

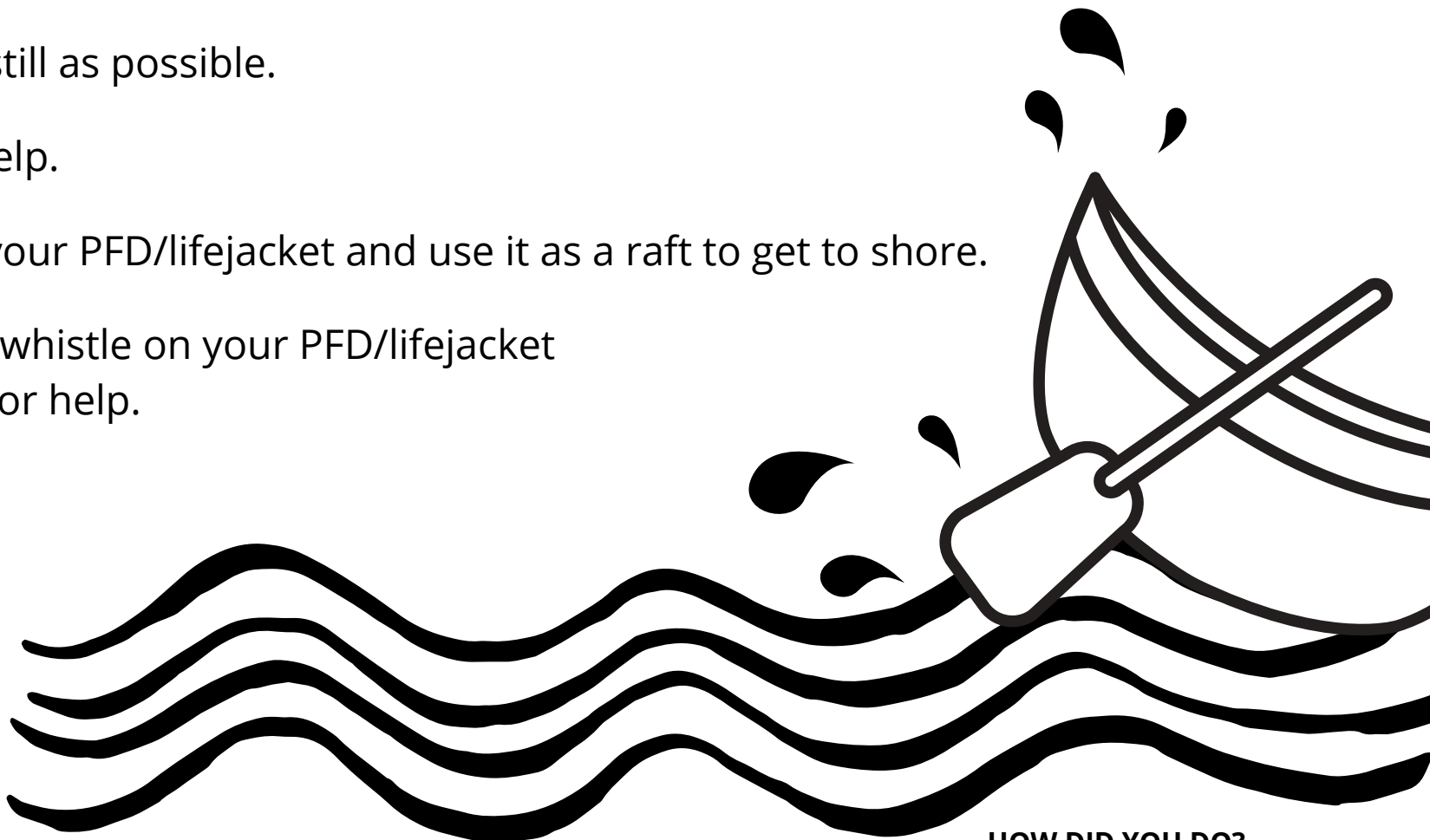
OVERBOARD!

Oh no, your boat capsized!

Test your knowledge of what to do if your boat capsizes. Make the **wise choices** and **circle all the correct answers below**.

Your goal: Reduce exposure to cold and increase chances of survival.

- a) Keep your head and body under the water.
- b) Stay calm and think before you act.
- c) If far from shore, swim in.
- d) Stay with the boat and straddle it.
- e) Drink lots of cold water.
- f) Move around to keep warm.
- g) Keep head above water and perform H.E.L.P. (Heat Escape Lessening Position)
- h) Keep as still as possible.
- i) Call for help.
- j) Take off your PFD/lifejacket and use it as a raft to get to shore.
- k) Blow the whistle on your PFD/lifejacket and call for help.



HOW DID YOU DO?

Answers: b, d, g, h, i, k.