

THE ALASKA SAFE BOATER KIDS

fourth edition



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Grades 4 and up.

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Illustrated by: Liz Shine

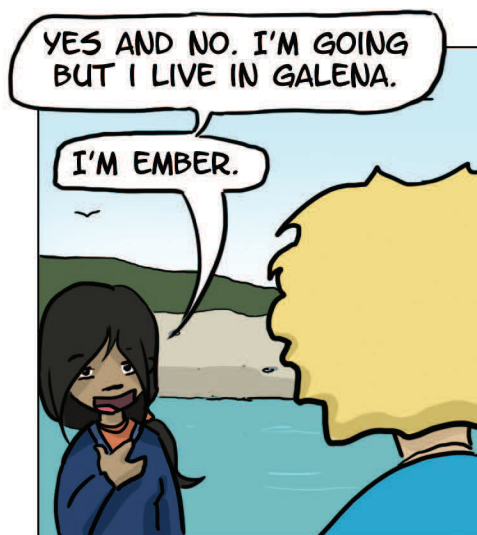
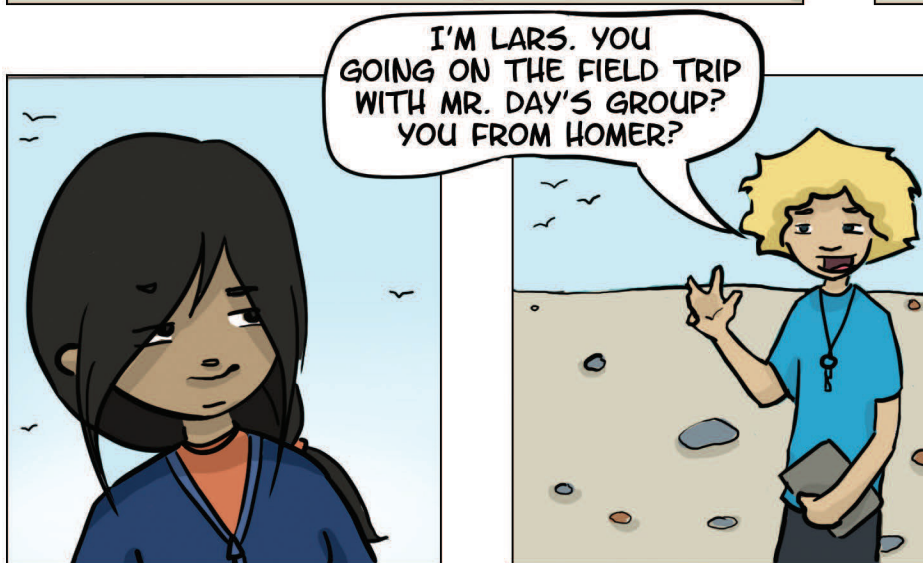
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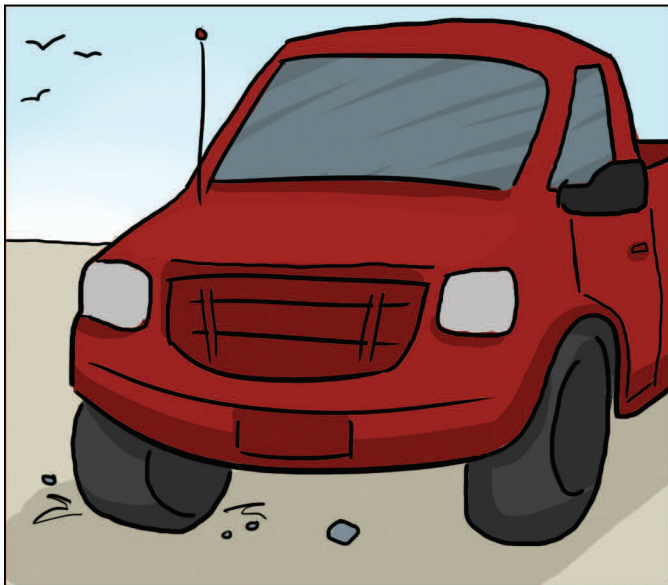
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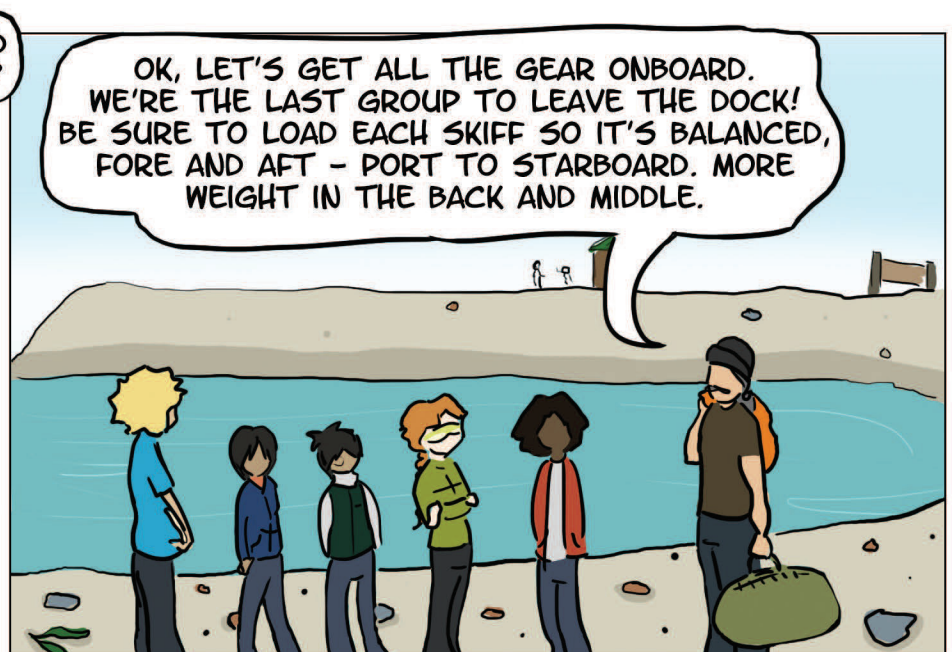
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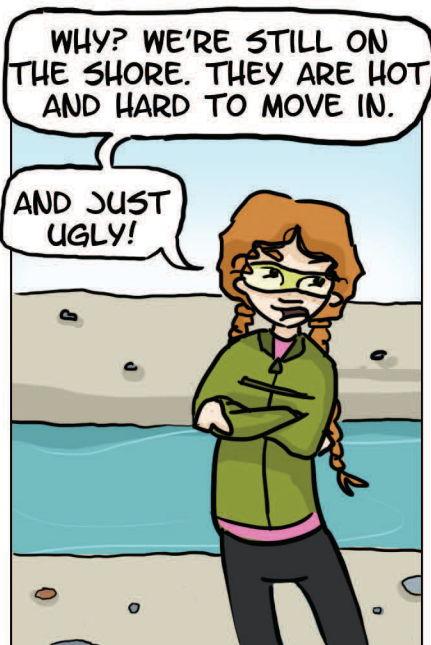
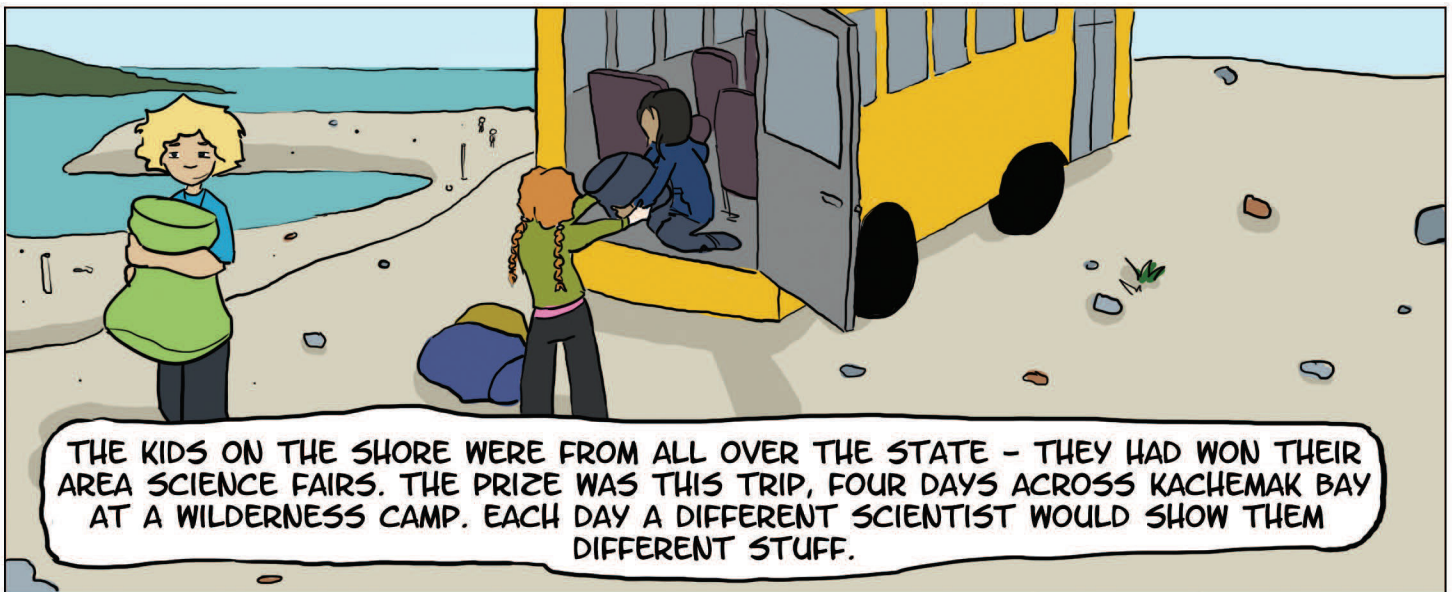
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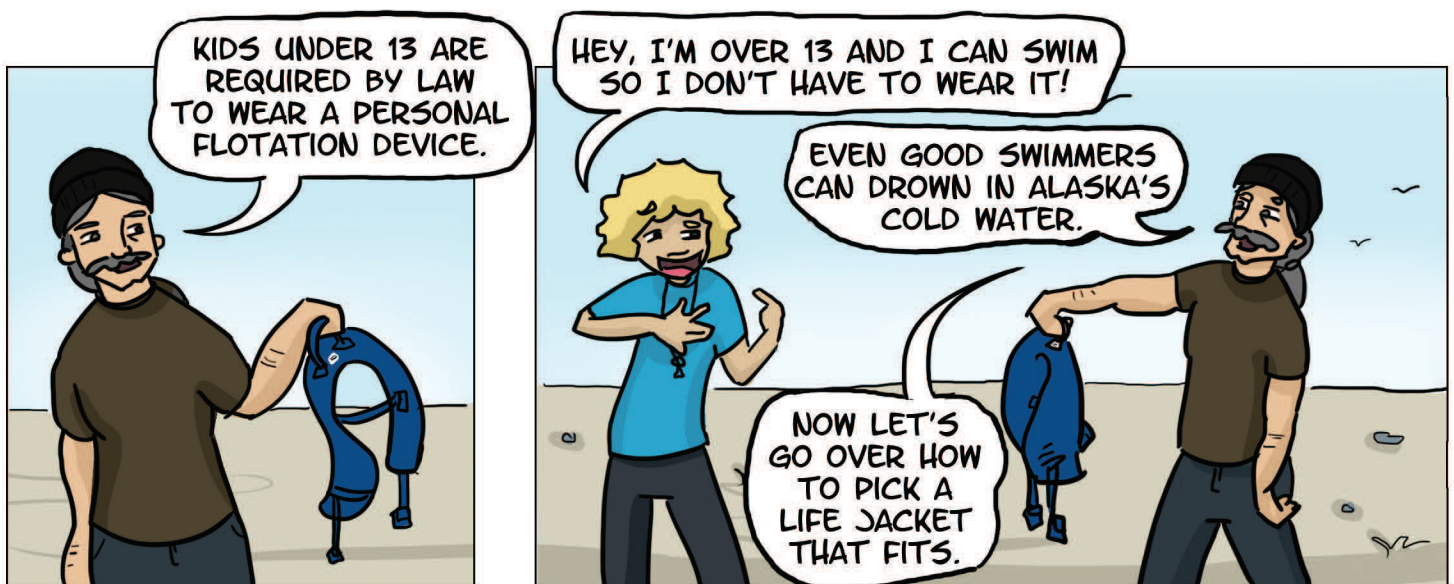






