

Life Jacket Activity



INHERENTLY BUOYANT

Child and Youth
Sample Styles



Adult Sample Styles



Float Coat
Sample Style



INFLATABLE LIFE JACKETS

Adult Sample Styles



PET LIFE JACKETS

Harness Styles



Junior Boater Activity #1

- 1) Understand types of Life Jackets
- 2) Learn about new Life Jacket labels
- 3) Choose the correct jacket for your activity
- 4) Properly Size the Life Jacket



ADULT UNIVERSAL

User Weight: >41 kg (>90 lbs)
Chest Size: 76-132 cm (30-52 in.)



- Drowning hazard if not worn.
- Must be fastened and properly adjusted to float the wearer.

Choose and wear the device which fits you and your activity, visit www.XXXXX.com.
Read and keep the owner’s manual and tags for info on wear, and care.

Company Name

Company Address

Company website if available

Indication of Country of Origin

USCG Approved 160.064/XXXX/X

UL 1123 TYPE XX

Model: XXXX

Lot No. XXXX

Approval conditions state that this device must be worn to be counted as equipment required by vessels meeting Transport Canada or USCG regulations.

Lab

Certification

Mark

Certifying Lab

Identification

and address

Use:

Fasten all closures and adjust for a snug fit.

Inspection:

Inspect your life vest before each outing. Do not use if your life vest shows signs of weathering, damage, or rot.

Care and Storage:

Dry thoroughly after each outing.

Store in a dry, cool place out of direct sunlight.



Boat Entry



Junior Boater Activity 2

- 1) Safely enter and exit a boat or paddle craft
- 2) Choose appropriate safety equipment and properly secure gear in vessel





Junior Boater Education—Activity 3

Type IV PFD Toss Throw Rope



Junior Boater Activity 3

- 1) Learn about Type IV throwable devices
- 2) Toss the device at a set target
- 3) Toss the device at a moving target
- 4) Practice throwing a throw rope and repacking the bag



Junior Boater Education—Activity 4

Life Jacket Relay

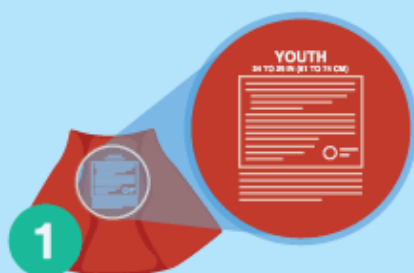


Junior Boater Activity 4

- 1) Properly choose and put on a life jacket
- 2) Check for correct size and type for activity
- 3) Describe your properly fitted life jacket
- 4) Race to fit the jackets properly



HOW TO PROPERLY FIT A LIFE JACKET



CHECK LIFE JACKET LABEL FOR THE APPROPRIATE WEIGHT OR CHEST SIZE.

The life jacket label will indicate the size and weight of the intended user. Make sure the wearer is within these ranges. Verify that the life jacket label states it is "Coast Guard approved."



PUT THE LIFE JACKET ON.

Inspect the life jacket for wear and tear. Warning signs include rips and missing or broken buckles or straps.



BUCKLE ALL STRAPS AND TIGHTEN OR ZIP UP ALL ZIPPERS.

Make sure all straps can be buckled and zippers zipped. Don't forget the crotch strap if there is one!



HAVE THE WEARER LIFT THEIR ARMS OVER HEAD AND GENTLY LIFT THEM BY THE TOP OF THE LIFE JACKET ARM OPENINGS.

If the jacket rides up above their ears, it's too big. If the straps or zippers don't close, the jacket is too small.





