

# Learn About Boating Before You Go Floating



## KEY TERMS

- **Aft** – In the back of the boat.
- **Beam** – The width of a boat at its widest point.
- **Boat** – A vessel for transport by water, constructed to provide buoyancy by excluding water and shaped to give stability and permit propulsion.
- **Bow** – The front of a boat.
- **Buoy** – A float in the water anchored to the bottom.
- **Capsize** – To turn a craft upside down in the water.
- **Cleat** – A wooden or metal fitting on the deck of a boat. It has two projecting horns around which a rope or line may be tied.
- **Draft** – The distance from the bottom of a boat to its waterline.
- **Fore** – In the front of a boat.
- **Freeboard** – The distance from the waterline to the lowest part of the boat above the waterline.
- **Hull** – The main body of a boat.
- **Port** – The left side of a boat.
- **Starboard** – The right side of a boat.
- **Stern** – The back of a boat.

## OBJECTIVES

After completing the following activities, students will be able to–

### **Topic 1: Define the Various Boat Types and Parts**

- Define the various boat types and parts.

### **Topic 2: Identify Necessary Gear That Must Be Stowed Before You Go Boating**

- Identify necessary gear that must be stowed before you go boating.

### **Topic 3: Safe Boating Skills**

- Identify three safe boating skills.

### **Topic 4: Your Boat Is Sinking**

- Demonstrate finding and putting on a life jacket while a boat is sinking.

## MATERIALS, EQUIPMENT AND SUPPLIES

### **All Topics**

- [Fact Sheet: Longfellow's Rules for Safe Boating](#)
- Learn About Boating Before You Go Floating poster
- *Longfellow's WHALE Tales* DVD

# Learn About Boating Before You Go Floating



- DVD player and monitor
- Optional:
  - Learn About Boating stickers (one for each student)

## **Topic 1: Define the Various Boat Types and Parts**

- [Activity Sheet 8-1: Boat Parts](#) (one for each student)

## **Topic 2: Identify Necessary Gear That Must Be Stowed Before You Go Boating**

- [Activity Sheet 8-2: The Big Unscramble](#)
- [Activity Sheet 8-3: Anchors Aweigh](#)
- [Activity Sheet 8-4: Don't Forget](#)

## **Topic 3: Safe Boating Skills**

- [Fact Sheet: Longfellow's Safety Equipment Information](#)
- Life jackets
- Mats or tape to create outlines of boats

## **Topic 4: Your Boat Is Sinking**

- Three life jackets
- Three chairs
- A watch or clock with a second hand



### **LEADER'S NOTE**

*Display the Learn About Boating Before You Go Floating poster at the front of the class. To begin a discussion about the poster, ask students questions, such as "Why is it important to learn about boating before you actually go boating?" Refer to the poster throughout the activities in this topic. As an option, you may use an LCD projector to display the electronic version of the poster from the CD-ROM.*

## **INTRODUCTION**

### **Key Points:**

- Today we are going to talk about safe boating skills.
- Boating can be very dangerous and even deadly. It should be fun and not dangerous.
- To be safe, practice safe boating skills.

# Learn About Boating Before You Go Floating



## TOPIC 1: DEFINE THE VARIOUS BOAT TYPES AND PARTS

Recommended Grade Levels: K–5

### Key Points and Discussion:

#### ■ What are the various types of boats?

*Answers: Responses should include the following:*

- Motorboats
- Canoes
- Kayaks
- Wave runners
- Inflatable
- Cruisers

#### ■ What is a motorboat?

*Answer: A boat that is mechanically powered.*

#### ■ Boats are classified according to length in the following way:

- Class A: Less than 16 feet
- Class 1: 16 feet to less than 26 feet
- Class 2: 26 feet to less than 40 feet
- Class 3: 40 feet to not more than 65 feet

#### ■ Different size boats have different limits of how many people and how much weight they can hold.

#### ■ Every boat has a capacity plate that states how many people the boat can hold and the maximum load allowed on the boat.

### Activity:

Have students complete Activity Sheet 8-1: Boat Parts.