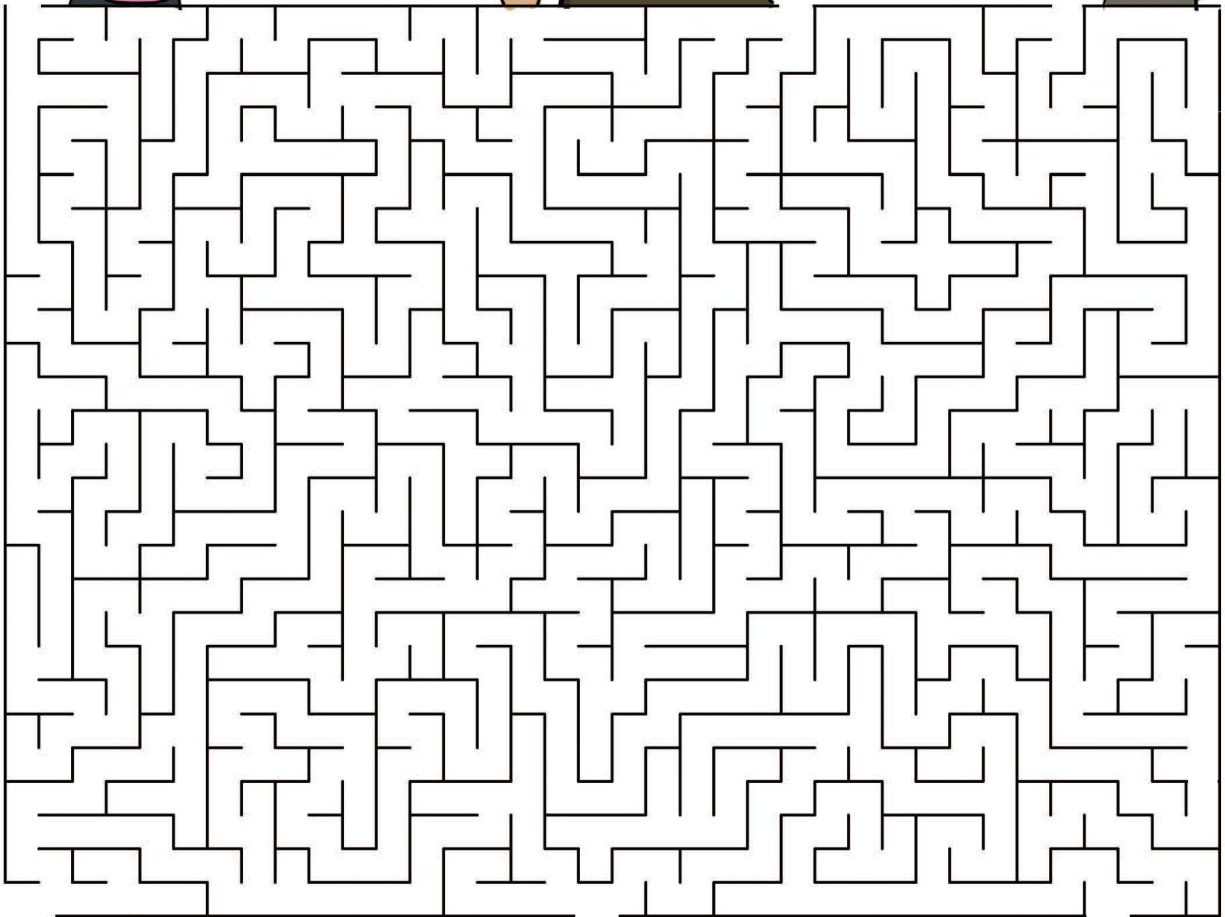
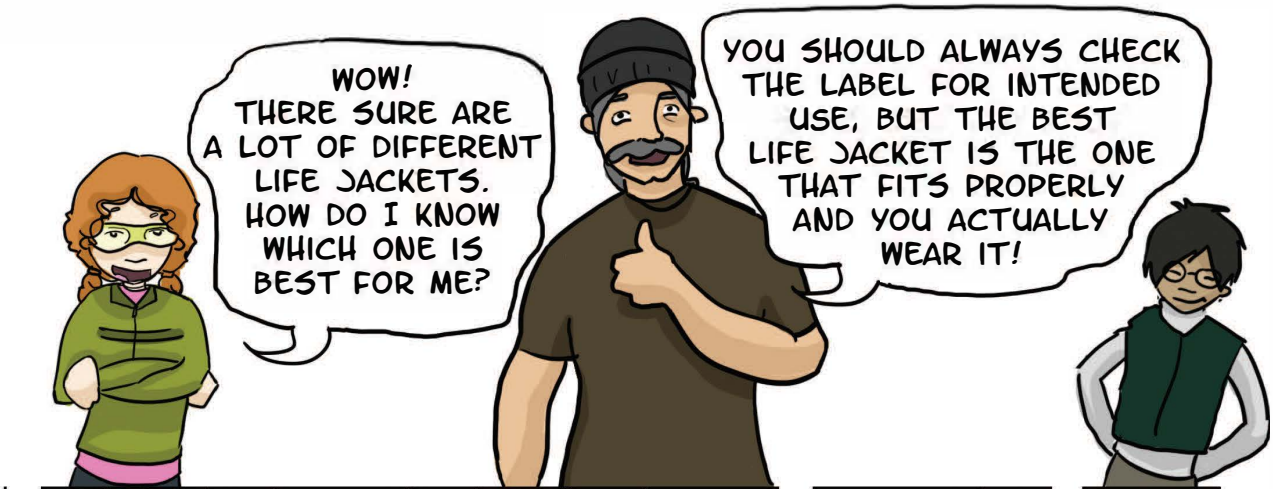