Junior Boater Activity 5

- 1) List two or more items required by the State Water Safety Act.
- 2) List two or more recommended safety items.
- 3) Explain when you might use one of the safety devices



Junior Boater Education—Activity 6

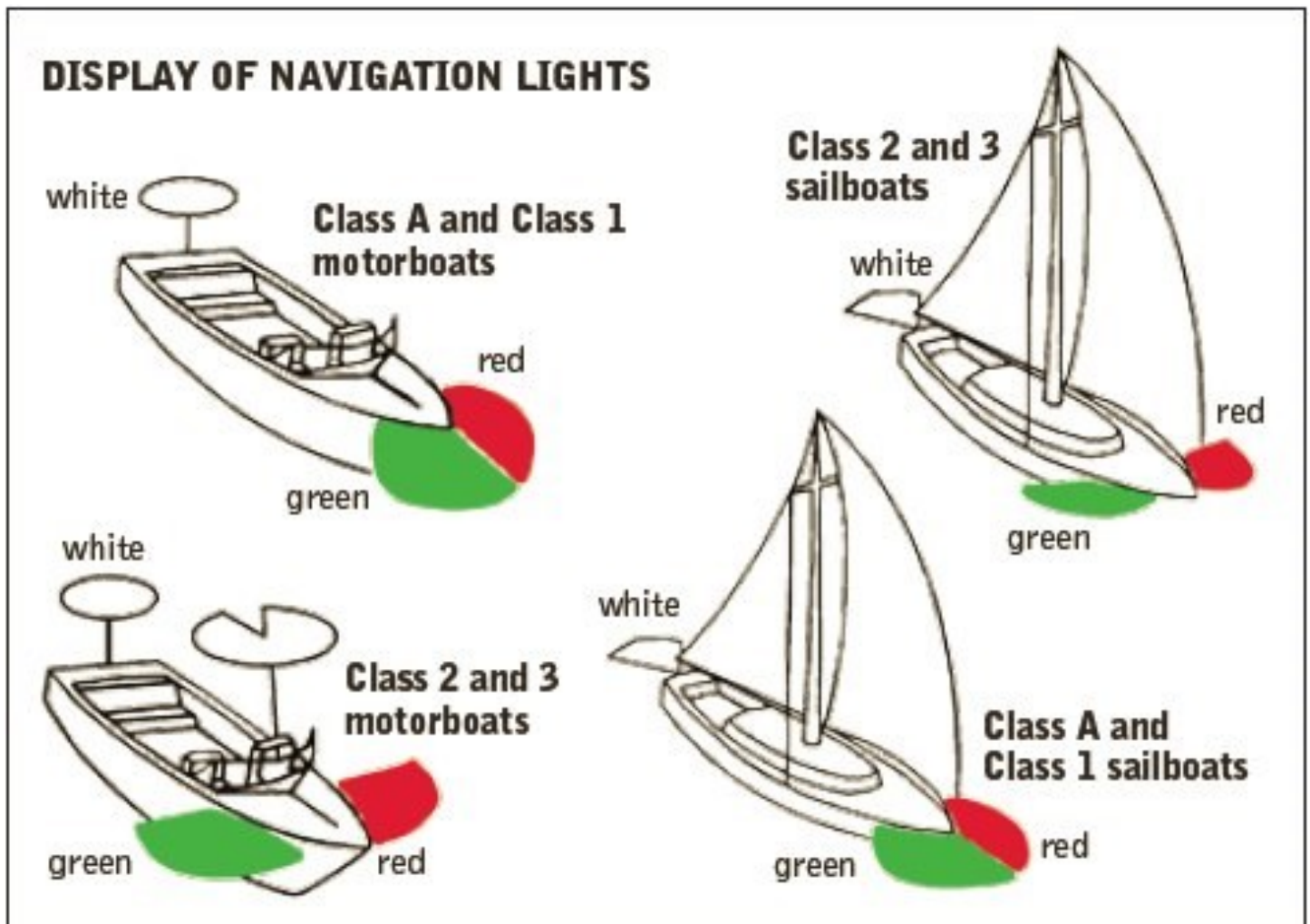
Boat sinking



Junior Boating Activity 6

- 1) Describe the problems associated with finding and using emergency equipment in a stressful situation.
- 2) Put on life jacket in less than 20 seconds
- 3) What would cause your boat to sink?
- 4) What steps can you take to prevent your boat from sinking?

