

GET ON BOARD *the boat!*

C old water

- P ut on a flotation device
- G ood training
- B efore leaving
- B e vigilant and courteous
- W hat to bring
- A pleasure craft licence
- E nvironment
- Z ero alcohol

If you fall into cold water...do you know what to do?

Water bodies remain cold for much of the year in many parts of Quebec. Some recreational activities such as fishing and hunting usually start early and end late in the navigation season. Therefore, you are more prone to hypothermia and cold water shock.

If you find yourself in the water, it is important to do whatever you can to keep your body warm. Here are some tips that will help you extend your survival time in cold water:

- ✓ Wear your personal flotation device (PFD) or lifejacket. They will help you float and keep your head out of the water without losing all your energy;
- ✓ Only swim if you can reach other survivors or a safe shelter (near you). **DO NOT SWIM TO WARM UP...** this will only increase your heat loss;
- ✓ If possible, climb onto a floating object (such as your craft) to keep most of your body out of the water. **COLD WATER DROPS BODILY HEAT 25 TIMES FASTER THAN AIR;**
- ✓ Adopt the fetal position, or if you are not alone, snuggle up against each other.



- **Hypothermic shock** probably causes more deaths than hypothermia. It **occurs as soon as you are immersed** in cold water, **whatever your physical condition**. Sudden exposure to cold water can instantly paralyze your muscles, take your breath away, make you swallow water and make you suffocate in the first moments of immersion.
- **Hypothermia** is a drop in below normal body temperature (37°C) that occurs as a result of prolonged exposure to cold water. **It occurs when your body loses more heat than it creates**. Cold water can cause loss of dexterity in less than 10 minutes and may cause death.



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P ut on a flotation device	
G ood training	
B efore leaving	
B e vigilant and courteous	
W hat to bring	
A pleasure craft licence	
E nvironment	
Z ero alcohol	



Remember:

- ✓ to be useful, the lifejacket or flotation device must be worn at all times by everyone on board and must be properly adjusted;
- ✓ wearing a flotation device provides an additional chance of survival in an emergency situation;
- ✓ the most visible colours in the water are: red, yellow and orange. They are therefore preferred;
- ✓ nowadays, there is a wide variety of flotation apparel available in a variety of designs, sizes and colours. Whatever the nautical activity, you will find a model adapted to your needs;
- ✓ cold water shock is minimized when flotation apparel is worn.

A flotation device *has no expiry date!* It remains approved as long as it meets the following specifications:

- approved by Transport Canada; and/or Fisheries and Oceans Canada; and/or Canadian Coast Guard;
- in good condition: belts, fasteners and zippers are in good working order;
- intact colours;
- untorn fabric;
- no felt pencil marks or patches can alter the original product
- appropriate in size for the person to wear it;
- Transport Canada recommends the addition of a pealess whistle.



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For specific information about your flotation device, Transport Canada recommends that you carefully read the owner's manual and the manufacturer's inner label.

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C old water	Good training is synonymous with appropriate knowledge In Canada, if you operate a craft for recreational purposes, you must have <u>proof of competency</u> to prove that you have the basic knowledge to safely operate your craft and that you know what to do in an emergency.
P ut on a floating device	
G ood training	
B efore leaving	
B e vigilant and courteous	
W hat to bring	
A pleasure craft licence	
E nvironment	
Z ero alcohol	

Several documents can serve as proof of competency:



- ✓ a pleasure craft operator competency card issued upon successful completion of an accredited course;
- ✓ any certificate attesting the successful completion of a boating safety course in Canada issued before April 1, 1999;
- ✓ a professional marine certificate or a recognized attestation from the Canadian Coast Guard, Transport Canada or National Defence;
- ✓ in the case of visitors to Canada, an operator's card or any other document complying with the requirements of their State of country;
- ✓ a properly completed rental boat safety checklist to the rental company.

It is strongly recommended that you follow a training course that will teach you the basic nautical safety principles such as:

- a review of the major nautical laws and regulations;
- the minimal equipment required on your craft;
- the Canadian Aids to Navigation System;
- how to respond to emergencies.