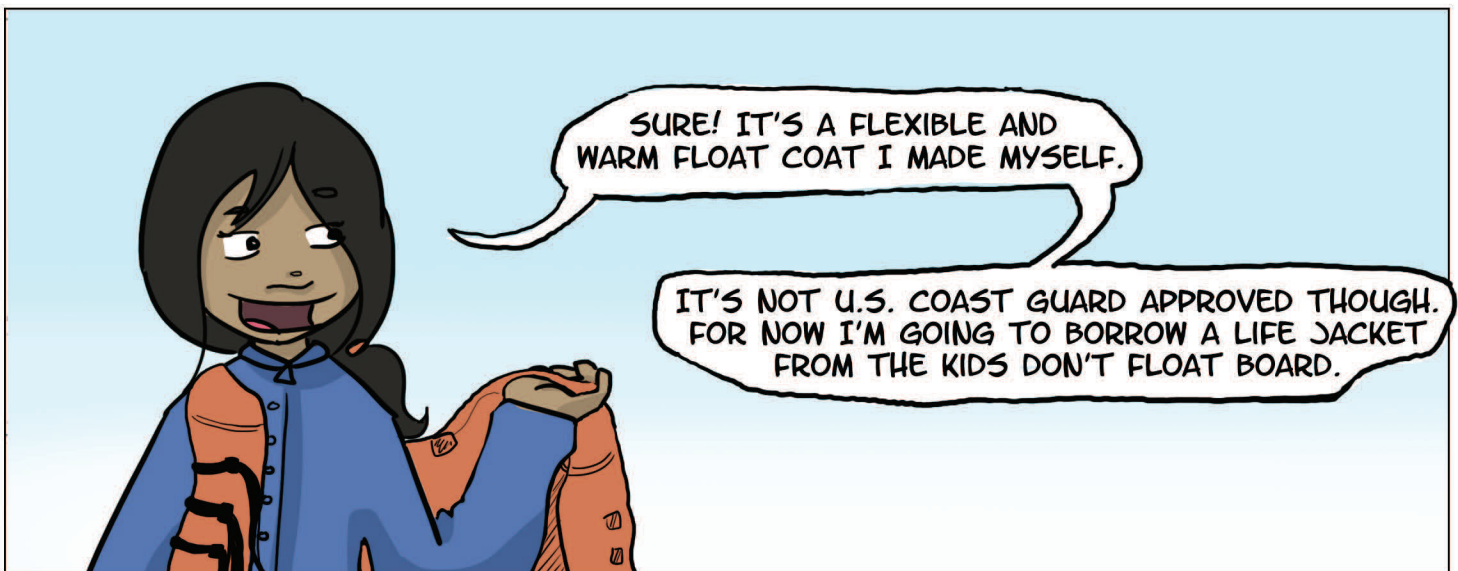
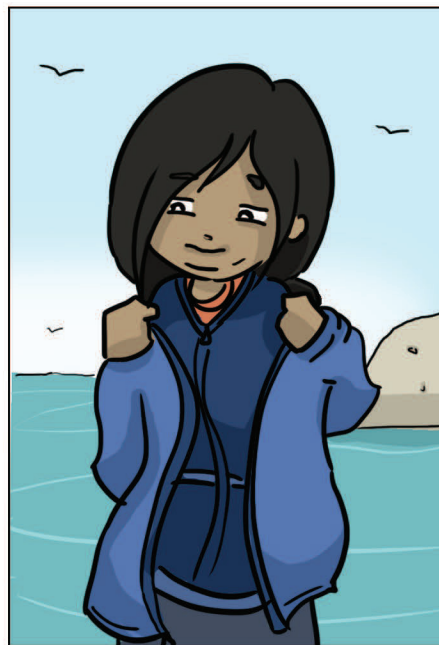


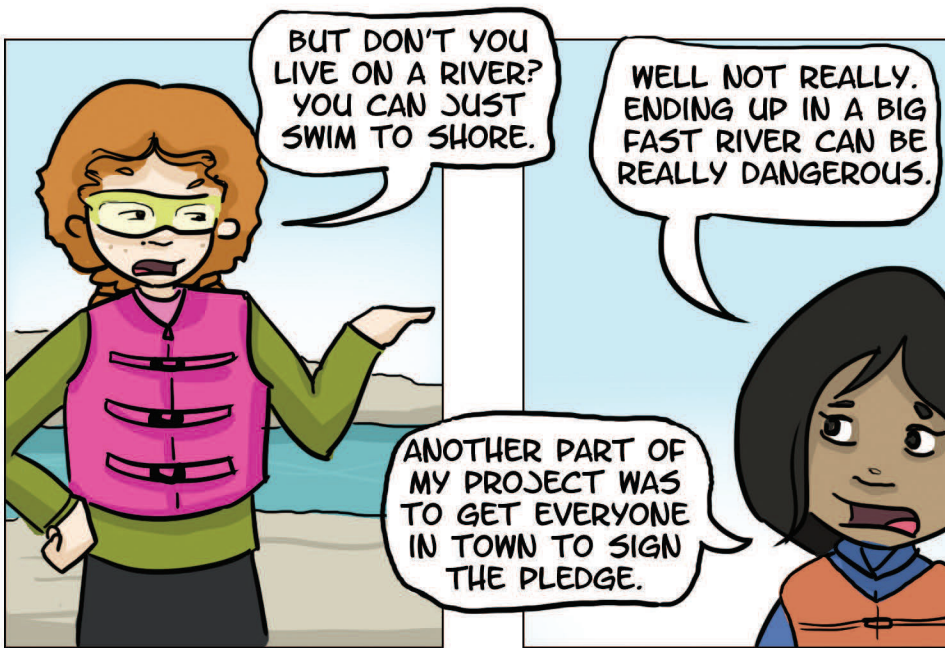


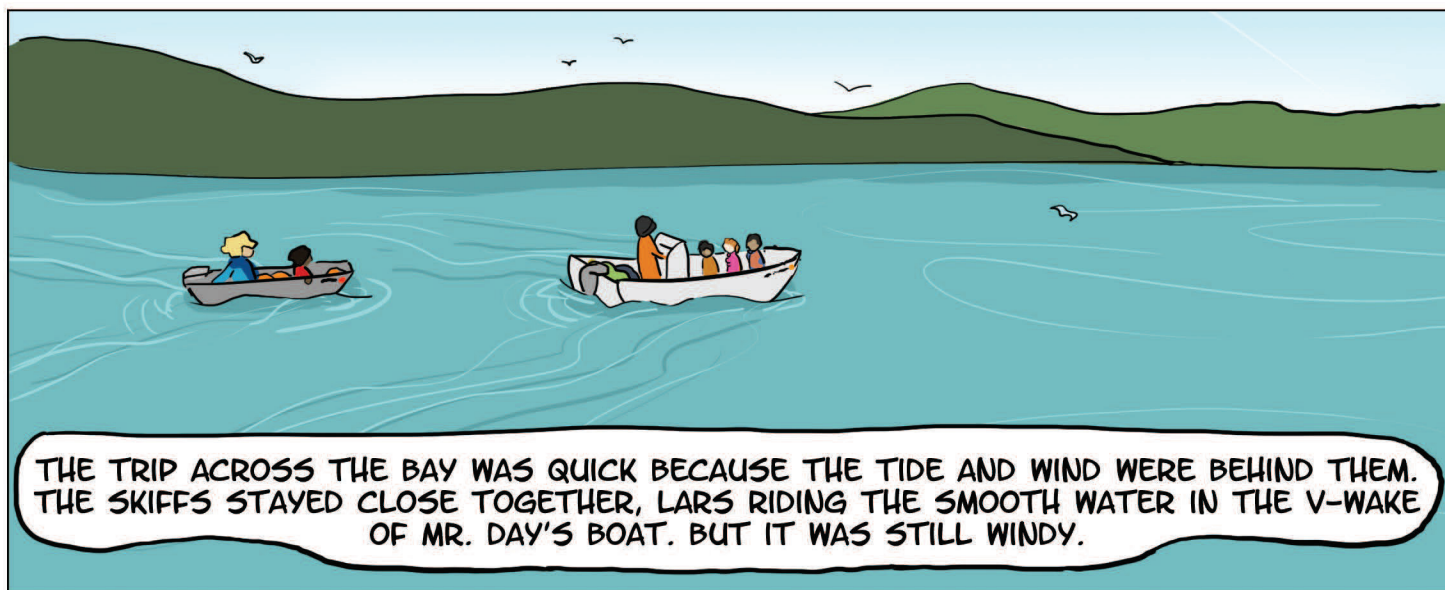
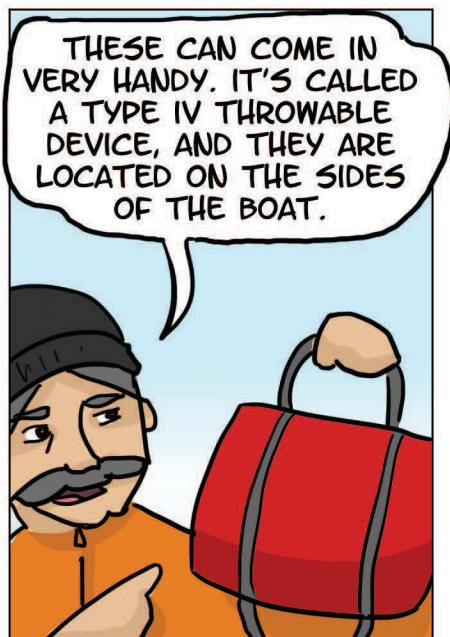
MAZE

