

BOATING SAFETY ACTIVITIES

EDUCATION AND FUN WITH A PURPOSE

WEAR IT!—Survive the unexpected.

Activity:

Participants are seated in a row with life jackets placed under their chairs. They are instructed that at the sound of the whistle they will have one minute to properly put on their life jacket while seated in the chair and then step outside a dotted line that has been put on the floor. The chairs represent the boat and the dotted line represents immersion in the water. When the instructor sounds the whistle, he uses a stopwatch to begin timing the activity. The winner(s) are those who properly put on and secure their life jackets and move beyond the dotted line within one minute. The level of difficulty can increase by grouping, tangling or buckling the life jackets together and each participant drawing a card that identifies which life jacket they are to choose.



Purpose:

The purpose is to show the amount of time, possible confusion and delay that passes while putting on a life jacket instead of wearing it at all times while boating. Participants are reminded that in the split-second it takes to fall overboard, it's difficult to grab a life jacket and even more difficult to put on one while in the water. Capsizing is the leading cause of drowning deaths, and



a major contributing factor is not wearing a life jacket. Survival depends on being prepared—prepared to suddenly be in the water at ANY time—so **WEAR IT and survive.**

WEAR IT, PROPERLY.

Activity:

Use the same life jackets used in the previous activity. Preferably have a variety of sizes and types or styles on-hand. Each participant is asked to choose the life jacket they think is the right size for them. Once all participants have selected and put on a life jacket, the instructor asks them to raise both arms straight overhead. The instructor then grasps the upper portions of each shoulder of a participant's life jacket and explains that for it to work, it needs to fit properly. It's further explained that once you're in the water, if the jacket is loose or too big the flotation properties of the jacket will push the life jacket up over your face. If the jacket is too small, there may not be enough flotation to keep the participant's body afloat.

Purpose:

Participants are urged to "**WEAR IT!**" and also to wear it properly. While it's important to wear a life jacket at all times while on the water, don't wait till you're in the water to know if it will work.