

ALASKA SAFE BOATER KIDS

comic and activity book
second edition



A publication of the Alaska Office of Boating Safety
Alaska Kids Don't Float School Program
www.AlaskaBoatingSafety.org

THE ALASKA SAFE BOATER KIDS

second edition



Grades 4 and up.

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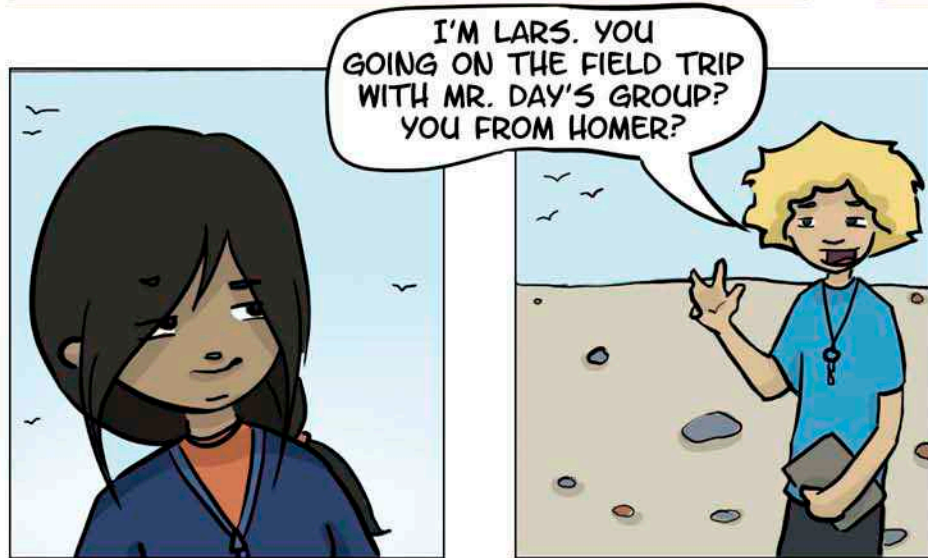
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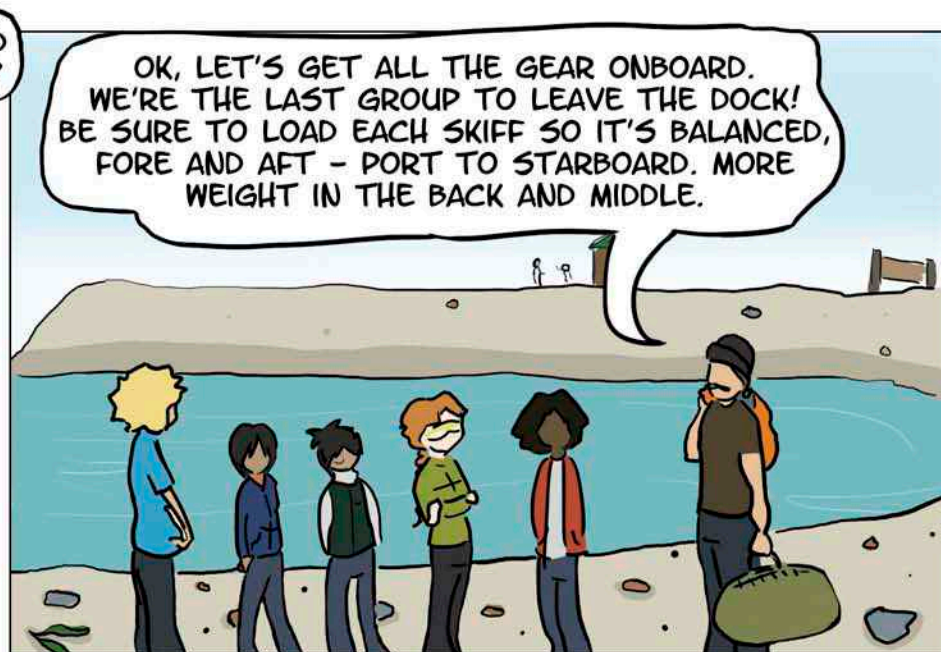
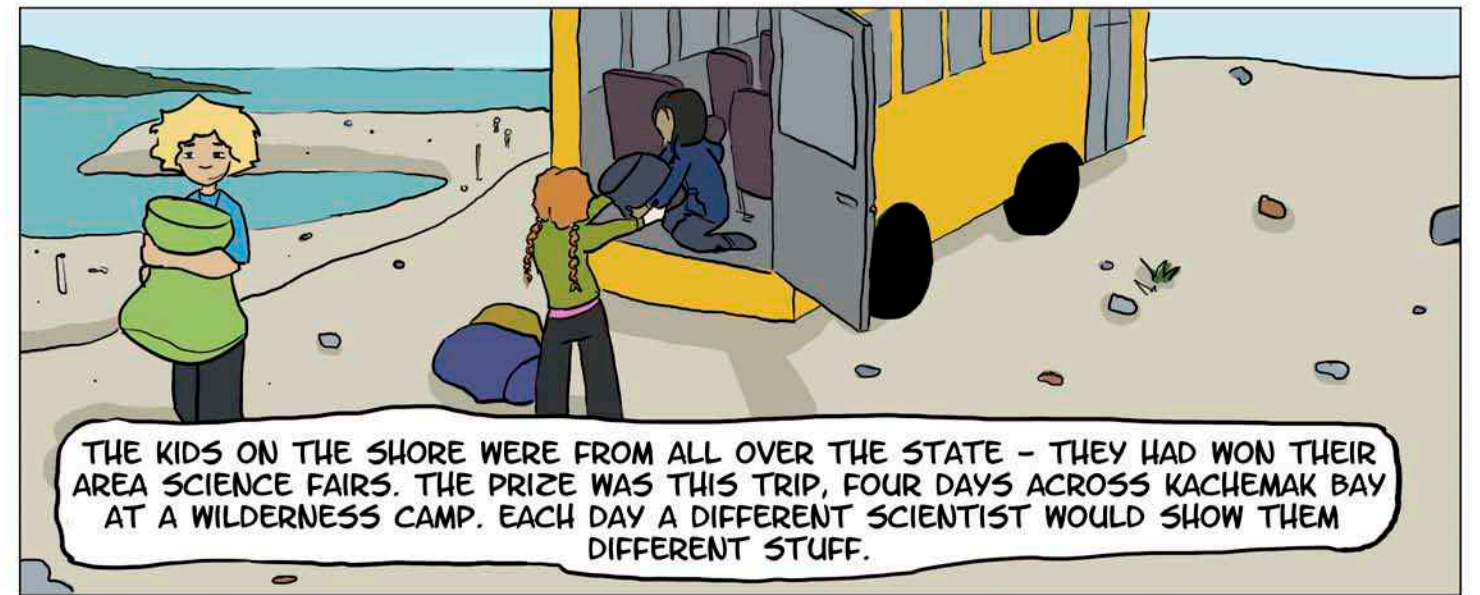
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The Alaska Boating Safety Program cooperates with the U.S. Coast Guard, U.S. Coast Guard Auxiliary, and other partners to produce educational programs and publications that promote safe and enjoyable boating, including this 2013 edition of The Alaska Safe Boater Kids.