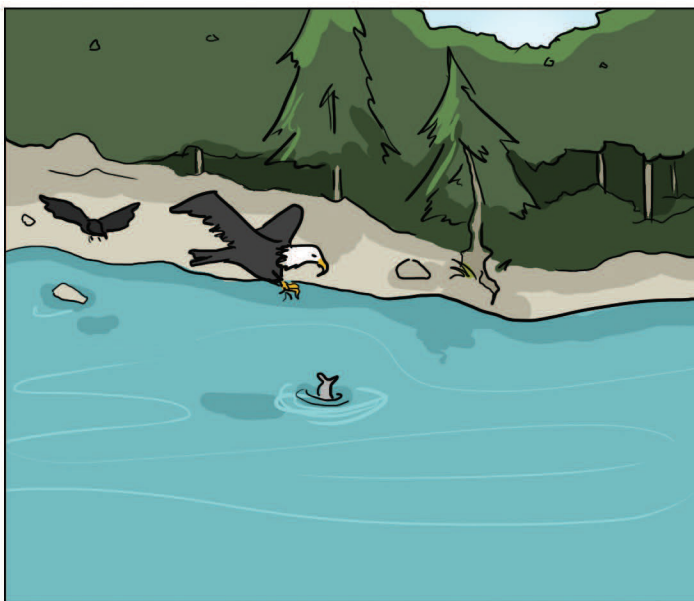
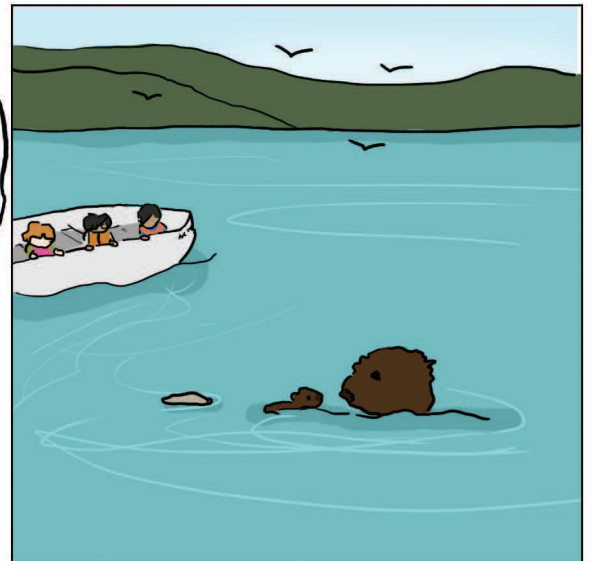
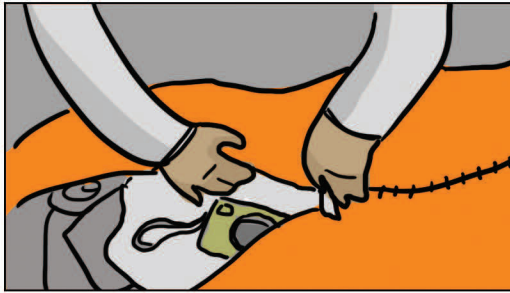
Below are three different sized boaters. Lead them through the maze to the life jacket that will fit them the best!

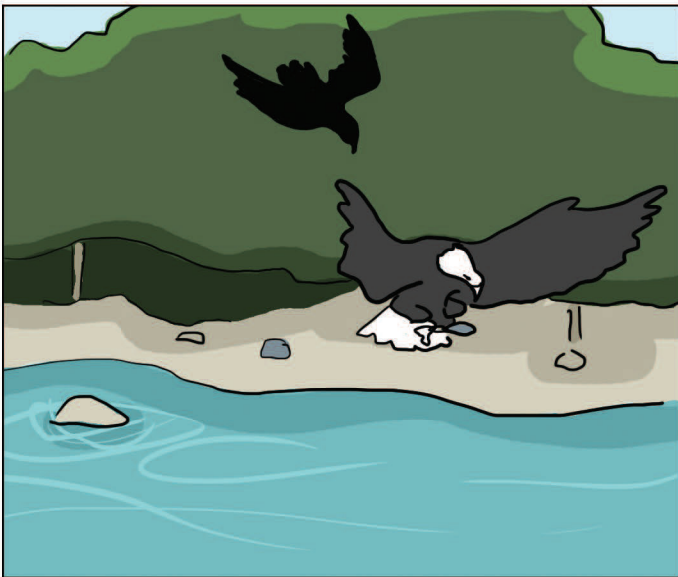






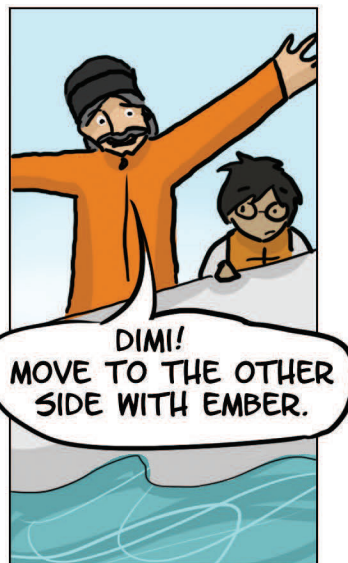
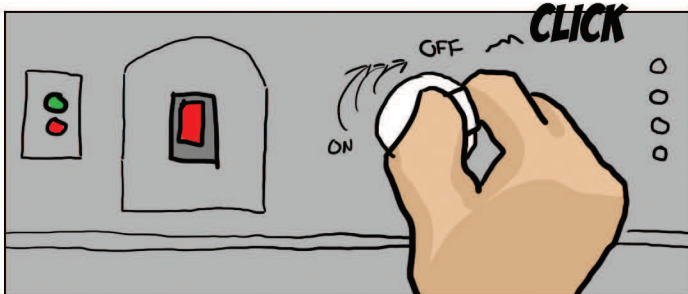
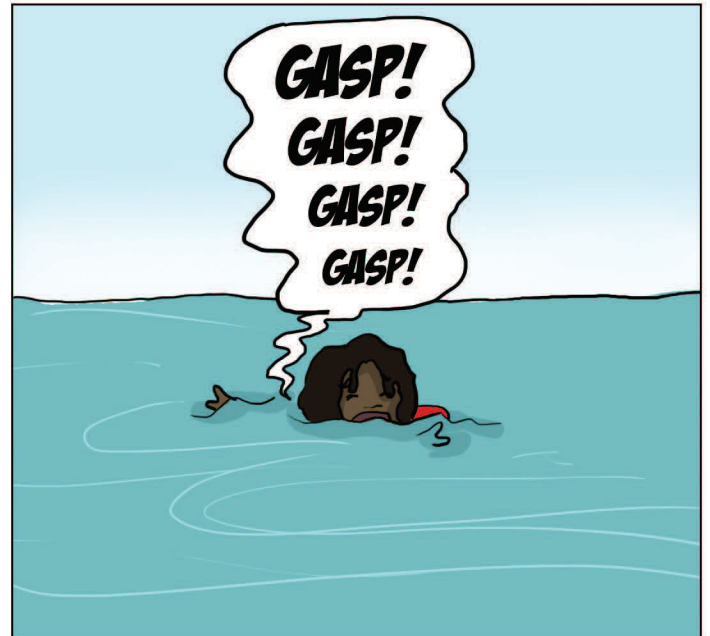
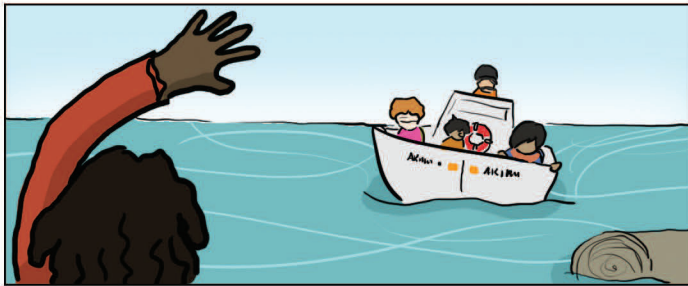


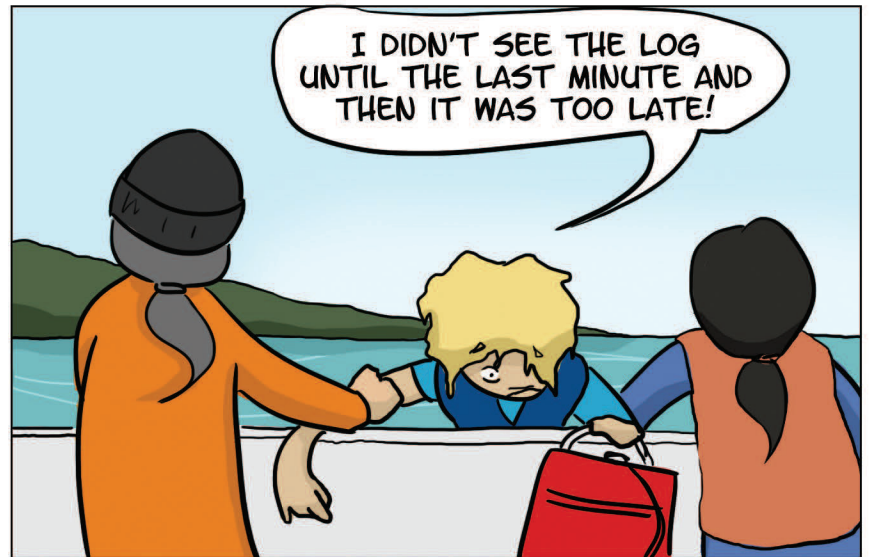
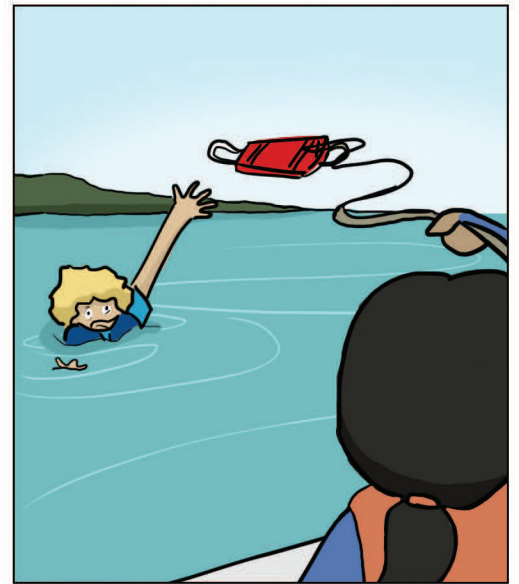


