

plan and prepare

PLAN AND
PREPARE
COLD WATER KILLS



Winter brings a greater risk of hypothermia. Capsizing in cold water can be life-threatening. So plan and prepare to avoid hypothermia;

- Minimise your capsize risk.
- Check the weather. If in doubt, don't go out.
- Wear warm and wet weather gear.
- Wear a lifejacket; it won't ruin a day on the water.

Children under 12 must wear a lifejacket and adults must when on a vessel under 4.8m, when off shore, alone and at night.

- In the water, don't swim. Remain with your craft in the "huddle" position.
- Remember, alcohol increases the body's heat loss.

www.bia.org.au p. 02 9438 2077

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For boating weather go to **www.bom.gov.au/marine**

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Boating Industry Association