



# Connecticut Lake Watch

## PADDLECRAFT BOATING SAFETY

### What Equipment Do I Need?

- ◆ Properly sized **PERSONAL FLOATATION DEVICE (PFD)**, or life jacket, in good condition for each person
- ◆ **SOUND PRODUCING DEVICE** (whistle or signal horn)
- ◆ **COMMUNICATION DEVICE** such as a waterproofed phone and/or marine VHF radio (on coastal waters)
- ◆ **WEATHER APPROPRIATE CLOTHING.** Remember: Dress for water temperature, not air temperature!

### Safety Basics:

1. **WEAR YOUR LIFE JACKET!** CT Lake Watch volunteers are encouraged to wear life jackets at all times while monitoring. By law, children 12 and under must wear a life jacket at all times. Between October 1 and May 31, all adults also must wear a life jacket.
2. **PADDLE WITHIN YOUR ABILITY.** Avoid congested and hazardous areas. Beginners should paddle close to shore. Be on the lookout for large and motorized vessels.
3. **DON'T PADDLE ALONE.** Paddle with a group or friend so that you have help in the case of an emergency.

### AVOID COLD WATER IMMERSION

Did you know water as warm as 70F can still cause cold shock and hypothermia? **Wearing your life jacket can save you when boating in cooler waters!** To limit cold water immersion, if you do end up in the water, climb onto your vessel or any object that will keep you out of the water. Signal for help and swim to shore if near enough.

To learn more visit [portal.ct.gov/DEEP/Boating/Paddling](http://portal.ct.gov/DEEP/Boating/Paddling)

### FREE BOATING SAFETY STICKERS

Request a free "IF FOUND" sticker for your paddlecraft by emailing [DEEP.Boating@ct.gov](mailto:DEEP.Boating@ct.gov). This sticker can help in an emergency or if you get separated from your boat.



### REMEMBER...

Before you head out:

- ◆ Check the **weather forecast, tides, and water flows** for when you plan to be boating and familiarize yourself with your destination.
- ◆ Leave a **float plan** with family or friend so first responders can act fast if an accident occurs.