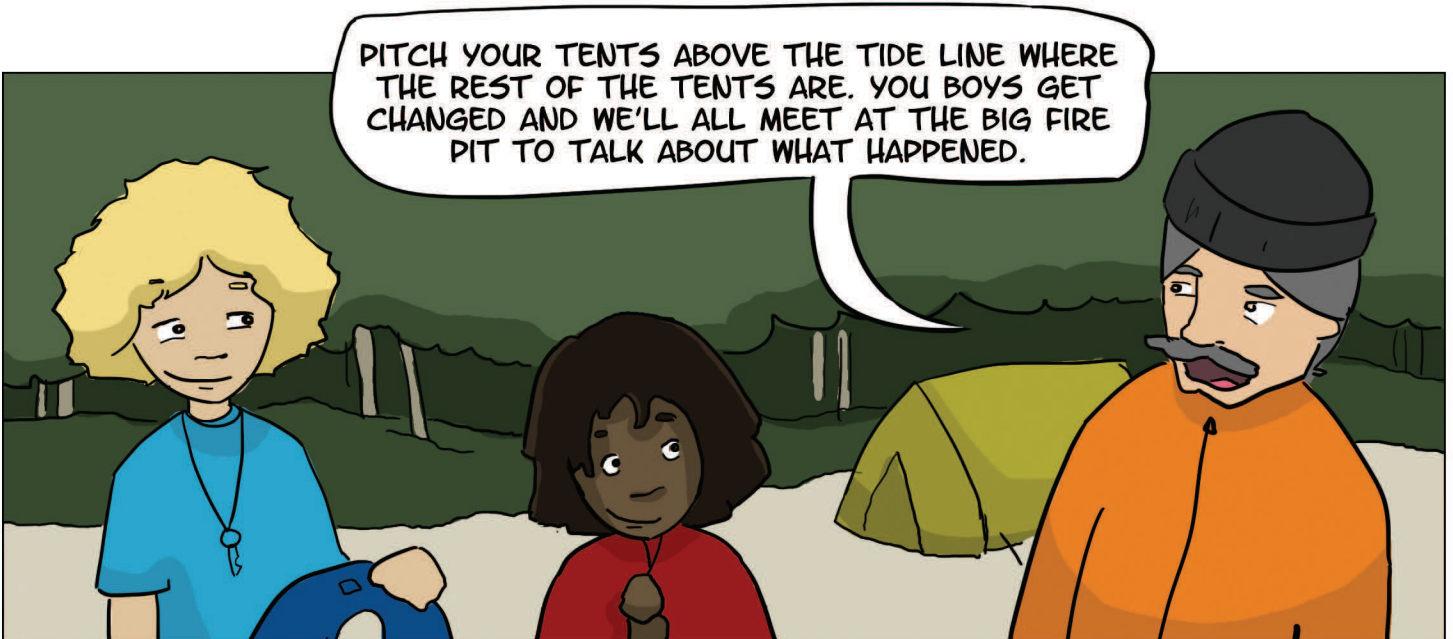
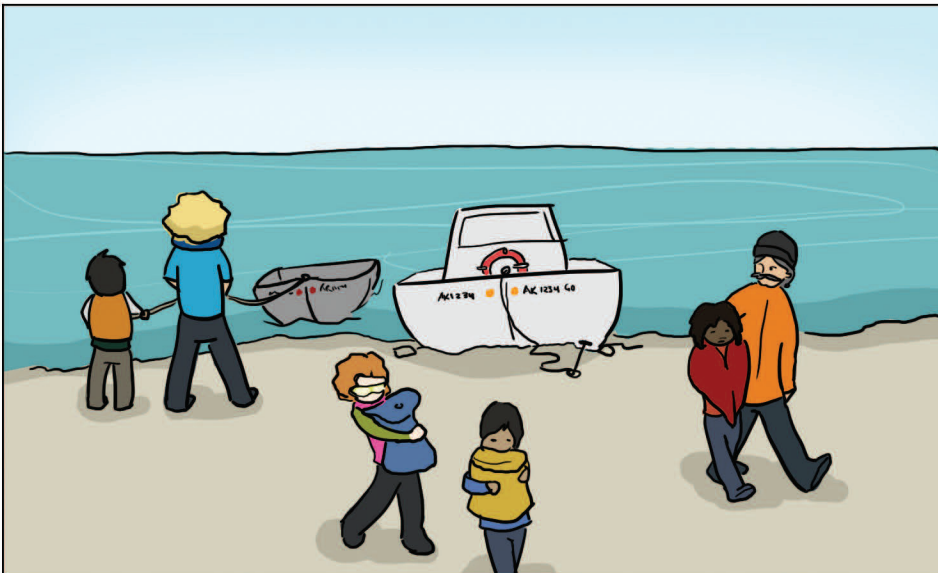
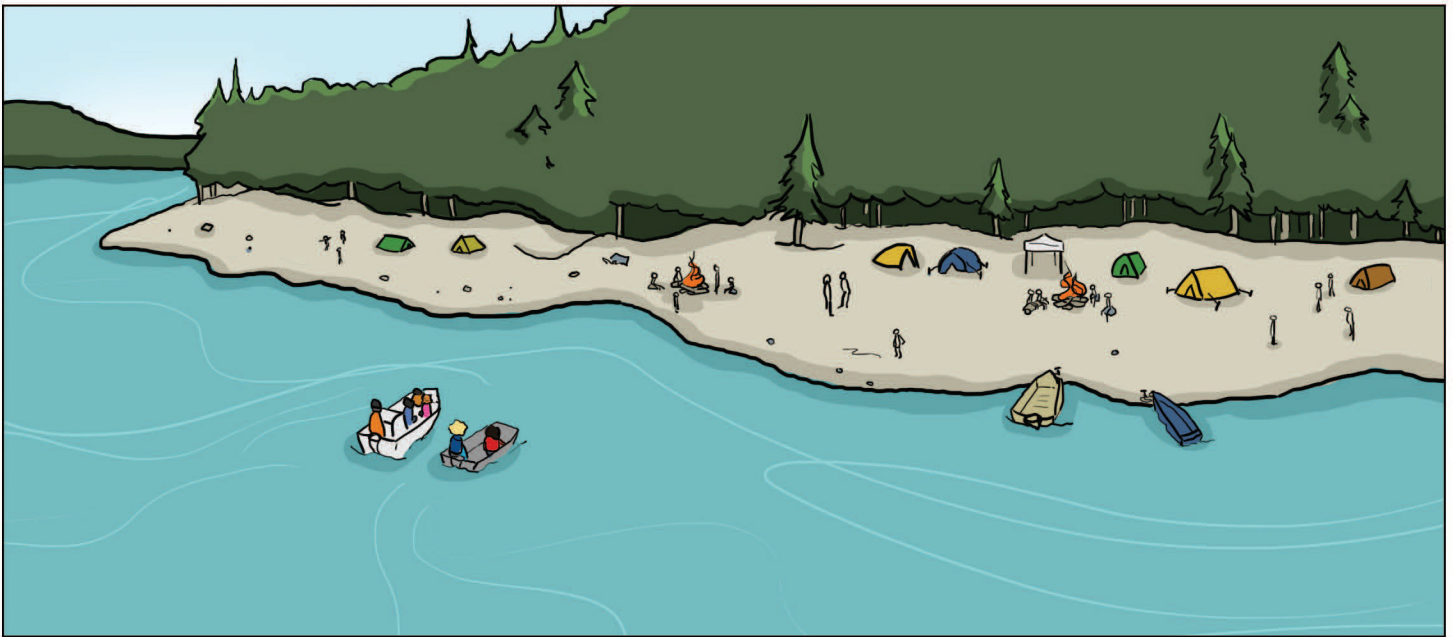