Navigation Lights



Junior Boating Activity 7

- 1) Learn the correct navigation lights on a small motorized vessel
- 2) Learn how to navigate using the lights



Junior Boater Education—Activity 8

**Leave It better than
you found it**



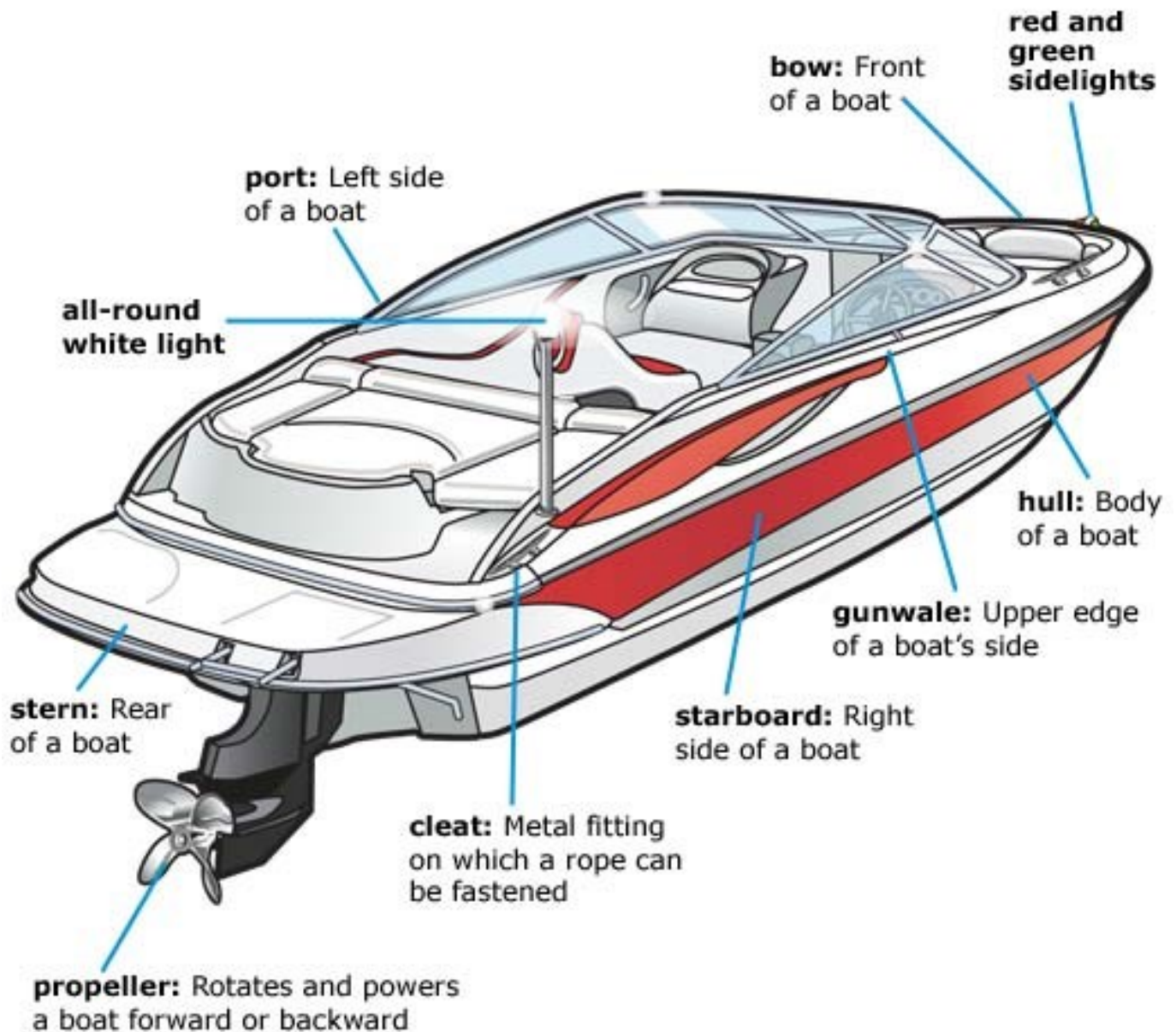
Leave No Trace Principles—boating

- 1) **Plan ahead and prepare**—Boating safety equipment, boating registration, life jackets for all passengers
- 2) **Travel and camp on durable surfaces**—launch at designated boat ramps and access points
- 3) **Dispose of waste properly**—pack out anything you pack in. Understand how to handle human waste properly when on the water many rivers require use of a wag bag
- 4) **Leave what you find**—don't collect natural items
- 5) **Minimize campfire impacts**—check for fire restrictions
- 6) **Respect wildlife**—don't boat too close to nesting areas or other wildlife habitat. Protect sea grass
- 7) **Be considerate of other people**—minimize wake impact and noise impact on other boaters