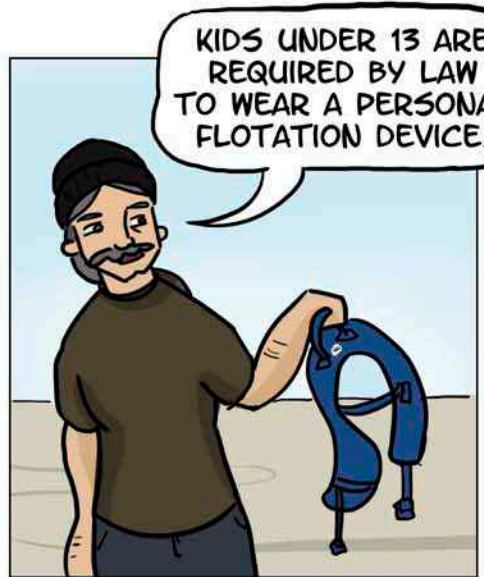








EVERYONE WHO DOESN'T HAVE THEIR OWN LIFE JACKET TAKE ONE OF THESE, PUT IT ON AND MAKE SURE IT FITS. THIS COULD SAVE YOUR LIFE IF YOU END UP IN THE WATER.



KIDS UNDER 13 ARE REQUIRED BY LAW TO WEAR A PERSONAL FLOTATION DEVICE.



HEY, I'M OVER 13 AND I CAN SWIM SO I DON'T HAVE TO WEAR IT!

EVEN GOOD SWIMMERS CAN DROWN IN ALASKA'S COLD WATER.

NOW LET'S GO OVER HOW TO PICK A LIFE JACKET THAT FITS.



FIRST CHECK THE LABEL FOR THE CORRECT SIZE.



THIS LABEL TELLS YOU IF THE LIFE JACKET IS U.S. COAST GUARD APPROVED AND WHAT SIZE IT IS. IT WILL ALSO TELL YOU WHAT ITS MAIN PURPOSE IS, LIKE NEAR-SHORE OR OFF-SHORE BOATING.

NEXT, FASTEN ALL STRAPS AND ZIPPERS.



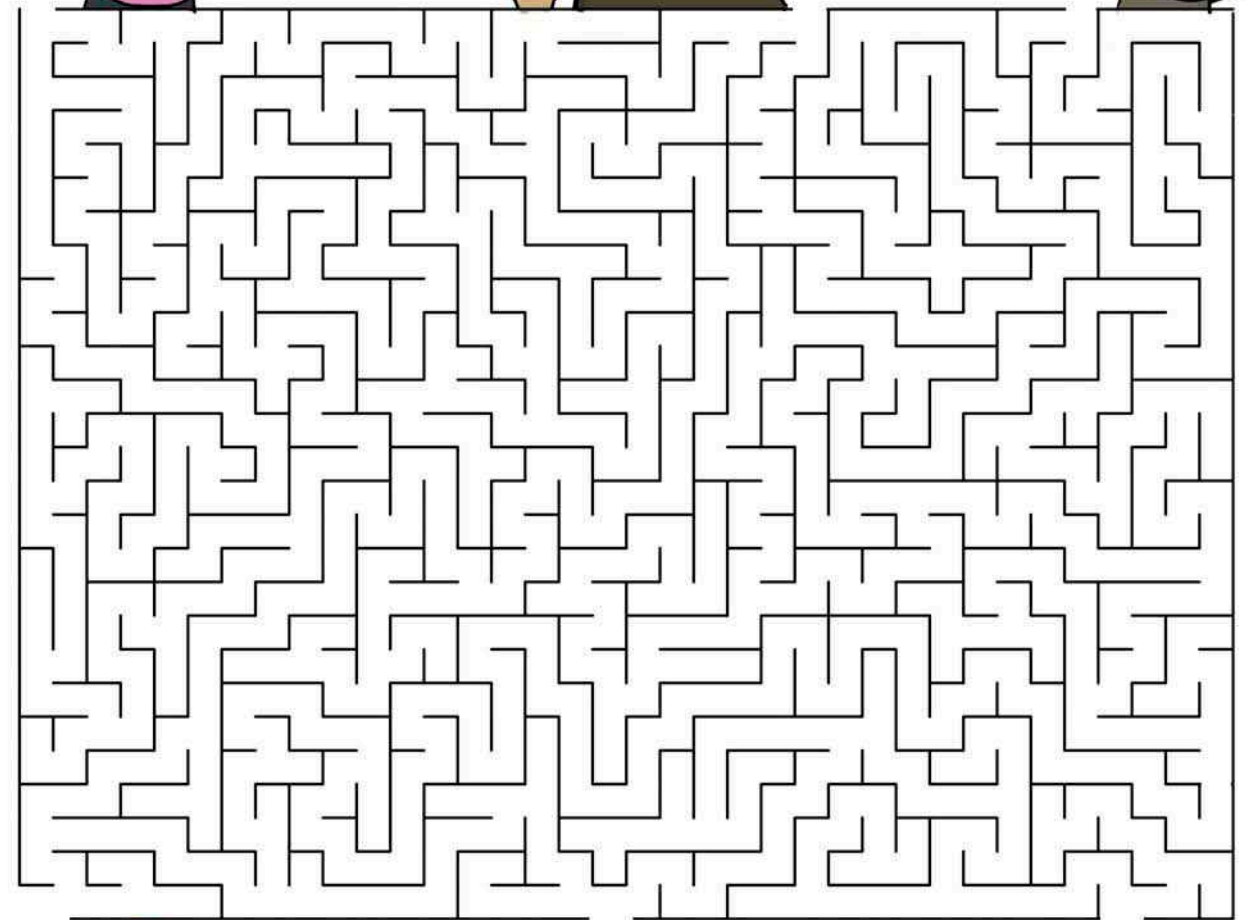
FINALLY, LIFT AT THE SHOULDERS TO TEST THE FIT.