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Cold water
Put on a floating device
Good training

Before leaving

Be vigilant and courteous
What to bring
A pleasure craft licence
Environment
Zero alcohol

Before leaving, make sure your craft is ready as well as you and your guests.

In order to fully enjoy your day out on the water, it is best to take a few minutes to ensure that you are ready to navigate safely.

Before leaving the dock, check these items to ensure your safety as well as the safety of your loved ones:

- weather forecasts;
- water body characteristics (local hazards, boat operation restrictions);
- tides, currents;
- your craft is in good working condition;
- you have all the required safety equipment on board your craft, it is in good working order and you know how to use it;
- the load of your craft is well distributed;
- your fuel reserve (generally one third of fuel must be used for the outward journey, one third for the return and one third in reserve).



Whether you are going for a few hours or several days, it is strongly advised that you prepare a route plan...it could save your life. The route plan should contain information about:

- *the itinerary you plan to take during your trip;*
- *the time of your return;*
- *details about your craft and the people accompanying you.*

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Do you have the following items on board your craft?

- approved flotation apparel that is the right size for everyone;
- nautical charts;
- your proof of competency and a copy of your pleasure craft licence;
- a way of communicating an emergency. Do you know what to do in an emergency? Do your guests know?;
- replacement clothing (in a waterproof bag), drinking water and snacks.



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B e vigilant and courteous	
W hat to bring A pleasure craft licence E nvironment Z ero alcohol	

Always be vigilant and navigate at a safe speed. Collision Regulations specify that it is incumbent upon the operator to adopt a "safe speed" (a speed where the craft can stop at an appropriate distance to the circumstances and conditions). To determine the safe speed for your craft, consider all of the following factors:

- ✓ visibility conditions (fog, haze, rain, darkness, etc.);
- ✓ wind, water and current conditions;
- ✓ the ability to maneuver your craft;
- ✓ traffic density, type of craft in the area and their proximity;
- ✓ risky navigation conditions (navigation obstacles, rocks, etc.).

Always remember that the wake created by your craft might be the cause of damage to property (other craft, docks, wharves, structures, shorelines, etc.) or other people. You could be held liable for any damage or injury caused by it. Be considerate of others:

- ✓ in a narrow channel, don't obstruct the route of other craft that can only safely navigate in this channel;
- ✓ know waterway rules and priorities.

Any hazardous operation of a craft is punishable by imprisonment or a fine under the **Criminal Code**. Here are other examples of offences that are subject to the **Criminal Code**:

- Operating a craft while impaired;
- Failure to supervise a person being towed (water-skiing, wake);
- Towing a person at night;
- Fleeing the scene of an accident.



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Always check the condition of your equipment...

Check the condition of your equipment before heading out on the water and make sure you have all the necessary safety equipment on board. Remember that it must be in **good condition**, easily **accessible** and **usable** for everyone on board.

●Mandatory safety equipment varies by type (motor boat, sailboat, watercraft, canoe, kayak, pedal boat, windsurf board, kiteboard, etc.) and size of craft. Minimum safety equipment includes:

- a lifejacket or flotation device for everyone on board;
- a floating catch line;
- a scoop or manual pump;
- a manual propulsion device;
- An anchor with rope;
- a waterproof flashlight;
- a sound device.

●In addition to the mandatory equipment, some items may be of great use to you and help you better enjoy being on the water:

- replacement clothing (in a waterproof bag);
- drinking water and snacks;
- tools and spare parts (fuses, spark plugs...);
- first-aid kit.



If you **rent** or **borrow** a craft, make sure that the required equipment is on board. **This responsibility is shared by the renter/borrower.** You may receive a ticket without this equipment on board.



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Pleasure craft Registration or Licence?

All craft with a **10 HP (7,5 KW) or more engine** (including watercraft), **must have** a Licence or Registration Number. In an emergency, this number makes it easier for authorities and rescue organizations to search because the owner is identified more quickly.

Licences are free: Why go without?

