Cold Water Presentation

SLIDE 1

Cold Water

- Big risk factor for boaters
- Will make it difficult to swim or even stay afloat

SLIDE 2

1 - 10 - 1

- An easy way to remember the effects cold water has on your body

SLIDE 3

1 - The Cold Shock

- You will have a few large gasps as your body is instantly shocked by the water temperature
- Gasps will be followed by severe hyperventilation
- It will pass in about 1 minute

SLIDE 4

10 - Cold Incapacitation

- Over the next 10 minutes you will become incapacitated
- Blood moves to keep your core, your heart and other organs warm
- Your legs and arms will stop working properly
- During these 10 minutes that you have to take the opportunity to rescue yourself

SLIDE 5

1 - Hypothermia

- If you keep your head above water with a lifejacket you can expect to be hypothermic, but alive
- It will take about an hour before you become unconscious from hypothermia
- At least another hour before your heart could stop

SLIDE 6

The Key to Surviving – A Lifejacket/PFD

- Water doesn't need to be cold, only have a big temperature difference between the water and air temperature to produce a cold shock gasp
- The key to surviving an accidental fall into cold water is to be wearing your lifejacket
- Your lifejacket will help keep your head above water & will keep you afloat

SLIDE 1

Cold Water

A big risk factor is cold water. When the water is very cold, under 20 degrees Celsius, your body will react in a way that will make it difficult for you to swim or even stay afloat if you fall out of your boat. However, even warmer water can have a similar initial effect when the air temperature is very high.

SLIDE 2

1 - 10 - 1

1-10-1 An easy way to remember the effects that cold water can have on your body is the 1 – 10 – 1 rule. Here is how it works.

SLIDE 3

1 - The Cold Shock

In the first minute of an accidental immersion you will have a few large gasps as your body is instantly shocked by the water temperature. This is similar to how you feel when you are taking a hot shower and accidentally turn on the cold water. Even if the water is not extremely cold, you can experience a similar reaction if the air temperature is hot because of the large difference between the air and water temperature.

If your head is underwater, like without a lifejacket, those large gasps could be enough to drown you. The gasps will be followed by severe hyperventilation. The key is to keep your head above water, relax and wait. It will pass in about 1 minute as your body calms down.

SLIDE 4

10 - Cold Incapacitation

Over the next 10 minutes you will become incapacitated when your blood moves to keep your core, your heart and other organs, warm. Your legs and arms will stop working properly and soon you will no longer be able to use them, to swim or even tread water.

It is during these 10 minutes that you have to take the opportunity to rescue yourself by getting out of the water. If you can't get out, you need to prepare to wait in the water for rescue.

With a lifejacket on you can continue to float but you need to consider how to keep close to your boat and keep your head up and your face out of the water because soon your arms and legs won't work. After this time hypothermia is going to start being a factor.

SLIDE 5

1 - Hypothermia

The good news is that even in ice water, you can expect to be hypothermic, but alive, as long as you can keep your head above water and keep breathing. It will take about an hour before you become unconscious from hypothermia and at least another hour before your heart could stop. Two hours is quite a big window of opportunity for someone to rescue you.

SLIDE 6

The Key to Surviving – A Lifejacket/PFD

With Canadian waters being cold for much of the year, cold water is a factor for many of us where we boat. And for the initial gasp and hyperventilation, the water doesn't need to be that cold, but just have a big temperature difference between the water and air temperature to produce that cold shock gasp.

The key to surviving an accidental fall into cold water is to be wearing your lifejacket. Your lifejacket will help keep your head above water and help you to breathe during the first one minute of cold shock... it will keep you afloat so you can concentrate on rescuing yourself in the next 10 minutes... and if you can't rescue, keep you floating until someone finds you.