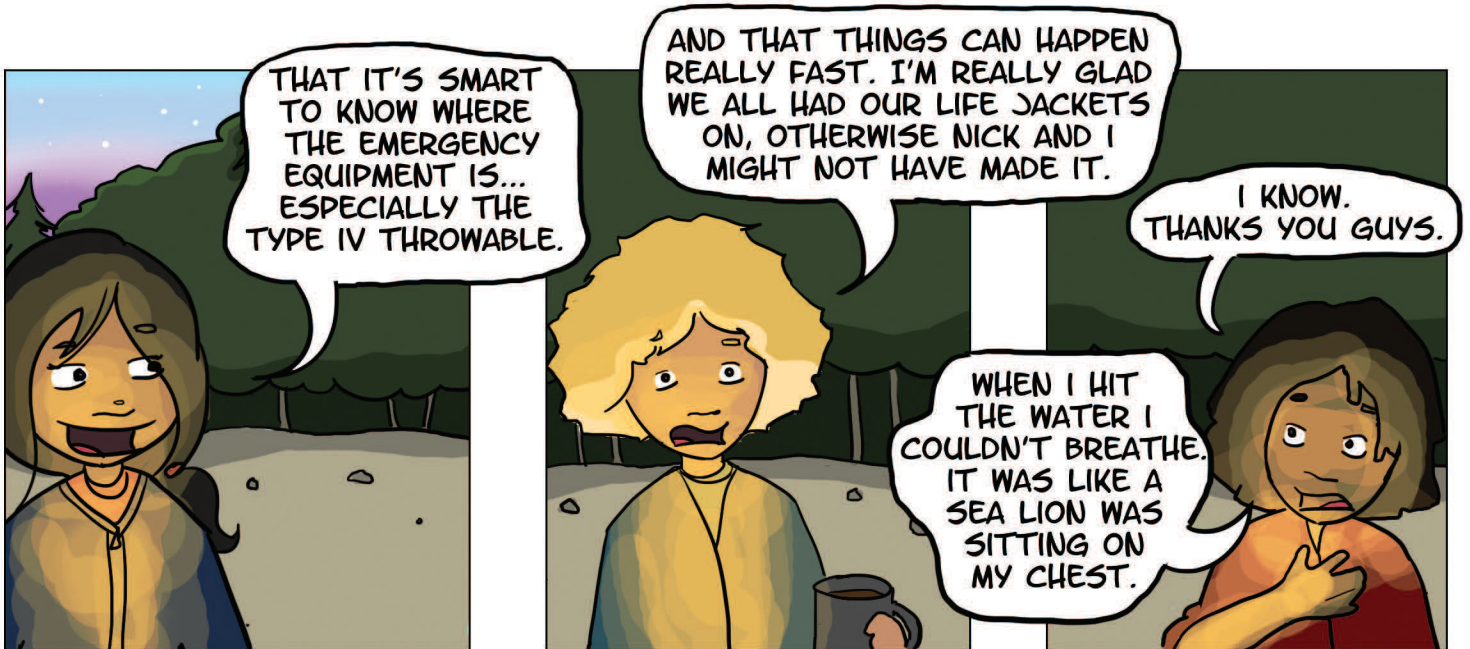


LARS AND NICK HIT A LOG, THEY'RE IN THE WATER!











DID SOMEONE SAY
GASP REFLEX?



WHAT A SURPRISE! IT'S MY OLD FRIEND
PROFESSOR POPPSICLE FROM FAIRBANKS.

MAYBE WE CAN GET A LITTLE LESSON
ON COLD WATER IMMERSION?



I'D BE DELIGHTED!
YOUR STORY HAS BEEN THE TALK OF THE CAMP AND I
COULDN'T HELP OVERHEARING YOUR DISCUSSION JUST NOW.
IT SOUNDS LIKE YOU GUYS HAD QUITE AN EXPERIENCE.

MAYBE NICK AND LARS CAN SHARE HOW THEY
FELT WHEN THEY WERE IN THE WATER?

SURE. WELL, IT WAS
REALLY, REALLY COLD, OF
COURSE. BUT ONE OF
THE VERY FIRST THINGS
I NOTICED IS THAT IT
WAS SUPER HARD TO
BREATHE. IT FELT LIKE
THERE WAS A GIANT
WEIGHT ON MY CHEST.

I FELT THE SAME WAY. I COULDN'T GET A DEEP
BREATH, SO I'M REALLY GLAD THAT I WAS WEARING
MY LIFE JACKET. I FEEL LIKE I MIGHT HAVE
DROWNED RIGHT THEN AND THERE WITHOUT IT.



EXCELLENT BOYS! WHAT YOU BOTH
EXPERIENCED WAS THE FIRST
STAGE OF SOMETHING CALLED
COLD WATER IMMERSION. THERE
ARE ACTUALLY THREE MAIN
STAGES- LET'S GO OVER EACH.

1. Gasp Reflex



1. Within the first 3 minutes
2. Uncontrollable gasping and hyperventilation
3. If not wearing a life jacket, a higher risk of drowning

2. Cold Incapacitation

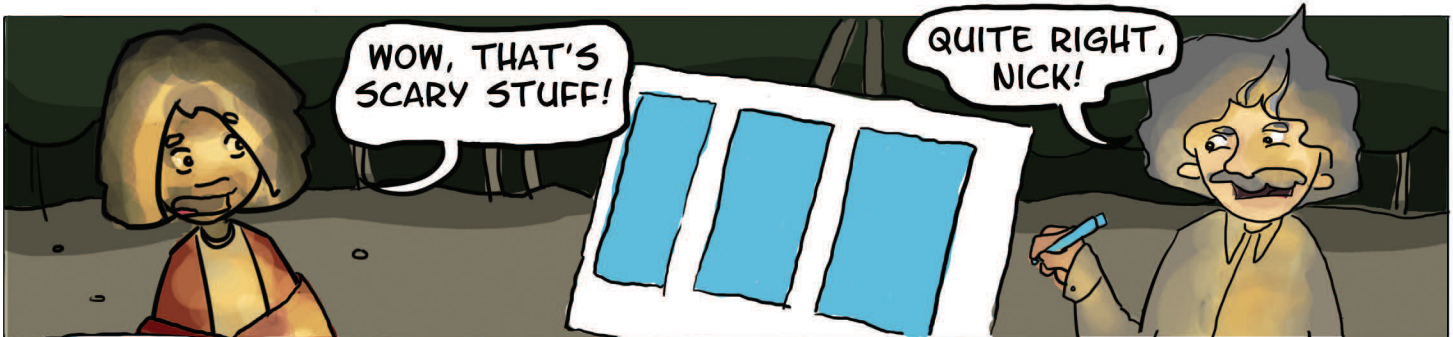


1. Within the first 30 minutes
2. Arms and legs begin to lose sensation and function
3. If not wearing a life jacket, a higher risk of drowning

3. Immersion Hypothermia



1. After 30 minutes (or more)
2. Gradual drop in body core temperature
3. Wearing a life jacket may increase survival time