## TOPIC 2: IDENTIFY NECESSARY GEAR THAT MUST BE STOWED BEFORE YOU GO BOATING

Recommended Grade Levels: K–5

### Key Points and Discussion:

#### ■ What do you need to do before you go boating?

*Answer: Get your equipment ready and in good working order and file a float plan.*

#### ■ What types of equipment should be on board?

*Answers: Responses should include the following:*

- Personal flotation device (PFD) for each person
- Whistle, horn or bell
- Fire extinguisher

# Learn About Boating Before You Go Floating



- *Visual distress signals (flares, flags, lights)*
- *Running lights*
- *Anchor*
- *Oars or paddle*
- *Extra line*
- *Throwable rescue device (Type IV PFD)*
- *First aid kit*
- *Bailing device*
- *Flashlight*
- *Tool kit and spare parts*
- *Nautical charts and maps*
- *Compass*
- *Radio*
- **Whenever you go boating, you should complete and file a float plan.**
- **A float plan is a plan given to a responsible person that provides detail about where you will be and how long you will be gone.**

## Activity:

Have students complete the following:

- Activity Sheet 8-2: The Big Unscramble
- Activity Sheet 8-3: Anchors Aweigh
- Activity Sheet 8-4: Don't Forget

## TOPIC 3: SAFE BOATING SKILLS

Recommended Grade Levels: 1–5

## Activity:

- Create the bottom of one or more “boats” by using mats or taping off the floor to establish an outline. Create a “boat” that would be large enough to hold up to three students.
- Explain to students that anyone who is going to be on a boat needs to know how to safely get on and off the boat and move about the boat.
- Ask students, **“What is one of the most important safety items that every boater should have and wear whenever they go boating?”**  
*Answer: Every boater should have and wear a life jacket.*
- Ask for three student volunteers for each boat.
- First, have students select and put on life jackets. Next, have them simulate getting on the boat, move to a seated position and then getting off the boat. Lead them through their actions following these guidelines:

# Learn About Boating Before You Go Floating



- Only one person at a time boards or debarks.
- Grasp the gunwales (sides) when stepping in or out.
- Keep weight low and toward the center of the boat.
- Have another person hold and stabilize the boat.
- Repeat the activity until all students have the chance to practice.

## Key Points and Discussion:

### ■ What can you do to keep your boat from sinking?

*Answers: Responses could include—*

- *Balance the weight.*
- *Keep your weight low.*
- *Move only on the centerline of the boat.*
- *Do not overload the boat.*

### ■ How do you know how many people or how much weight your boat can carry?

*Answer: Capacity information is on the boat capacity plate. (See Fact Sheet: Longfellow's Rules for Safe Boating.)*

### ■ On land we stop at traffic lights and we drive on the right side of the road. How do boaters know how to move their boat when other boats are around?

*Answer: Boaters also have "rules of the road."*

### ■ Some rules of the road for boaters include the following

- **Right of way:** Boats with motors give the right of way to boats without motors, except when a sailboat overtakes a motorboat.
- **Meeting:** When two boats meet head-on, each should keep to its right.
- **Crossing:** A boat on the right has the right-of-way.
- **Passing:** A boat being passed has the right-of-way. The passing boat must signal with a whistle, bell or horn which side it will pass on. (One blast means the boat will pass right, two blasts mean the boat will pass left.)

### ■ What should you do if your boat capsizes?

*Answer: Stay with the boat unless it is being carried toward a dangerous area, such as a dam or waterfall.*

### ■ What should you do if you fall from a boat into cold water?

*Answer: Climb back into the boat. If the boat has turned over, climb on top of the boat. If you cannot climb onto the boat and you have on your life jacket, get into the HELP position. Swim to shore only if it is very close.*

### ■ If someone else is in trouble in the water, what can you do to help from your boat?

*Answer: Perform a reaching or throwing assist. (See Fact Sheet: Longfellow's Safety Equipment Information.)*

### ■ What are some other safety rules for boating?

*Answer: Allow time for responses.*

# Learn About Boating Before You Go Floating



## TOPIC 4: YOUR BOAT IS SINKING

Recommended Grade Levels: 3–6

### Activity:

- Line up three chairs like seats in a boat.
- Place a life jacket under each seat.
- Ask a volunteer to sit in each seat.
- At your signal, the “boat” will start to sink and each student will have 1 minute to find the life jacket and put it on correctly.
- After 1 minute, see which students were able to save themselves and which ones were not.
- Tell students, **“It is extremely important to spend that 1 minute putting on a life jacket before getting into a boat. It could save a life.”**

## WRAP-UP



### LEADER'S NOTE

Refer back to the *Learn About Boating Before You Go Floating* poster as you review the lesson.