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

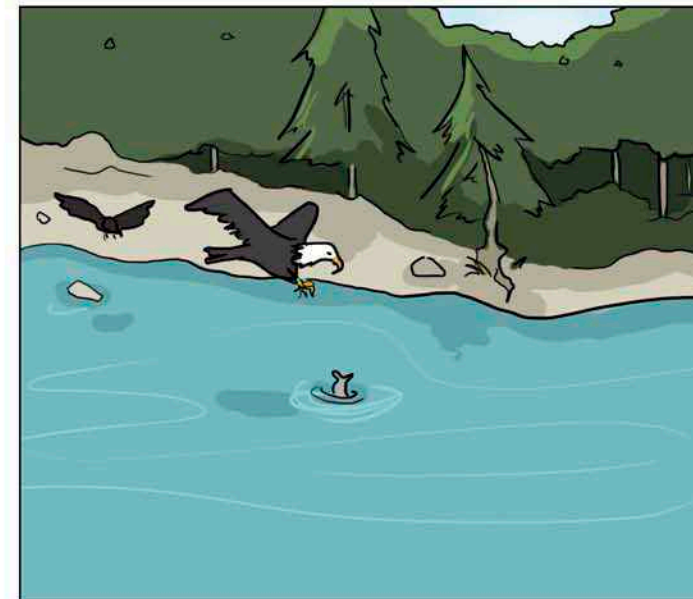
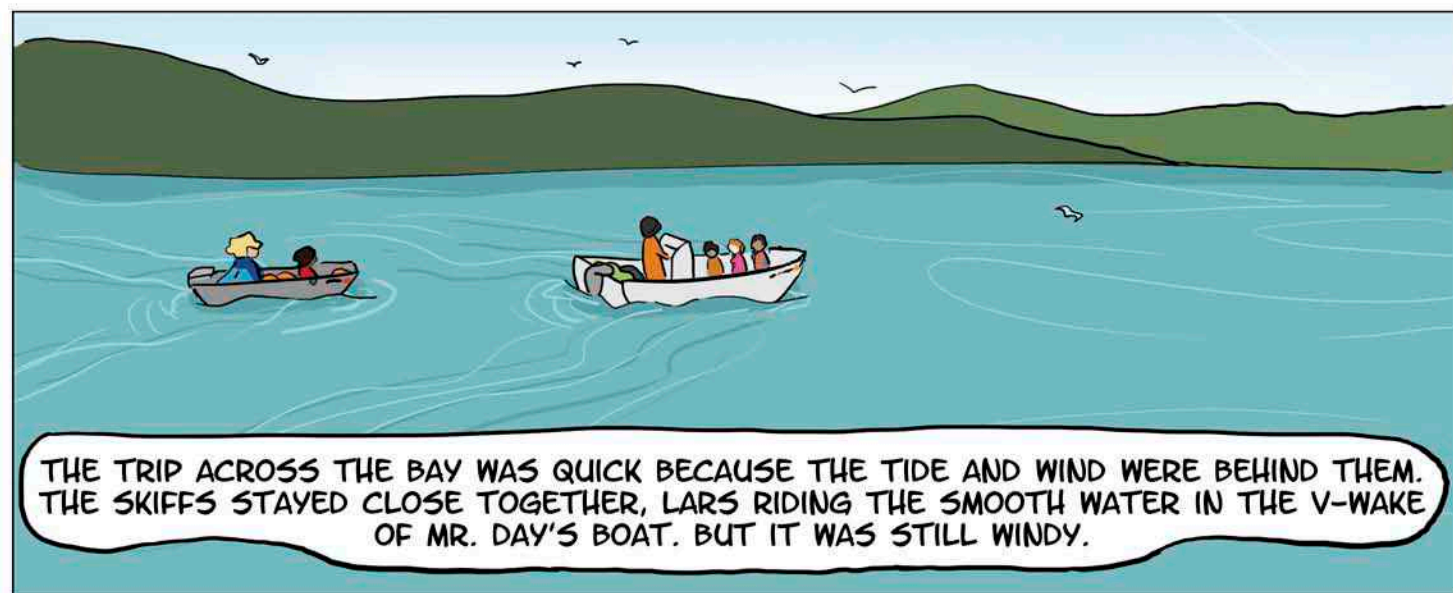
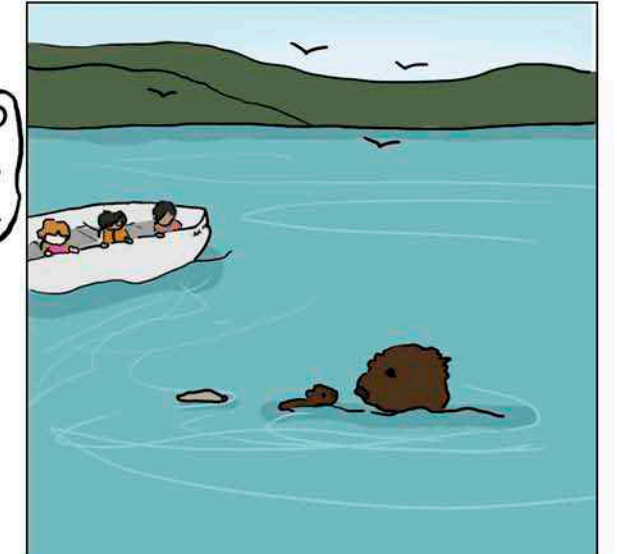
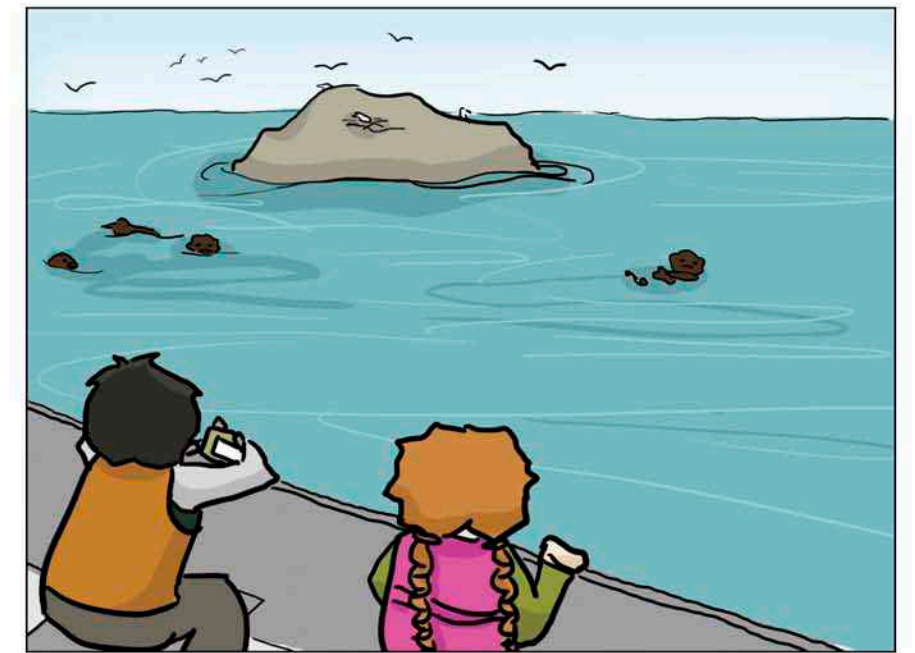


