

Water Safety

What to wear:

Wetsuits are NOT waterproof, but are used for insulation.

- Under the wetsuit wear only thin, non-cotton clothing.
- Over your feet, wear non-cotton socks, preferably made of neoprene and nylon, and a pair of old sneakers or rubber boots.
- Over the wetsuit, wear a windbreaker or waterproof jacket.
- Don't forget a hat and gloves (wool or Gortex lined is best).

What to wear for Rafting: Under the wetsuit you can wear **NON-COTTON** shorts, swim trunks, briefs or long underwear. For a shirt under it you can wear a poly-pro, silk, wool, etc, t-shirt or long underwear. You don't need socks (but can wear wool ones) just the neoprene socks for under your shoes. Over the wetsuit wear clothing appropriate for the weather, all of it **NON-COTTON (wool, silk, poly-pro, fleece, nylon)**. Top layer should be rain-wear or water repellent windbreaker. Wear regular gloves and warm hat and old tennis shoes or boots. **Be sure to have dry clothes and shoes to change into after the trip.**

Water safety

Despite a 34% decline from 1987 to 1998, drowning is still the second leading cause of unintentional injury-related death to children ages 14 and under, taking nearly 1,000 children's lives per year. For every child who drowns, four more are hospitalized for near-drowning; for every hospital admission, approximately four children are treated in hospital emergency rooms.

Knowledge is a powerful tool for combating these tragedies. Knowing concrete steps you can take to avoid danger, may make a life-and-death difference for your family.

Whitewater Rafting Merit Badge/ American Whitewater Affiliation Safety Code

1. Be a competent swimmer
2. Wear a PFD (Personal Flotation Device)
3. Keep canoe under control, always
4. Be aware of river hazards and avoid them.
5. Boating alone is not recommended; preferred min 3 per craft
6. Be suitably equipped
 - wear shoes
 - tie on glasses
 - carry a knife and water proof matches
 - do not wear bulky clothing that will waterlog
 - wear a crash helmet where upsets are likely
 - carry an extra paddle and canoe repair tape
 - open canoes should have bow and stern lines attached
7. In fast water, swim on your back keeping feet and legs downstream and high. Keep watching ahead.
8. When you start to spill, keep the upstream gunwale high.

9. If you spill, hang on to your canoe and get to the upstream end.
10. When you are with a group
 - Organize group to even out ability
 - Keep the group compact for mutual support
 - Don't crowd rapids! Let each canoe complete the run before the next starts.
 - Each canoe is responsible for the canoe immediately behind it.

<http://www.aloha.com/~lifeguards/wsafety.html>

HERE ARE SOME BASIC OCEAN SAFETY TIPS:

- Swim in areas with Lifeguard (s)
- Never Swim Alone
- Don't Dive Into Unknown Water or Into Shallow Breaking Waves
- Ask a Lifeguard About Beach and Surf Conditions Before Swimming
- If You Are Unable to Swim Out of a Strong Current, Signal for Help
- Rely on Your Swimming Ability Rather Than a Flotation Device
- Look For, Read and Obey All Beach Safety Signs and Symbols
- **If In Doubt, Just Stay Out!**
- Don't Fight The Current.
- **If In Doubt, Just Stay Out!**

Lifesaving.

Best source of info

BSA Handbook, pp.104-107,160-63,

Rescue breathing 294,

(review this) Remember: Reach, throw, row, go with support (p. 105)

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