### Key Points and Discussion:

- **What do you need to do before you go boating?**  
*Answer: Get your equipment ready and in good working order and file a float plan.*
- **How can you act safely when you go boating?**  
*Answers: Responses could include—*
  - *Balance the weight.*
  - *Keep your weight low.*
  - *Move only on the centerline of the boat.*
  - *Do not overload the boat.*
- **What is one of the most important safety items that every boater should have and wear whenever they go boating?**  
*Answer: Every boater should have and wear a life jacket.*
- **Whenever you go boating, you should take the time to prepare, have all the appropriate equipment and supplies and always practice safe boating.**

# Longfellow's Rules for Safe Boating



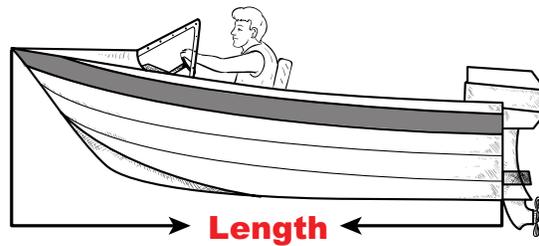
## Boat Classifications

Class A: Less than 16 feet

Class 1: 16 feet to less than 26 feet

Class 2: 26 feet to less than 40 feet

Class 3: 40 feet to not more than 65 feet



## Skipper's Terms

**Port** means the left side of a boat looking forward.

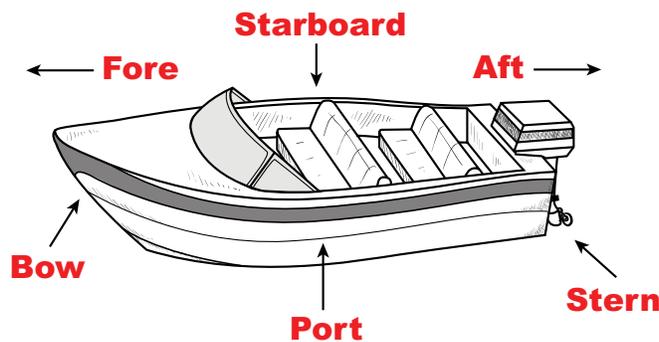
**Starboard** means the right side of a boat looking forward.

**Bow** means the front of a boat.

**Stern** means the back of a boat.

**Fore** means in the front of a boat.

**Aft** means in the back of a boat.



## Boating Rules

To make sure that your boating trip is as safe as possible, you should—

- Check your state laws regarding boating regulations. Many states have mandatory boating education programs.
- Not ride in a boat being operated by someone who has been drinking.
- Develop a float plan. Anytime you go out in a boat, give a responsible person details about where you will be and how long you will be gone. This is important because if you are delayed as a result of an emergency, become lost or encounter other problems with the boat, you want help to be able to reach you.

# Longfellow's Rules for Safe Boating



- Find a boating course in your area (such as the Red Cross, U.S. Power Squadron, the U.S. Coast Guard Auxiliary, the state boating authority or U.S. Sailing)—these courses teach about navigation rules, emergency procedures and the effects of wind, water conditions and weather.
- Familiarize yourself with the water by taking a look at nautical maps.
- Inspect the safety equipment, boat, motor and personal flotation devices (PFDs) to be sure all are in good condition.
- Check local weather reports, and obey storm or gale warnings.
- Always wear your life jacket.
- Never boat near a dam. (Above a dam, the boat could be pulled into a floodgate. Below a dam, the boat could be hit by a wall of water created when the floodgates are opened.) (See Fact Sheet: Longfellow's Tips on Currents and Dams.)
- Check the boat capacity plate to be sure you do not overload the boat. (The capacity plate shows the maximum load and the horsepower rating of the boat. It is located inside the boat, in a conspicuous place.)

U.S. COAST GUARD CAPACITY INFORMATION	
Maximum Horse Power	_____
Maximum Person Capacity (Pounds)	_____
Maximum Weight Capacity Persons Motor & Gear (Pounds)	_____
This boat complies with U.S. Coast Guard safety standards in effect on the date of certification	
Model NO: _____	Serial NO: _____
MFD by: _____	

## Safety Equipment

There are federal and state requirements for boating equipment. Check the specific requirements for the type of boat you will be operating. The nearest U.S. Coast Guard installation, Coast Guard Auxiliary or U.S. Power Squadron will be able to give you full information.