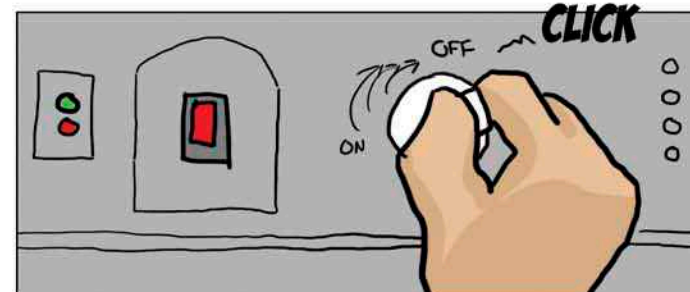
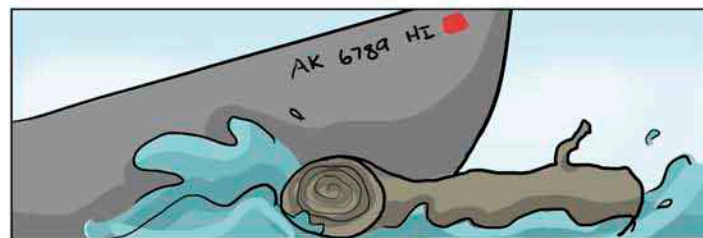
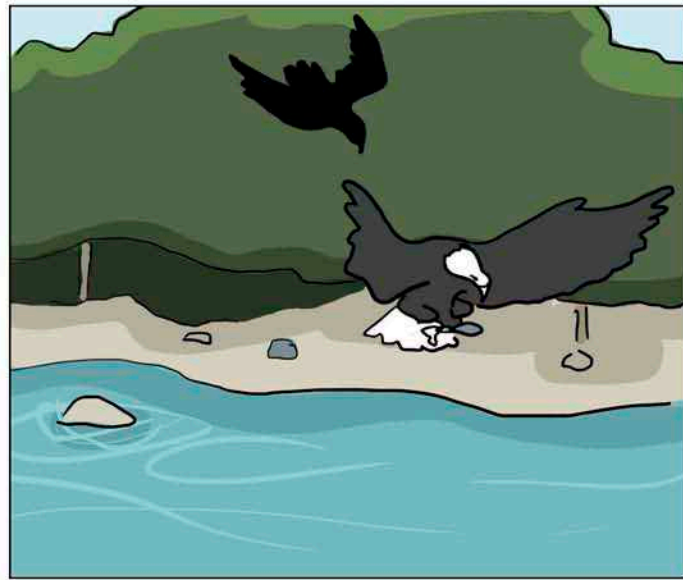
WOW! THERE SURE ARE A LOT OF DIFFERENT LIFE JACKETS. HOW DO I KNOW WHICH ONE IS BEST FOR ME?