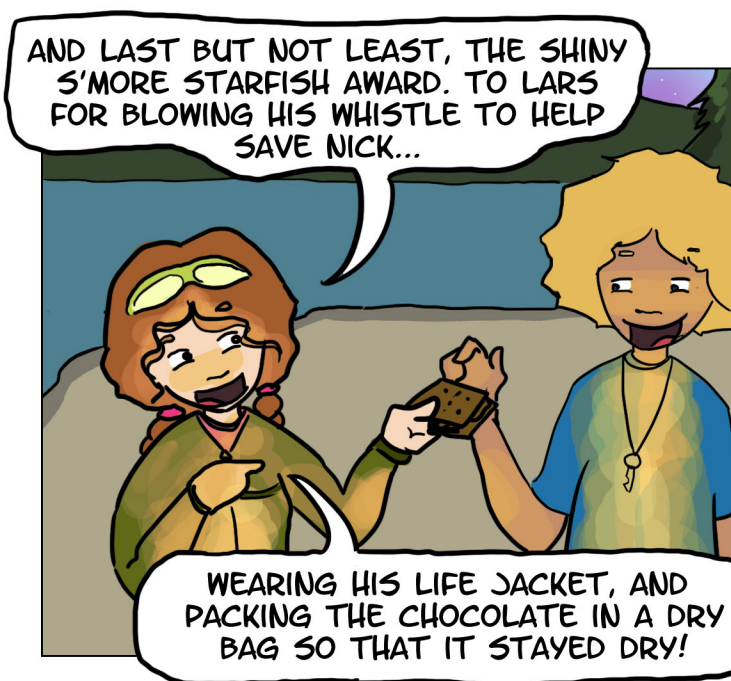
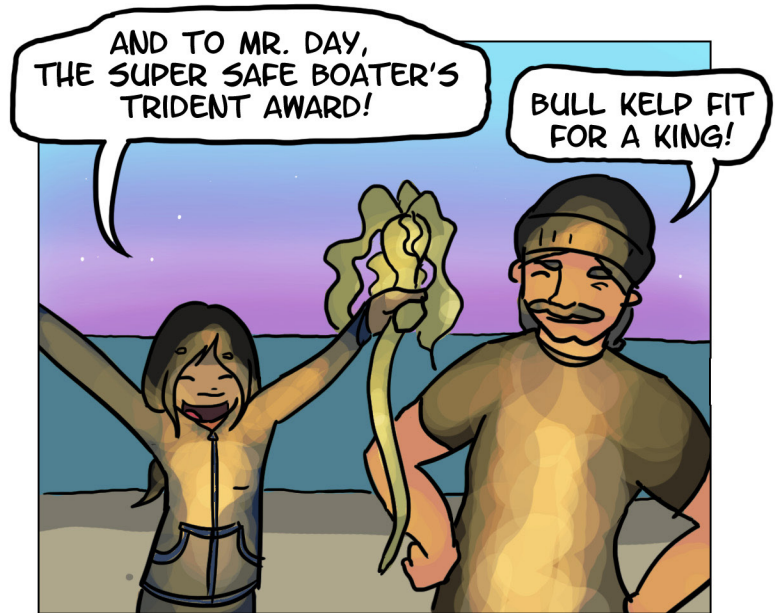
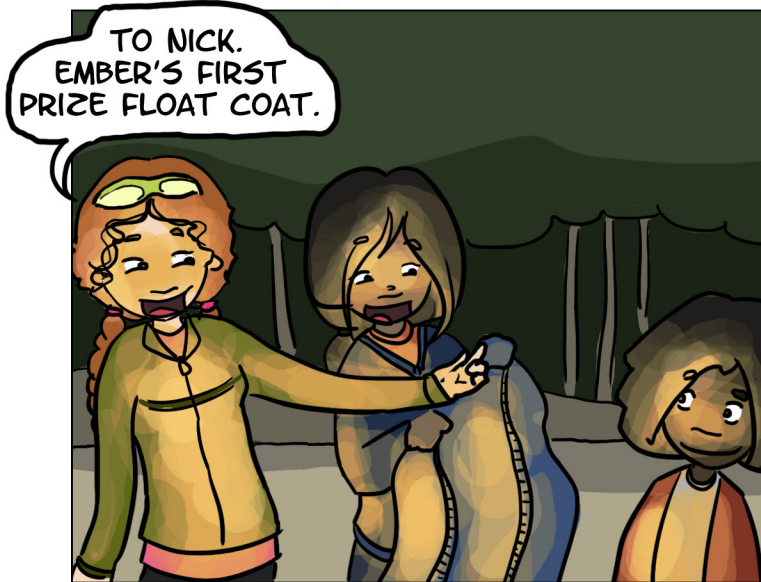
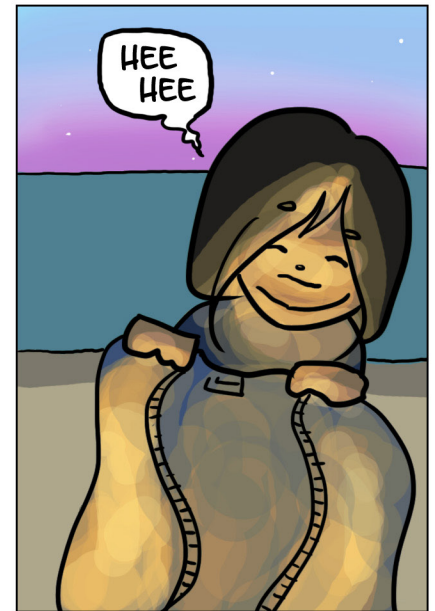
THINK ABOUT IT- IF YOU'RE WEARING A LIFE JACKET, YOU DON'T HAVE TO WORRY ABOUT DROWNING DURING THE GASP REFLEX AND YOU ARE ABLE TO KEEP YOUR HEAD ABOVE WATER WHEN YOUR ARMS AND LEGS GET SO COLD YOU CAN'T USE THEM!

WEARING A LIFE JACKET DRASTICALLY INCREASES YOUR SURVIVAL TIME! THIS GIVES RESCUERS MORE TIME TO RESCUE YOU, OR MORE TIME FOR YOU TO RESCUE YOURSELF.

NOW I'M REALLY GLAD WE WERE WEARING LIFE JACKETS!

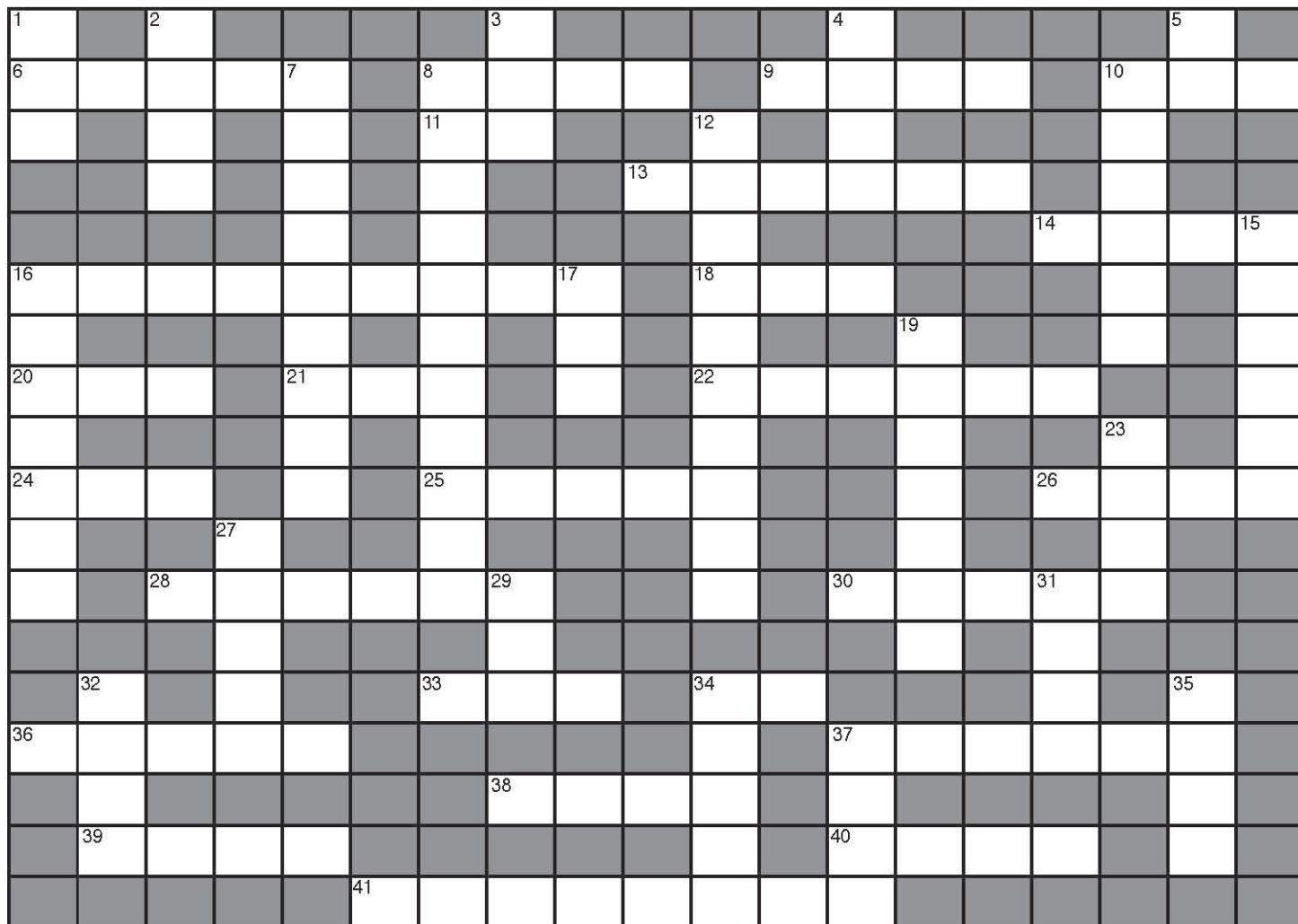
WELL THAT'S ALL FOR NOW. I'LL SEE ALL OF YOU IN MY CLASS TOMORROW.

KEEP COOL, BUT DON'T FREEZE!



CROSSWORD

TEST YOUR KNOWLEDGE OF BOATING TERMS!



ACROSS

6. Kids Don't _____.
8. Choose a life jacket that _____.
9. To tie-off a boat to a dock or buoy
10. Can limit your visibility on the water
11. A person under 13 is required by law to wear a life jacket when __ _ a boat or on an open deck.
13. _____ for help in an emergency.
14. Signal for _____ in an emergency.
16. The #1 threat to Alaska's boaters (two words)
18. The stern is the back _____ of a boat.
20. Along with #16 down, this can help you find your way

ACROSS (continued)

21. A person who drinks alcohol and drives a car may be arrested for driving while intoxicated (DWI).
If driving a boat, this is called a _ _ _.
22. An important object attached to a boat by chain or rope
24. When a person in a boat is facing toward the stern they are looking _ _ _.
25. Small boat propelled by double bladed paddle
26. Turbulence left by something moving through the water
28. Freedom from danger
30. A signaling device that burns brightly
33. A boat that tows other boats is called a _ _ _.
34. To rescue someone in the water you should reach, throw, row, but never _ _.
36. Small boat paddled by one or more persons
37. When you wear your life jacket, don't forget to _ _ _ _ _ up.
38. Motorboats should always carry an extinguisher in case of a _ _ _ _.
39. A rope, when used on a boat, is called a _ _ _ _.
40. Used to row a boat
41. _ _ _ _ _ is the force that keeps something afloat.