Junior Boating Activity 8

- 1) Leave area better than we found it by picking up micro trash
- 2) Identify water and boating pollutants

Boat Directions



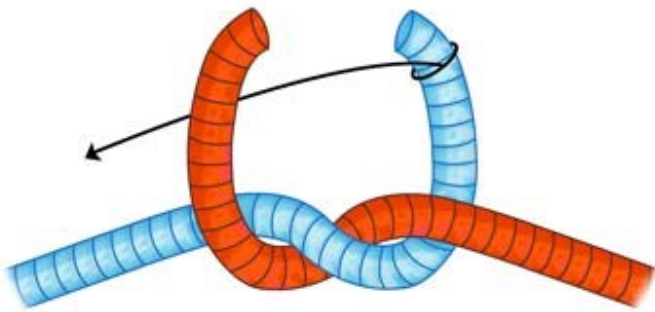
Junior Boating Activity 9

- 1) Identify bow and stern
- 2) Understand port and starboard
- 3) Learn other parts of the boat

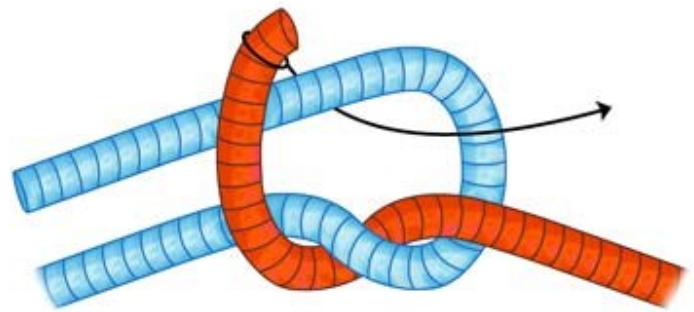
Junior Boating Activity 10 (knot images from 101 knots.com)

- 1) Square knot
- 2) Bow line
- 3) Figure 8
- 4) Anchor hitch
- 5) Cleat hitch
- 6) Clove hitch