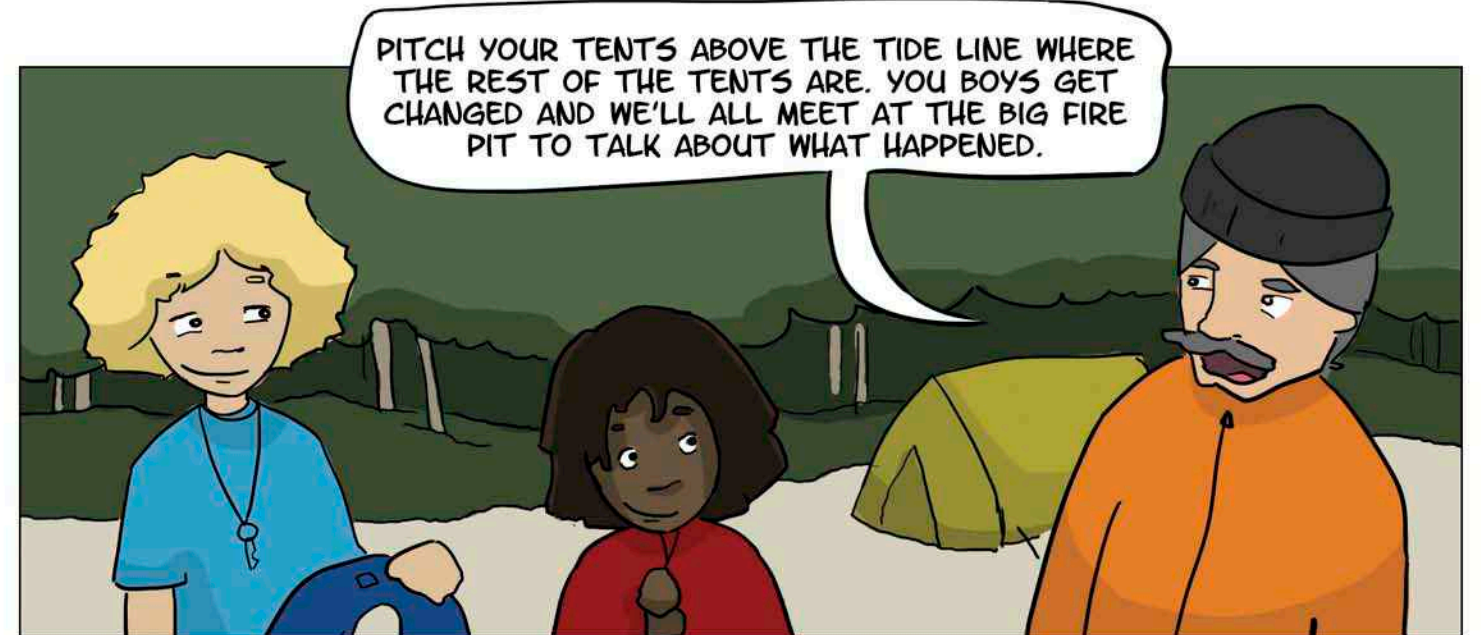
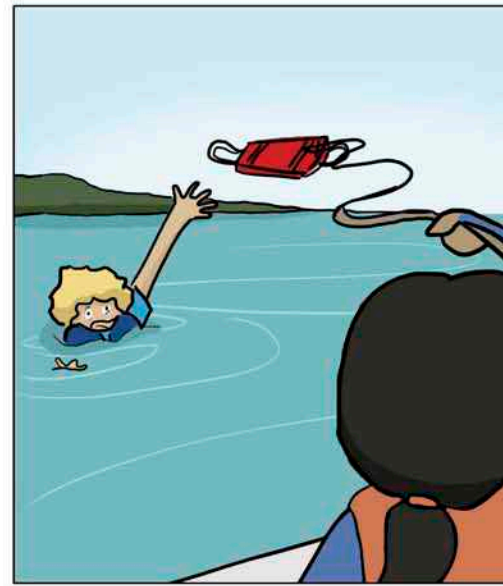
YOU SHOULD ALWAYS CHECK THE LABEL FOR INTENDED WEAR, BUT THE BEST LIFE JACKET IS THE ONE THAT FITS PROPERLY AND YOU ACTUALLY WEAR IT!





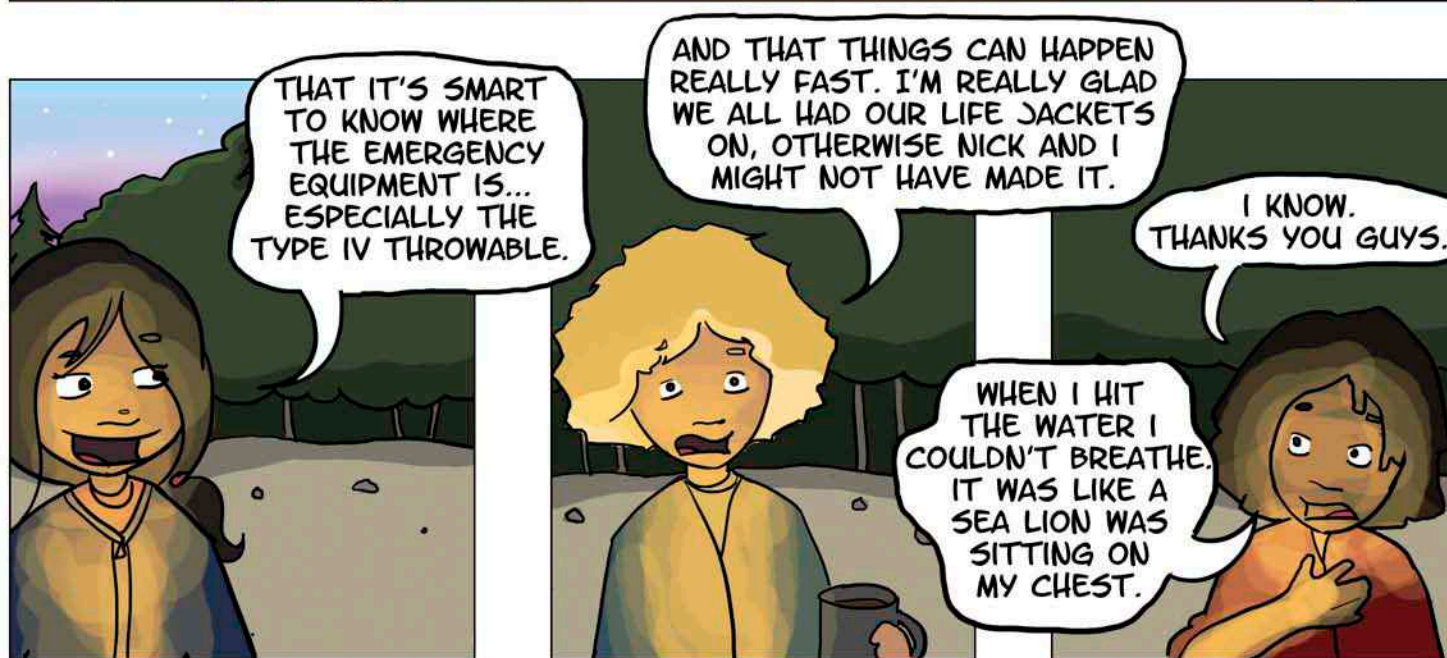








SO, WHAT DID YOU GUYS LEARN TODAY?

