

# PREPARE TO FALL IN!

The air temperature in spring and fall can be warm. But don't let that fool you! The water temperature of a stream or lake can still be very cold. Here in Pennsylvania, water temperatures even in summer seldom rise above 72 degrees. Your body temperature is around 98.6 degrees. So if you fall in, you're going to lose a lot of your body heat to the water that surrounds you. No one plans to fall in, but accidents do happen.

That's why you should use the buddy system when fishing or boating. Fishing with a buddy is more fun than going alone. Plus, if something bad happens to you, your buddy may save your life.

What should you do if you or your buddy falls in? Be prepared. Be S.M.A.R.T. Know what to do. Water can rob your body of heat 25 times faster than air. Get out or help them out of the water as soon as possible.



## Issue Web Resources

The National Safe Boating Council has a fun site with pictures you can download and a safe boating quiz.

[www.boatingsidekicks.com](http://www.boatingsidekicks.com)

[www.boatsafe.com/kids/index.htm](http://www.boatsafe.com/kids/index.htm)

provides a list of kids' questions about boating, safety activities and education resources.

[www.coastie.org](http://www.coastie.org)

is the United States Coast Guard Auxiliary's web site. Visit the site and take a boating safety quiz.

Here is a link to the American Family Physician web site for information on hook removal:

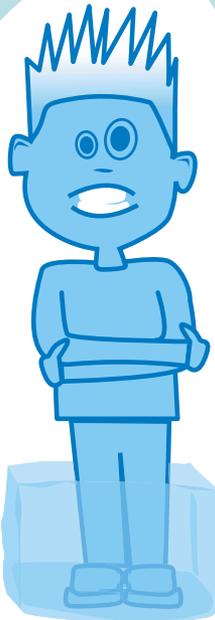
[www.aafp.org/afp/20010601/2231.html](http://www.aafp.org/afp/20010601/2231.html)

Want to learn more about canoeing, rowing or sailing? These sites can help you.

Canoeing - [www.acanet.org/paddling101a.htm](http://www.acanet.org/paddling101a.htm)

Rowing - [www.firstandthird.org/tables/rowing/learntorow.shtml](http://www.firstandthird.org/tables/rowing/learntorow.shtml)

Sailing - [www.sailnet.com/collections/learningtosail/theory/index.cfm](http://www.sailnet.com/collections/learningtosail/theory/index.cfm)



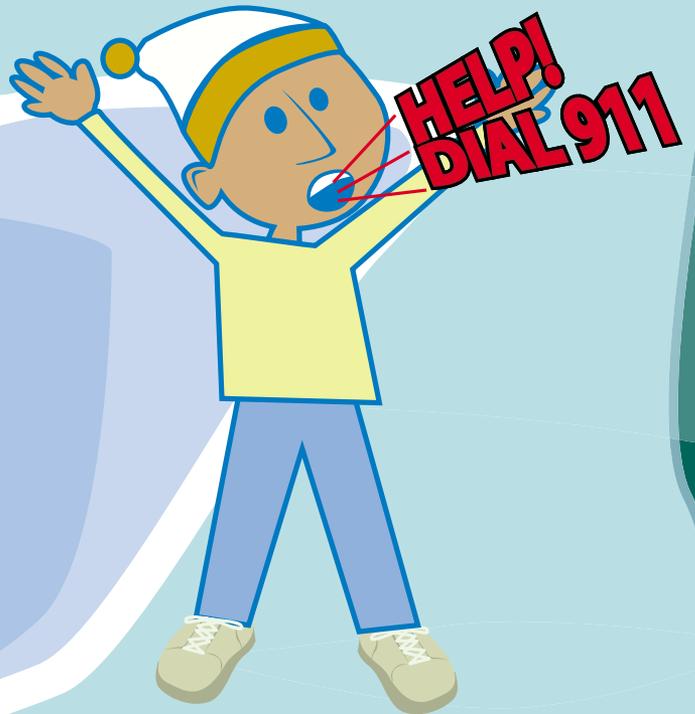
Get out of the wet clothes as soon as possible, too. Keep spare clothes in a plastic bag or other waterproof bag, just in case.

If your fishing and boating buddy is in deep water and can't stand, remember the words, "**Reach, Throw and Go.**" These words could help you save someone—and not become a victim yourself. This is especially true if the water is cold because every second counts.

**"Reach"** something out to the person if your partner is close to the shore or boat. But do not put yourself in danger. Never jump into the water to help. Don't get pulled into the water, either. Lie on your belly and reach out with a tree branch, boat paddle, your hand or a towel and pull the person to safety.

A reaching pole, like the one on page 6, is a great thing to "reach" with.

**"Throw"** something that floats out to your partner if he is too far away to "reach." You can throw a throw bag, like the one on page 6. If you don't have a throw bag or other rope, look around. Toss something, anything that floats. Even your closed tackle box or a cooler will work. Your partner can hang on to it and stay afloat while you go for help. **"Go"** call 911 or find an adult to help.



**NEVER** go in yourself. Make sure you stay on the line when the 911 operator answers. You will need to tell the operator about your emergency and where you are. Stay calm. Your buddy needs you to be at your best. Always go for help.