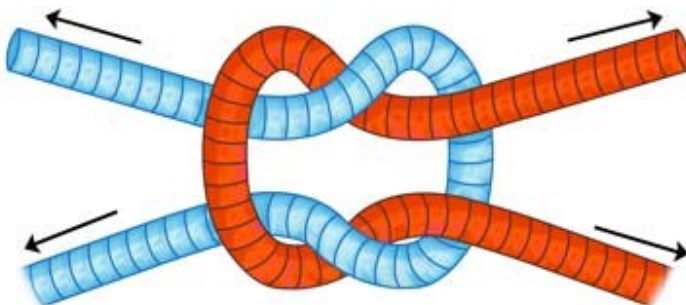
Square (Reef) Knot Instructions



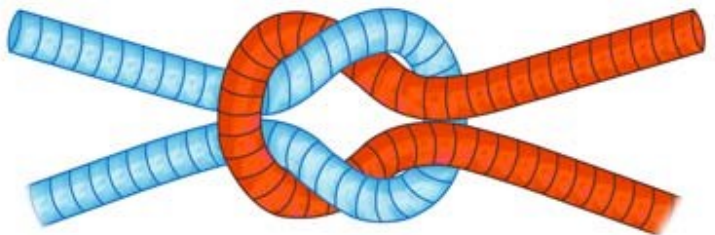
1 Cross the blue and red ends



2 Pass the red end through the blue loop

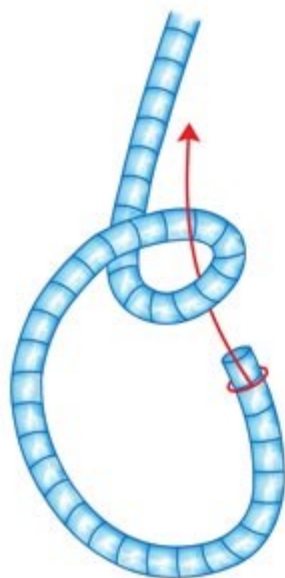


3 Pull the ends to tighten

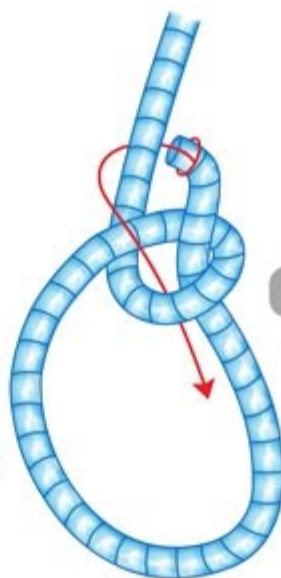


4 The knot is complete

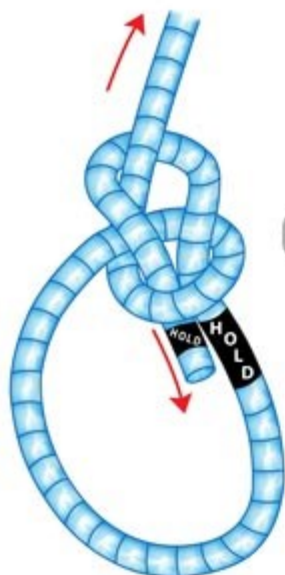
Bowline Knot Directions



1 Pass the tag end through the rope loop



2 Pass it behind the standing part and through the loop again

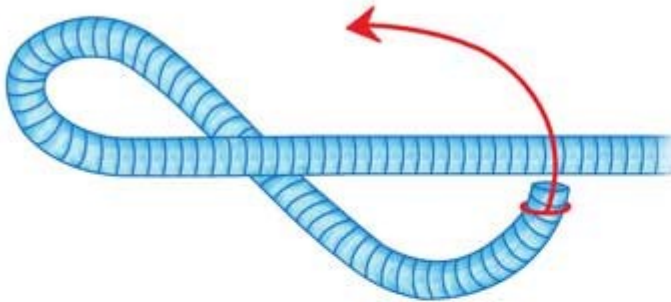


3 Hold the loop and tag end and pull to tighten

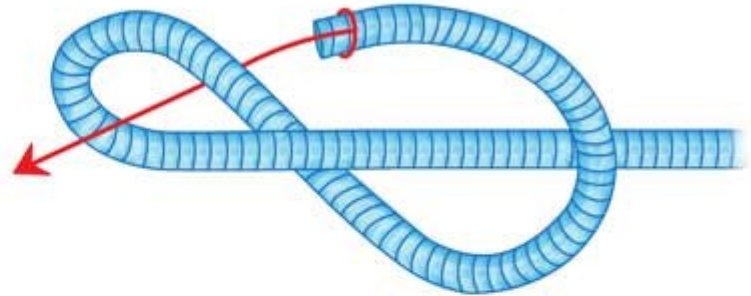


4 The knot is made

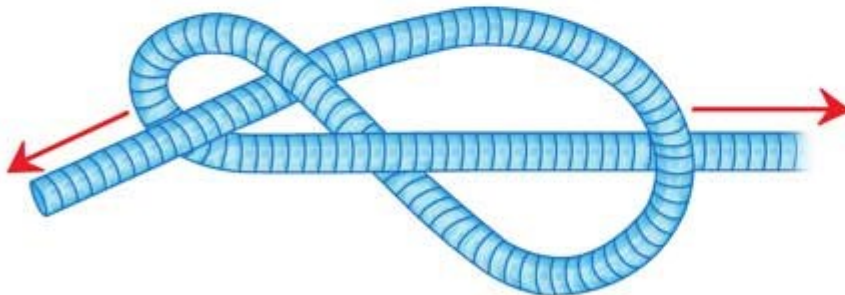