You should not stop at the minimum requirements for equipment. Here is a list of equipment to guide you:

- Life jacket for each person
- Whistle, horn or bell
- Fire extinguisher
- Visual distress signals (flares, flags, lights)
- Running lights
- Anchor
- Oars or paddle
- Extra line

# Longfellow's Rules for Safe Boating



- Throwable rescue device Type IV PFD
- First aid kit
- Bailing device
- Flashlight
- Tool kit and spare parts
- Nautical charts and maps
- Compass
- Radio
- Emergency blanket

## Float Plan Information

Anytime you go out in a boat, you should give a responsible person details about where you will be and how long you will be gone. If you are planning to be out in a boat for a few hours or longer, you should leave a float plan with a responsible person. A float plan should contain the following information:

- Boat name and number
- Boat color, size, make and capacity
- Number of engines, horsepower and type of fuel used if any
- Number of persons on board and their names, addresses and telephone numbers
- Type of radio equipment on board
- Departure date, time and location
- Estimated arrival date, time and location
- Destination
- Date and time you want the Coast Guard notified if you fail to reach your predetermined destination

A detailed sample of a float plan can be found at [www.floatplancentral.org/download/USCGFloatPlan.pdf](http://www.floatplancentral.org/download/USCGFloatPlan.pdf).

## Boarding and Debarking

There are certain ways to get on (to board) and to get off of (to debark) a boat. When you board and debark be sure that—

- You keep your weight low and toward the center of the boat.
- Another person holds and stabilizes the boat, if necessary, to prevent it from capsizing.
- You grasp the gunwales (sides) when stepping in or out.
- Only one person at a time boards or debarks.

When all the passengers have boarded, trim the boat by balancing the weight from side to side and from front to back.

# Longfellow's Rules for Safe Boating



## “Rules of the Road”

- Right-of-way: Boats with motors give the right-of-way to boats without motors, except when a sailboat overtakes a motorboat.
- Meeting: When two boats meet head-on, each should keep to its right.
- Crossing: A boat on the right has the right-of-way.
- Passing: A boat being passed has the right-of-way. The passing boat must signal with a whistle, bell or horn which side it will pass on. (One blast means the boat will pass right; two blasts mean the boat will pass left.)

## How to Signal for Help

Some visual distress signals are—

- An orange flag.
- An arm signal using brightly colored cloth.
- An SOS light.
- An orange smoke signal.
- A flare.
- Morse code.
- Marine radio channel 16.

## What to Do if Your Boat Capsizes

If your boat capsizes, you should—

- Stay with the boat so rescuers can find you.
- Leave the boat only in an emergency, such as a fire or an approaching waterfall or dam.
- Hold on to the hull of the boat or sit in it and paddle with your hands.

## How to Rescue Someone from the Water

If you are in a boat and see someone in trouble in the water, you should—

- Approach the victim by going against the wind and current.
- Turn off your motor when you get near the victim.
- Reach or Throw, Don't Go.
- Keep the boat trimmed (balanced) when you help the victim aboard.

# Longfellow's Safety Equipment Information



## How to Make a Reaching Assist

If you want to assist someone in trouble in the water and you can reach the victim with an object, you should—

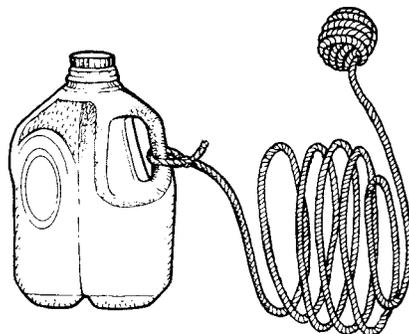
- Stay out of the water.
- Brace yourself on a pool deck, pier surface or shoreline.
- Reach out to the victim using any object that extends your reach, such as a pole, an oar, a paddle, a tree branch, a shirt, a belt or a towel.
- When the victim grasps the object, slowly and carefully pull him or her to safety. Keep your body low and lean back to avoid being pulled into the water.

## How to Make a Throwing Assist

If you want to assist someone in trouble in the water using a throwing device, you should—

- Get into a stride position. The leg opposite your throwing arm is forward. This helps maintain balance during the throw.
- Step on the end of the line with your forward foot. Avoid stepping on the coiled line with your other foot.
- Shout to get the victim's attention. Make eye contact and say that you are going to throw the object now. Tell the victim to grab it.
- Bend your knees and throw the object to the victim. Try to throw the object upwind or up current, just over the victim's head, so the line drops within reach.
- When the victim has grasped the object or the line, slowly pull him or her to safety.
- Keep your weight low and back. Lean away from the water as you bring the victim to safety.
- If the object does not reach the victim, quickly pull the line back in and throw it again. Try to keep the line from tangling, but do not waste time trying to recoil it. If the object is a throw bag, partially fill the bag with some water and throw it again.

