



It's **cold**
out there.
(in the water)

Don't
forget your
(life) jacket.



BE COLD WATER READY

Cold water immersion is the cause of many boating-related fatalities and simply wearing a life jacket can greatly increase your chances of survival. Even expert swimmers will experience cold water shock in water temperatures below body temperature.

STAY WITH YOUR BOAT/PADDLEBOARD

The chances of rescue increase when you hang on to your capsized vessel or are leashed to your board.

1-10-1

1: You have one minute to adjust to the cold shock response – don't panic, get control of breathing, don't gasp.

10: You have about 10-minutes of meaningful movement to get help and get out of the water.

1: You have about one hour before you become hypothermic and lose useful consciousness from cold-water immersion.

For more boating safety information visit:

BoatCalifornia.com

Life Jackets Save Lives