Figure 8 Knot Instructions



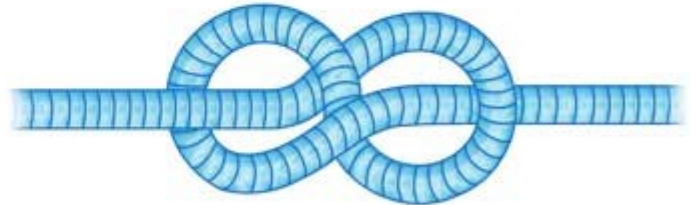
- 1 Make a loop with an end



- 2 Now pass the end through it

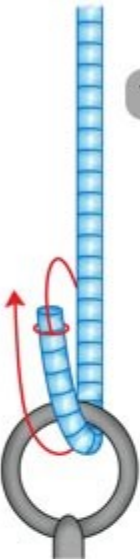


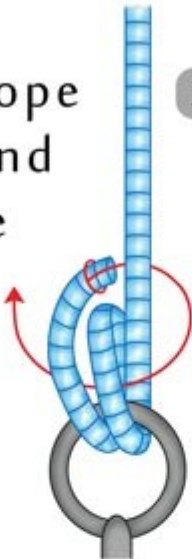
- 3 Pull both sides to adjust the knot

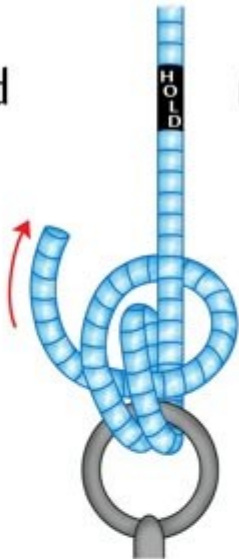


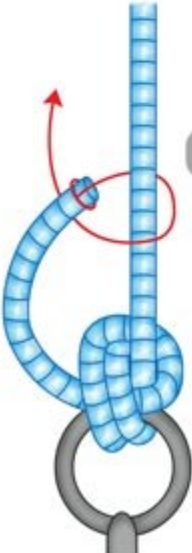
- 4 The finished knot resembles an "8"


Anchor Hitch Instructions


- 

1 Wrap the rope twice around the shackle
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2 Pass the end through the loops
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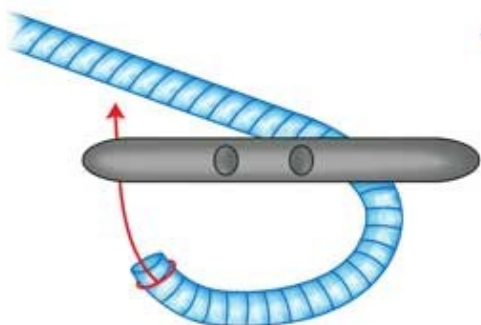
3 Pull it out tightly
- 

