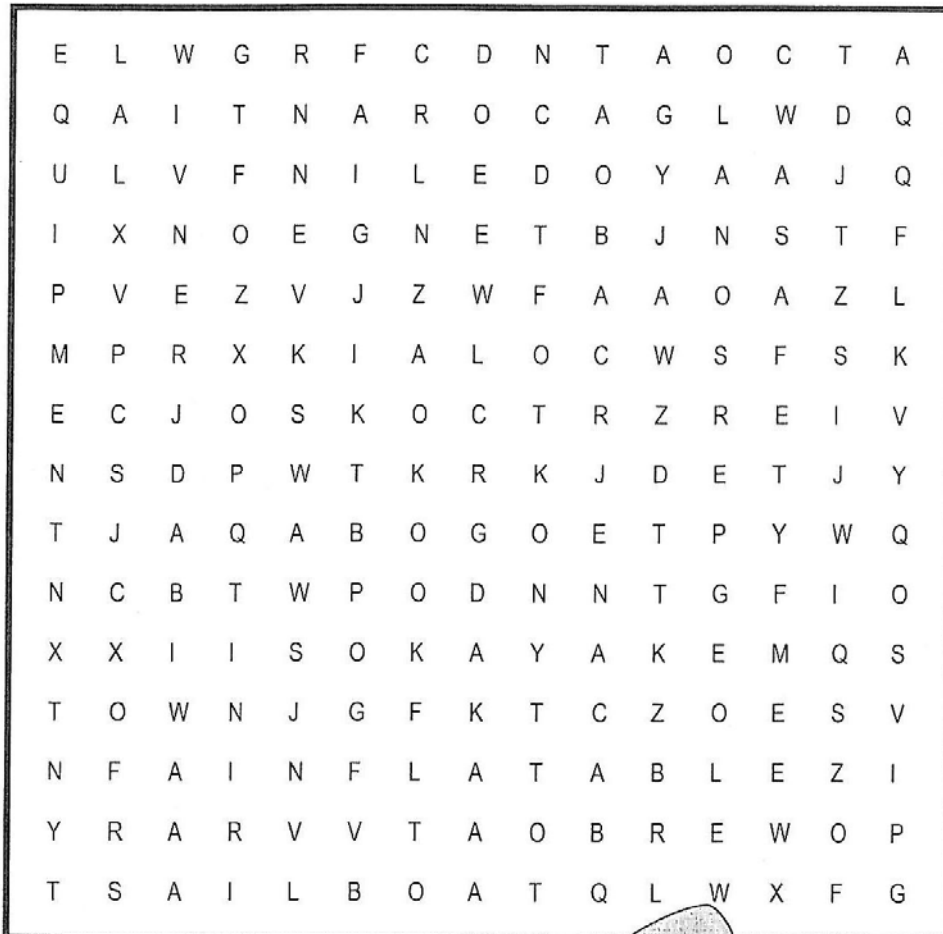
What did the man forget to put on before he stepped foot on the boat?  
Help him be Water Smart<sup>®</sup> and draw his missing PFD



# Choose it. Use it.

## Lifejackets have come a long way.

Can you find the water safety words in this word scramble?



- BOAT
- CANOE
- CAPSIZED
- DROWNING
- EQUIPMENT
- FLOTATION
- INFLATABLE
- KAYAK
- LIFEJACKET
- PERSONAL
- POWERBOAT
- ROWBOAT
- SAFETY
- SAILBOAT
- TRANSPORT CANADA
- WATER