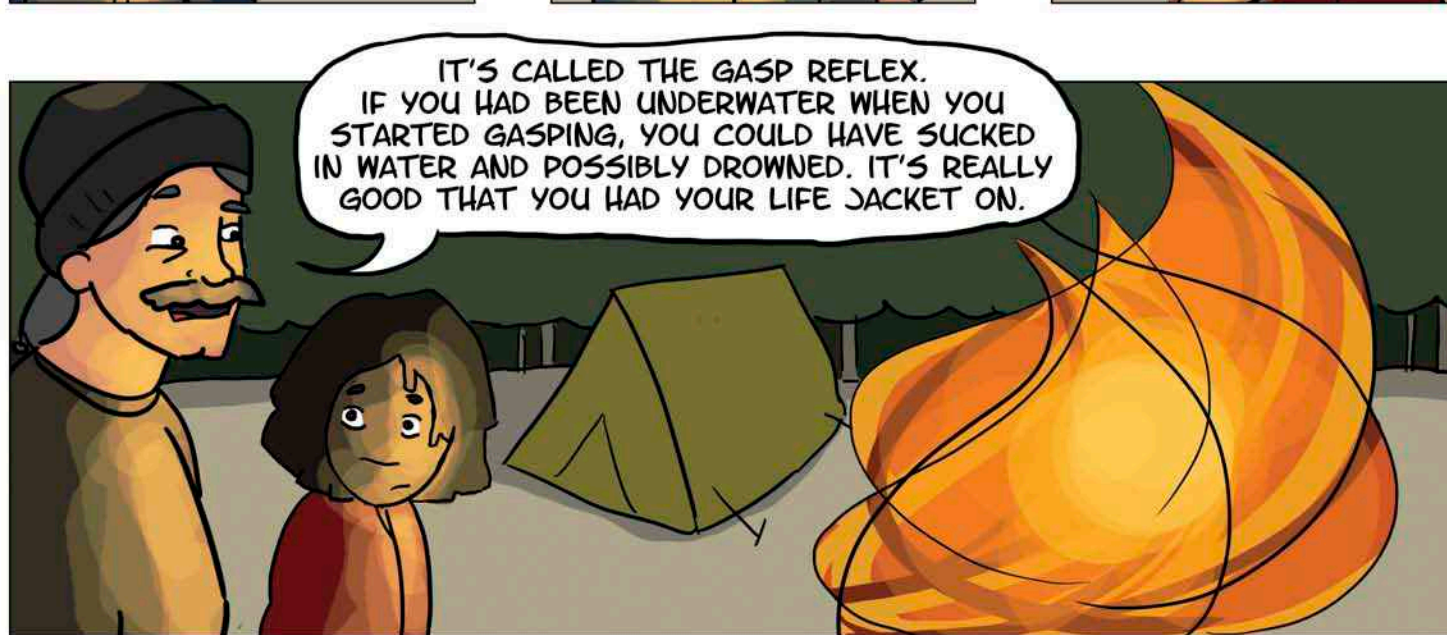


THAT IT'S SMART TO KNOW WHERE THE EMERGENCY EQUIPMENT IS... ESPECIALLY THE TYPE IV THROWABLE.

AND THAT THINGS CAN HAPPEN REALLY FAST. I'M REALLY GLAD WE ALL HAD OUR LIFE JACKETS ON, OTHERWISE NICK AND I MIGHT NOT HAVE MADE IT.

I KNOW. THANKS YOU GUYS.

WHEN I HIT THE WATER I COULDN'T BREATHE. IT WAS LIKE A SEA LION WAS SITTING ON MY CHEST.



IT'S CALLED THE GASP REFLEX. IF YOU HAD BEEN UNDERWATER WHEN YOU STARTED GASPING, YOU COULD HAVE SUCKED IN WATER AND POSSIBLY DROWNED. IT'S REALLY GOOD THAT YOU HAD YOUR LIFE JACKET ON.



DID SOMEONE SAY GASP REFLEX?



WHAT A SURPRISE! IT'S MY OLD FRIEND PROFESSOR POPSICLE 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



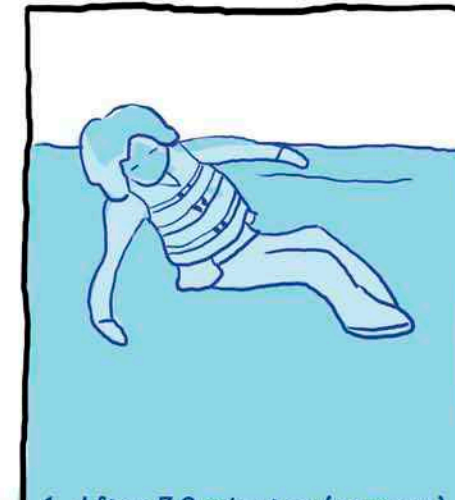
1. Within the first 3 minutes
2. Uncontrollable gasping and hyperventilation
3. If not wearing a life jacket, a higher risk of drowning

2. Cold Incapacitation

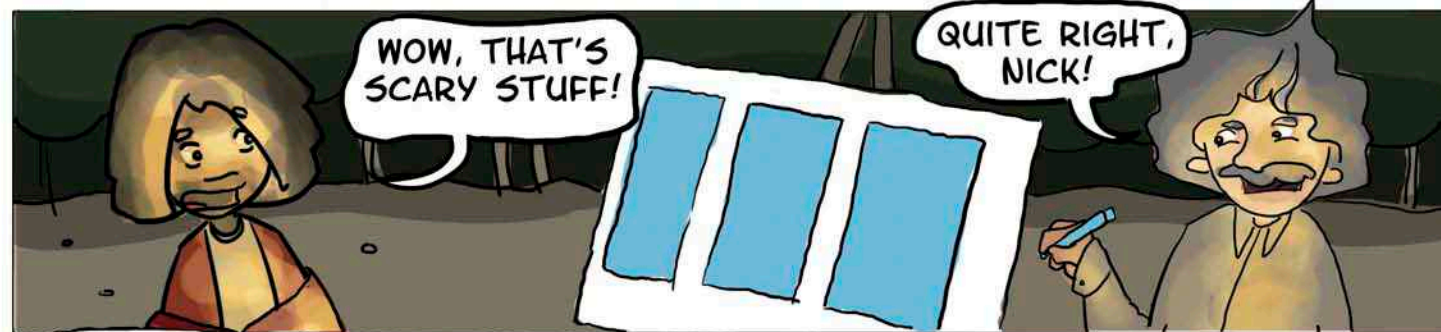


1. Within the first 30 minutes
2. Arms and legs begin to lose sensation and function
3. If not wearing a life jacket, a higher risk of drowning