DOWN

1. Personal Flotation Device (abb.)
2. Place to moor your boat
3. To use a fire extinguisher, you must first pull the _ _ _.
4. A good life jacket is NOT _ _ _ _.
5. Kids don't float, life jackets _ _.
7. A _ _ _ _ _ device (type IV) is designed to be tossed to someone in the water.
8. For use in medical emergency (three words)
10. "A life jacket is your best _ _ _ _ _."
12. Another name for Personal Floatation Device (two words)
15. An implement having a blade at one or both ends
16. Device used to determine direction of travel
17. To propel a boat with oars
19. Signaling device with a piercing sound
23. Swell or ridge that crests on the surface of the water
27. A wireless transmitter
29. _ _ _ should always wear a life jacket when in a boat.
31. "Don't _ _ _ _ the boat."
32. To remove water from a boat
34. If the buoys on your right are red, the buoys on your left are _ _ _ _ _.
35. "The best life jacket is the one you _ _ _ _ _."
37. Floating object used to mark something

BREAK THE CODE

BOATING SAFETY MESSAGES

1. Count the letters in your first name.
2. Subtract 4 if your name has 6 or more letters.
3. Add 3 if your name has less than 6 letters.

The number you get is your code number. Circle all the letters under your code number to find the message just for you.

6	3	8	2	5	4	7	2	5	9	4	2	7	5	9
D	T	D	W	D	M	S	E	O	K	O	A	T	N	E
9	8	6	8	4	3	4	9	7	5	2	4	3	6	4
E	R	O	I	V	A	E	P	A	O	R	S	K	N	L
9	5	3	9	6	4	7	8	4	3	9	4	6	8	3
F	T	E	I	O	O	Y	V	W	T	R	L	T	E	U
3	4	8	2	7	5	2	8	6	4	9	8	5	4	5
R	Y	C	Y	A	D	O	A	H	A	E	R	R	N	I
6	7	5	9	3	4	5	3	8	2	3	4	5	2	3
A	L	N	A	N	D	K	S	E	U	S	C	A	R	T
4	5	3	8	6	9	3	5	4	7	8	3	6	4	5
A	L	E	F	N	W	P	C	R	E	U	P	G	E	O
8	6	8	2	5	4	6	3	9	3	5	6	9	8	3
L	O	L	P	H	F	V	I	A	N	O	E	Y	Y	G
3	5	6	7	9	3	2	3	5	6	9	3	5	6	5
O	L	R	R	F	N	F	A	W	T	R	N	H	H	E
5	9	4	9	3	6	4	5	6	3	2	9	6	5	7
N	O	U	M	D	E	L	B	S	O	D	F	I	O	T
6	9	3	5	9	5	3	5	6	4	9	5	2	4	5
D	U	F	A	E	T	F	I	E	L	L	N	S	Y	G

BOATING SAFETY WORDFIND

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

Find all of the boating-related words below. What does each word mean or refer to?

GASP
 INCAPACITATE
 HYPOTHERMIA
 LIFE JACKET
 BOW

STERN
 OVERLOAD
 SWIM DECISION
 DROWNING
 VESSEL

ROUGH SEA
 TRIPOD
 SIGNAL
 STAY
 AFLOAT
 DROWNING

REACH
 THROW
 ROW
 BALANCE
 NO ALCOHOL
 COLD WATER

RESCUE
 RECOVERY
 OVERBOARD
 FLOAT PLAN
 CAPSIZE

HINT: Words can be horizontal, vertical, diagonal, forwards or backwards.

Name: _____

Grade: _____

TEST YOUR KNOWLEDGE! KIDS DON'T FLOAT QUIZ

Circle the BEST answer

1. Who should wear a life jacket when in an open boat or deck of a boat?
 - a. kids only
 - b. boaters with only 1-5 years of experience
 - c. non-swimmers
 - d. everyone
2. The manufacture's label on a life jacket provides what kind of information?
 - a. the price and where it was purchased
 - b. if it glows in the dark
 - c. who the jacket belongs to
 - d. the types of activities it is approved for
3. What is the best life jacket?
 - a. the one you wear and the one that fits
 - b. the newest one
 - c. an inflatable
 - d. a Type III
4. What does "serviceable condition" mean as it relates to life jackets?
 - a. that the expiration date has not passed
 - b. it is free of wear and that all the buckles work
 - c. it has plenty of pocket holes
 - d. that it is Coast Guard approved
5. Alaska law requires that a person under what age must wear a U.S. Coast Guard approved life jacket when in an open boat or on an open deck?
 - a. 11
 - b. 12
 - c. 13
 - d. 14
6. What should you do first if you fall into the water?
 - a. take off your shoes
 - b. get your breathing under control
 - c. do the back stroke
 - d. go fishing

KIDS DON'T FLOAT QUIZ (CONTINUED)

7. What is the first stage of cold water immersion?
 - a. frostbite
 - b. gasp reflex
 - c. broken bones
 - d. hypothermia
8. What is one way a life jacket can help when experiencing cold water immersion?
 - a. reaching overboard for an object
 - b. keeps you comfortable
 - c. keeps head above water
 - d. keeps you dry
9. When does a victim start to experience the first stages of hypothermia in the cold water?
 - a. one to two minutes
 - b. after about thirty minutes
 - c. after about one hour
 - d. four hours
10. If you are still in the water after about 30 minutes, what should you do?
 - a. get breathing under control
 - b. H.E.L.P position
 - c. practice the side stroke
 - d. yell as loud as you can



WOW! WE LEARNED A LOT TODAY
& WE HOPE YOU DID TOO!

NOW IT'S TIME TO SHARE
OUR KNOWLEDGE WITH FRIENDS
AND FAMILY.



IF YOU WANT TO LEARN
EVEN MORE ABOUT BEING
SAFE ON BOATS AND AROUND
COLD WATER, GO HERE:

WWW.ALASKABOATINGSAFETY.ORG
WWW.PLEDGETOLIVE.ORG

HEY, LET'S START A CLUB!
THE **ALASKA SAFE**
BOATER KIDS CLUB!

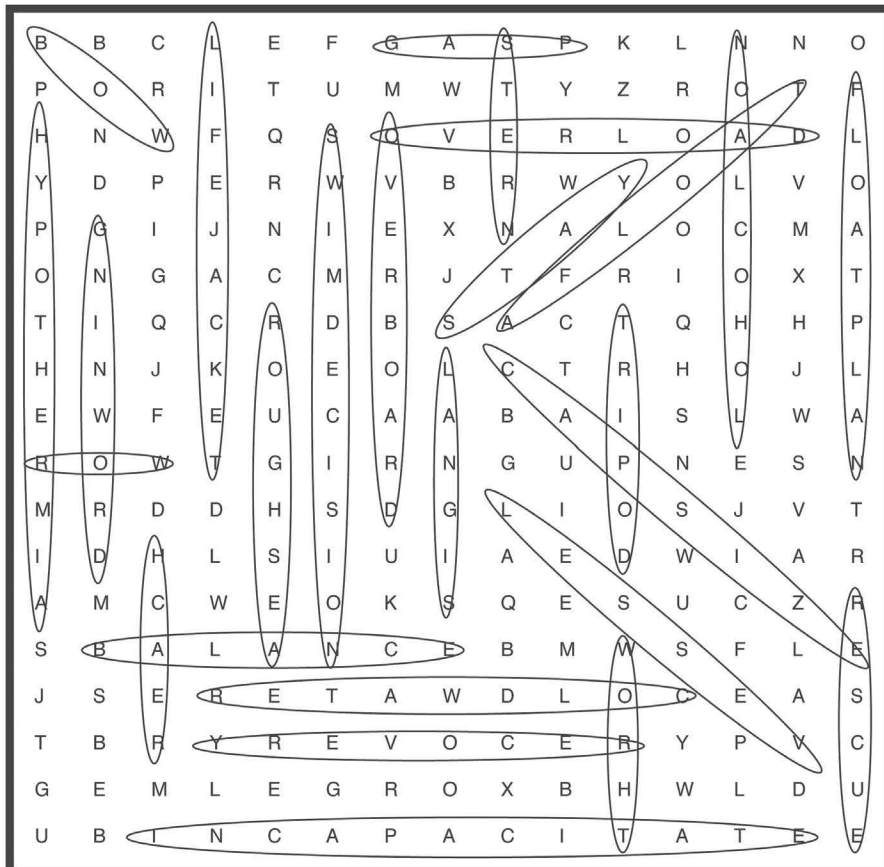
ANSWER KEY

Crossword Answers

1	P		2	D						3	P						4	T					5	D					
6	F		L	O		A	7	T			8	F		I	T	S			9	M	O	O	R			10	F	O	G
	D			C			H				11	I	N						12	L		R				R			
				K			R				R					13	S	I	G	N	A	L			I				
							O			S							F							14	H	E	L	15	P
16	C	O	L	D	W	A	T	E	17	R							18	E	N	D					N			A	
	O						A			A				O			J				19	W				D		D	
20	M	A	P				21	B	W	I			W				22	A	N	C	H	O	R					D	
	P						L			D							C				I				23	W		L	
24	A	F	T			E			25	K	A	Y	A	K						S				26	W	A	K	E	
	S					27	R				I						E				T				V				
	S			28	S	A	F	E	T	29	Y						T			30	F	L	A	31	R	E			
							D				O										E			O					
		32	B			I				33	T	U	G				34	G	O						C		35	W	
36	C	A	N	O	E												R			37	B	U	C	K	L	E			
		I								38	F	I	R	E			U									A			
		39	L	I	N	E											E			40	O	A	R	S		R			
								41	B	U	O	Y	A	N	C	Y													

Quiz Answers: 1) B, 2) D, 3) D, 4) A, 5) B, 6) C, 7) D, 8) B, 9) A, 10) D

Wordfind Answers





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