- ✓ The licence number must be inscribed on both sides of the bow above the waterline, in block letters, at least 7.5 centimetres (3 inches) and in a contrasting colour with the bow.
- ✓ The licence does not constitute a property title.
- ✓ Validity period: 10 years.

How do I get a licence?

- 1 By **mail** by sending in the form with the required documents to:

Pleasure Craft Licencing Centre
P.O Box 2006
Fredericton, New Brunswick E3B 5G4

- 2 On Transport Canada's **Website**:
http://www.tc.gc.ca/eng/marinesafety/debs-obs-paperwork-paperwork_boat_licence-3212.htm

Registrations: \$250.00. Renewals are free.

- ✓ The name of the craft and the port of registration must be inscribed on both sides of the bow above the waterline, in block letters, at least 10 centimetres (4 inches) high and in a contrasting colour with the hull.
- ✓ Registration constitutes a property title.
- ✓ Registration must be kept on board the craft at all times.
- ✓ Validity period: 3 years.

How do I get a registration:

- 1 By **mail** by sending in the form with the required documents to:

Vessel Registration
Maritime Safety and Security
Tower C, Place de Ville 3rd floor
330 Sparks Street
Ottawa, Ontario K1A 0N8

- 2 By **telephone**: 1 877 242-8770
or by email: vr-ib@tc.gc.ca



Are you navigating outside Canada? It would be wise to get a registration because it is an ownership title. If, however, you decide to navigate outside Canada with a pleasure craft licence, make sure you have **all the documentation proving that you are the owner** on board. You could be given a ticket upon interception and held at the dock until proof of ownership is shown.

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Canada enforces its laws to protect waterways and shorelines. Some laws regulate the use of pleasure craft.

Bank erosion, invasive alien species, water pollution, wastewater and habitat destruction are just a few examples of our impact on the environment. Several actions can be taken to protect our waterways...

You can help protect our waterways... Here's how:

- ✓ reduce the wake of your boat. Reduce your speed to produce as few waves as possible and don't approach the shore;
- ✓ refill your fuel tank carefully... don't overfill the tank and clean up any spilled fuel;
- ✓ don't transport any invasive species with you – rinse and clean the hull of your boat and its trailer before entering a new body of water;
- ✓ don't discharge wastewater (black or grey) in the water or along shores – use a holding tank;
- ✓ use environmentally-friendly cleaning products;
- ✓ regularly maintain your engine to reduce air or water emissions;
- ✓ keep your bilge clean and don't discharge oily water overboard;
- ✓ bring your waste home (including cigarette butts);
- ✓ report any pollution you witness;
- ✓ it's forbidden to urinate overboard, it's an environmental issue, but also a question of safety in order to minimize the risks of falling overboard.

Reduce noise to respect other boaters, residents and wildlife around you:

- use a device, such as a muffler, to reduce noise;
- lower the volume of the radio;
- avoid always navigating in the same area.



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Don't navigate if you have consumed alcohol... Always be ready and alert!

Consuming alcohol on a craft is a lot more dangerous than most people realize. **Fatigue, sun, wind and movements of the craft** numb the senses.... **Alcohol intensifies these effects**, reducing your reaction time and judgment.



Navigation and Alcohol, A Dangerous Mix:

- ✓ operating craft while being impaired is illegal and an offence under the *Criminal Code*;
- ✓ whomever operates a craft while being impaired by alcohol is committing an offence and may have his/her driver's licence revoked;
- ✓ keep in mind that you are responsible for your safety, and everyone else on board and that you can never put the lives of other waterway users at risk;
- ✓ each province has its own regulations governing the consumption and transportation of alcohol and drugs on board a craft.

Article 253 (1) of the *Criminal code* states: "Every one commits an offence who operates a motor vehicle or vessel or operates or assists in the operation of an aircraft or of railway equipment or has the care or control of a motor vehicle, vessel, aircraft or railway equipment, whether it is in motion or not", in the following cases:

- while the person's ability to operate the vehicle, vessel, aircraft or railway equipment is impaired by alcohol or a drug; or
- having consumed alcohol in such a quantity that the concentration in the person's blood exceeds eighty milligrams of alcohol in one hundred millilitres of blood.



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