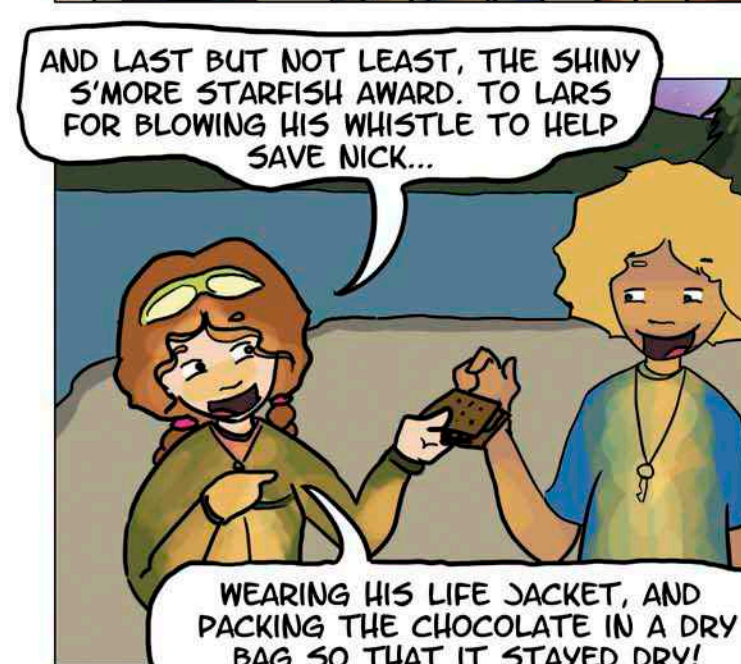
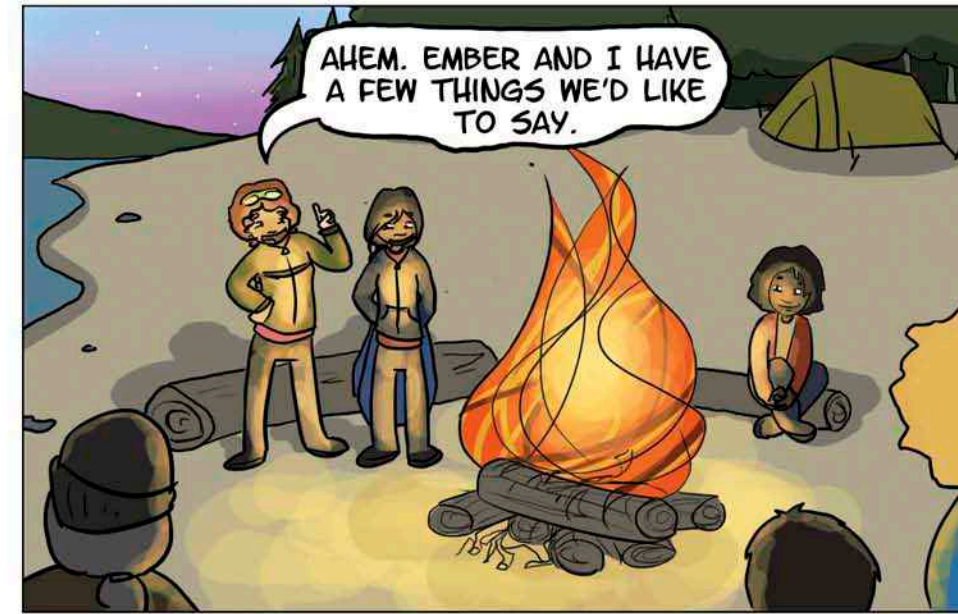
3. Immersion Hypothermia