4 Wrap it around the standing part
- 

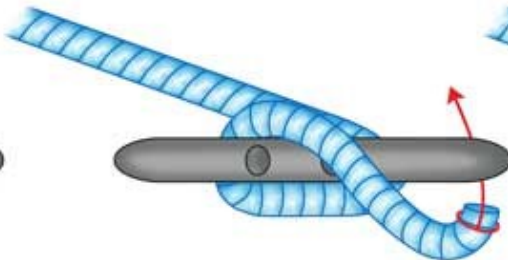
5 Hold and pull to tighten
- 

6 The knot is completed

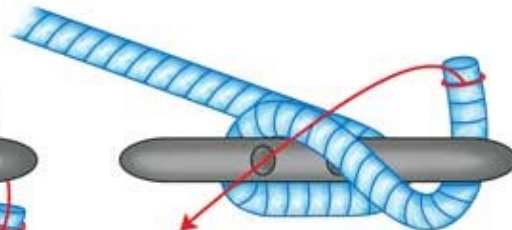
Cleat Hitch Instructions



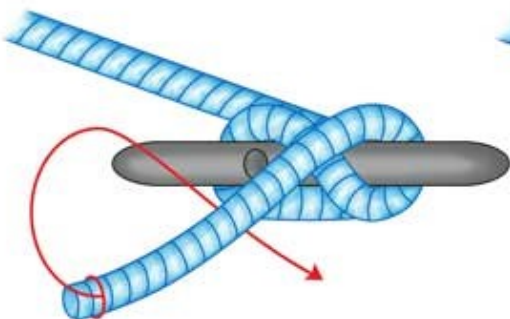
1 Take the rope around the far horn



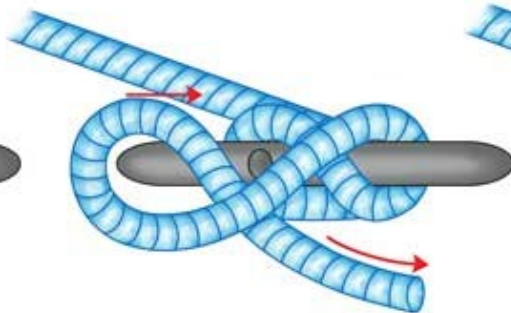
2 Wrap it around the near horn and take it to the back



