

## Preventing injuries for

# BOATING



## TOP TIPS

- Take Canadian Coast Guard (CCG) accredited course on boating competence and safety.
- Wear a properly fitted Personal Floatation Device (PFD) at all times. Parents are important role models for their children and should wear a PFD as well.
- Wear sunglasses, a hat, and sun block for protection from the sun and to maintain optimum visibility.
- When boating in cold and wet conditions, wear layers of warm clothing and a wind proof jacket to help prevent heat loss and hypothermia.

### Before boating:

- Ensure the boat is in good working order.
- Check the weather forecast and wind strength.
- Check the people you are boating with about their ability to swim. Ask if they have any special medical conditions or allergies.

→ Assign someone to be the look out for possible obstructions and environmental problems.

→ Have your boating license and qualifications up to date.

### Prevent propeller injuries:

- Keep the boat away from swimming and diving areas.
- Ensure that passengers are seated before taking off in the boat.
- Do not start a boat with the engine already in gear.
- Do not allow passengers to ride on the seat back or bow.

### General Safety:

- Do not consume alcohol while boating to maintain proper judgment, reaction time, and proper body temperature. The legal limit for blood alcohol in boating is 80mg%.

→ Ensure that the boat operator has taken a current boating safety course. o Do not stand up in the boat, especially while it is moving at high speeds.

→ Do not overload the boat with more people than what it was designed for.

→ Check regularly for changing weather conditions.

→ Stay hydrated by drinking enough water before and after boating. Dehydration can cause disorientation and put a boater at a higher risk of injury.

→ If possible, try to keep your boat within sight of the water police or other local boating authorities.

→ Keep a working radio and first aid kit on board the boat.

**For more information on this and other sport and recreation injury topics, please refer to the following text:** Tator, C.H. (Ed.) (2008). *Catastrophic Injuries in Sports and Recreation: Causes and Prevention – A Canadian Study*. Toronto, Canada: University of Toronto Press Incorporated