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

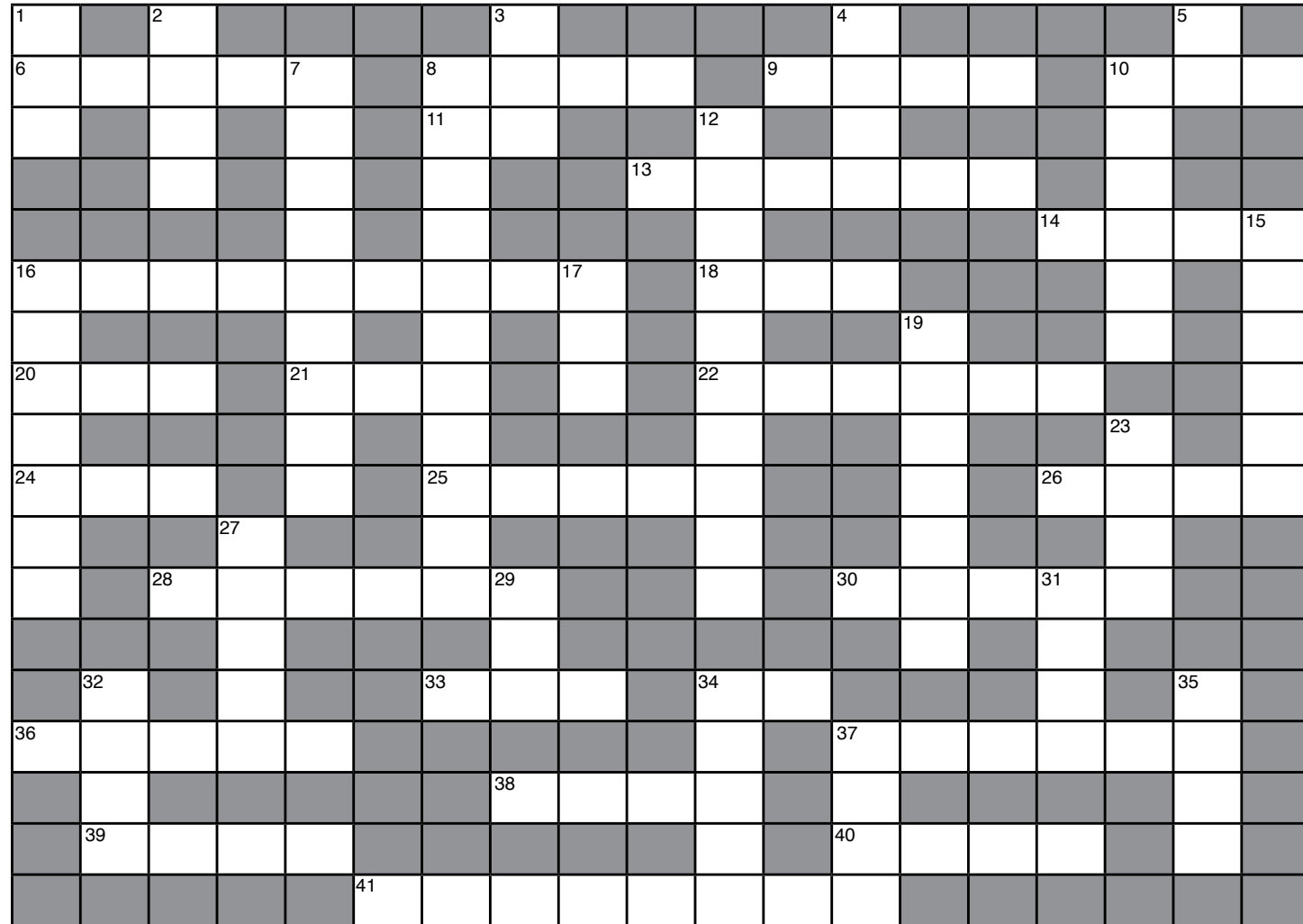


THINK ABOUT IT- IF YOU'RE WEARING A LIFE JACKET, YOU DON'T HAVE TO WORRY ABOUT DROWNING DURING THE GASP REFLEX AND YOU ARE ABLE TO KEEP YOUR HEAD ABOVE WATER WHEN YOUR ARMS AND LEGS GET SO COLD YOU CAN'T USE THEM!



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 Flotation 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	STERN	ROUGH SEA	REACH	RESCUE
INCAPACITATE	OVERLOAD	TRIPOD	THROW	RECOVERY
HYPOTHERMIA	SWIM DECISION	SIGNAL	ROW	OVERBOARD
LIFE JACKET	DROWNING	STAY	BALANCE	FLOAT PLAN
BOW	VESSEL	AFLOAT	NO ALCOHOL	CAPSIZE
		DROWNING	COLD WATER	

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

TEST YOUR KNOWLEDGE! KIDS DON'T FLOAT QUIZ

Circle the BEST answer

1. Why should everyone wear a life jacket when in an open boat or on an open deck?
 - a. they are Coast Guard approved
 - b. they keep your head above water if you fall in
 - c. they keep you from falling overboard
 - d. it is the law
2. What is an example of a risky behavior when boating?
 - a. water skiing
 - b. fishing
 - c. wearing your life jacket
 - d. standing up while the boat is moving
3. The manufacturer'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
4. What is the best life jacket?
 - a. the one that fits
 - b. the newest one
 - c. an inflatable
 - d. a Type III
5. What does "serviceable condition" mean as it relates to life jackets?
 - a. that the expiration date has not passed
 - b. it is free of serious damage and all buckles work
 - c. it has plenty of pockets
 - d. that it is Coast Guard approved
6. Alaska law requires that a person under what age must wear a Coast Guard approved life jacket when in an open boat or on an open deck?
 - a. 11
 - b. 12
 - c. 13
 - d. 14
7. What is one way to prevent falling into cold water?
 - a. wearing a life jacket
 - b. being able to swim
 - c. wearing warm clothing and eating a good meal
 - d. practicing safe behaviors while boating

KIDS DON'T FLOAT QUIZ (CONTINUED)

8. What is one way cold water immersion can kill?
 - a. frostbite
 - b. gasp reflex
 - c. broken bones
 - d. impaled objects
9. What is one way a life jacket can help when experiencing cold water immersion?
 - a. keeps your head above the water
 - b. keeps you comfortable
 - c. stops heat loss
 - d. keeps you dry
10. What is an example of a safe behavior when boating?
 - a. reaching overboard for an object
 - b. riding on the bow of the boat
 - c. seating everyone on the same side
 - d. sitting and keeping the boat balanced

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

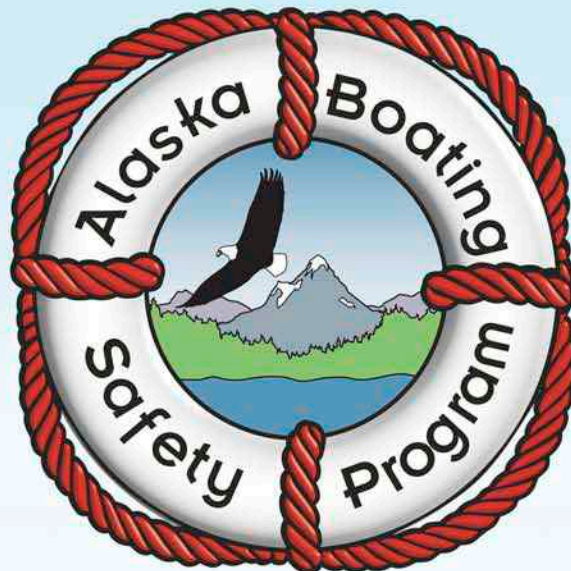
Crossword Answers

1	P					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	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														
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S		28	S	A	F	E	T	29	Y					T				30	F	L	A	31	R	E													
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																						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

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



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