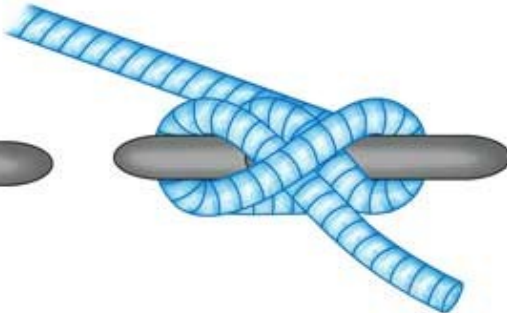
3 Pass it to the front from the back



4 Make a loop

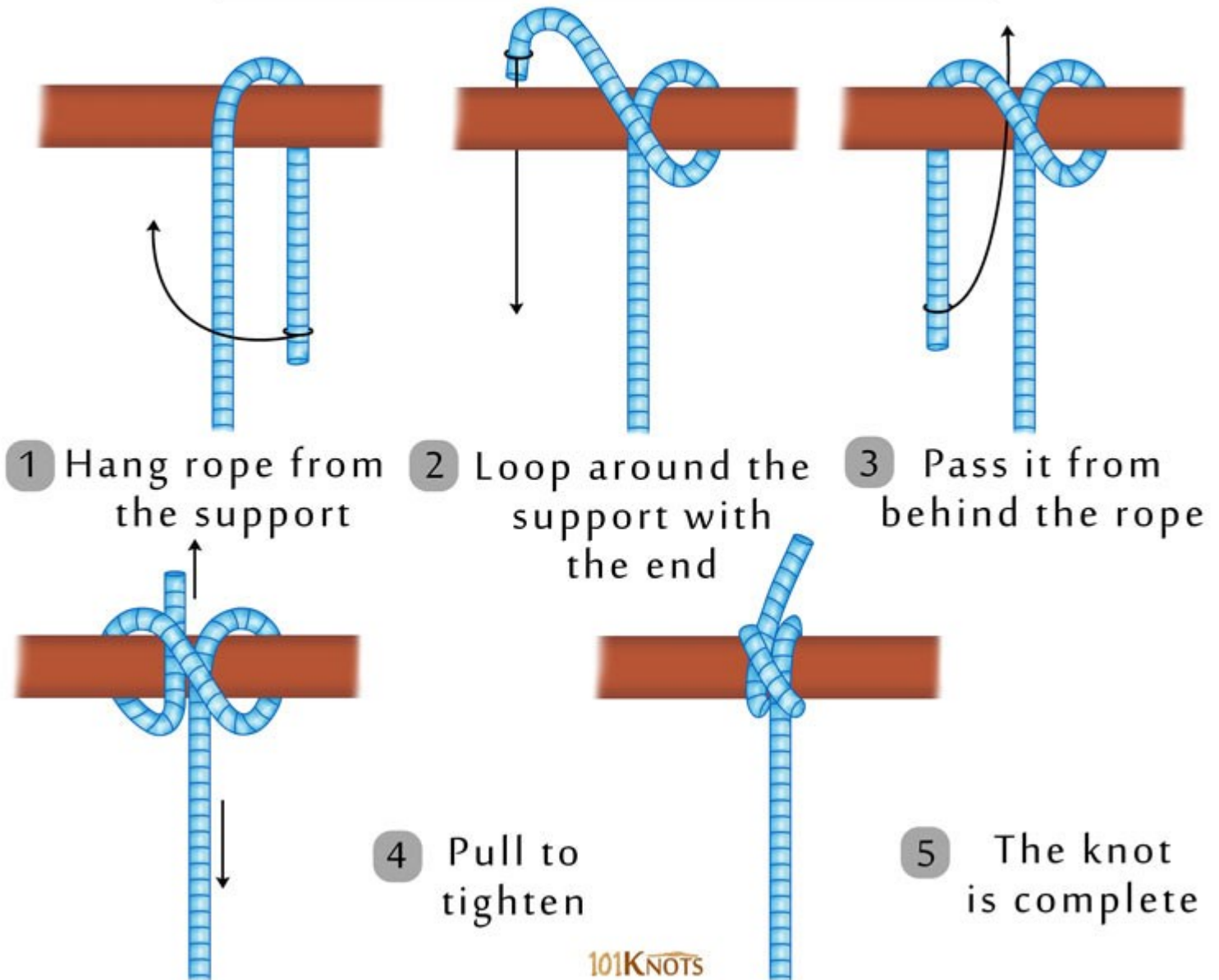


5 Slide the loop through the near horn



6 Pull the tag end to complete the hitch

Clove Hitch Tutorial





Junior Boater Education—Activity 11

Aquatic Environment



Junior Boater Activity 11

- 1) Understand impact of fishing line and other trash on wildlife
- 2) Practice Leave No Trace by picking up micro-trash and properly recycling fishing line

Junior Boater Education—Activity 12

Sound Signals



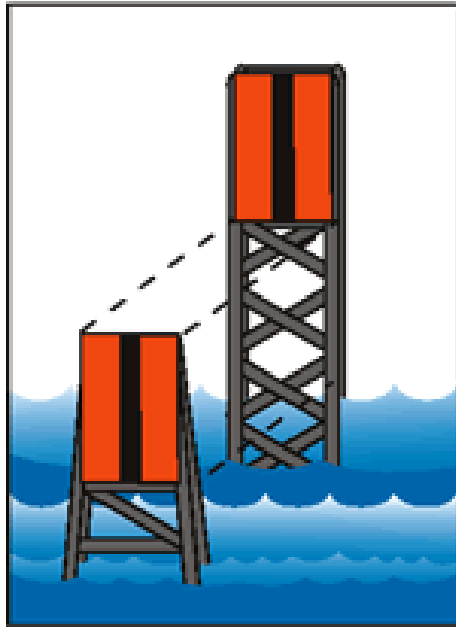
Junior Boater Activity 12

1) Understand sound signals for maneuvering your vessel

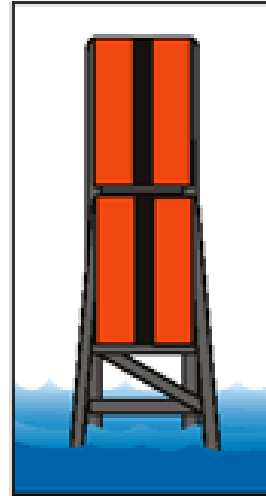
Here is a list of the basic sound signals:

- One short blast — Turn to Starboard (right)
- Two short blasts — Turn to port (left)
- Three short blasts — Take one step backwards
- Five or more blast — Show an emergency distress signal (waving your arms up and down or a distress flag)

Channel Navigation



View of range markers **not yet properly aligned**, indicating vessel **is not** steering through center of channel



Range markers **lined up vertically**, indicating vessel **is** steering through center of channel

Junior Boater Activity 13

- 1) Understand channel markers
- 2) Learn how to use them to safely navigate