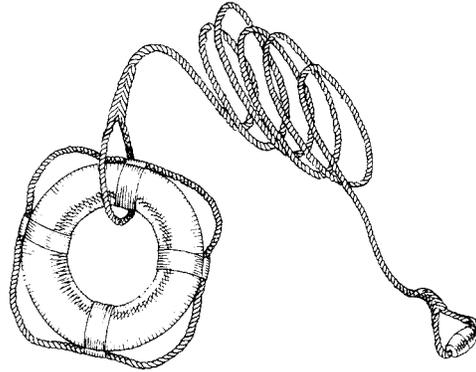
## Types of Safety Equipment



### Heaving Jug

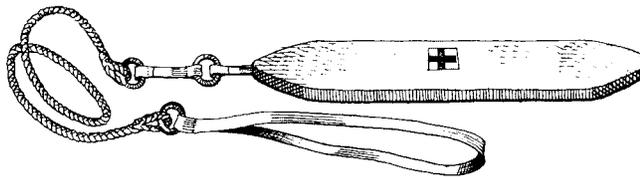
A homemade, emergency throwing device made from a gallon plastic container with one-half inch of water inside and a line attached to the handle.

# Longfellow's Safety Equipment Information



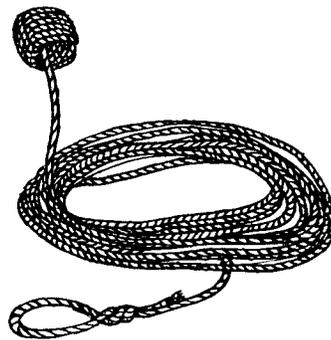
## Ring Buoy

A buoyant ring with 40 to 50 feet of lightweight line attached. The ring is thrown by the rescuer to someone in trouble in the water. An object on the other end of the line prevents it from slipping out of the rescuer's grasp.



## Rescue Tube

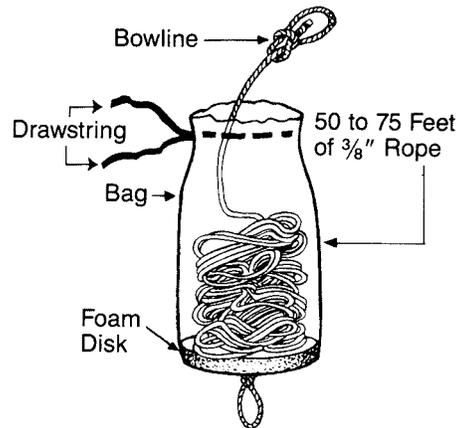
A vinyl, foam-filled, floating support approximately 45 to 54 inches long. It has a towline with a shoulder strap attached. It may be used as a throwing device.



## Heaving Line

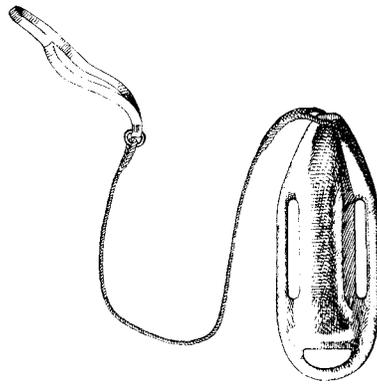
A strong, lightweight line, 40 to 50 feet long. A buoyant, weighted object on one end helps direct the line out to the victim when it is thrown.

# Longfellow's Safety Equipment Information



## Throw-Rope Bag

A nylon bag containing polypropylene line that floats. It is a throwing device often used to rescue someone who has fallen from a boat.



## Rescue Buoy

A hard plastic buoy with handles on both sides. It has a 6-foot towline with a shoulder strap attached. It is used by waterfront lifeguards when making a swimming rescue.



## Reaching Pole

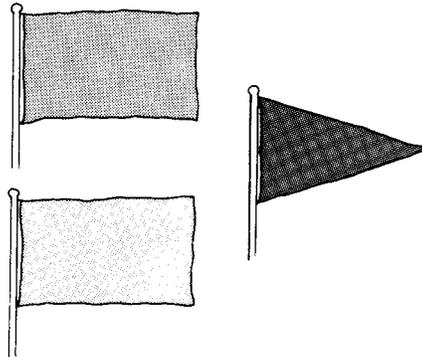
A pole 10 to 15 feet long, made of bamboo, aluminum or fiberglass, that is extended into the water to someone in trouble. A long branch or fishing pole could serve the same purpose.



## Lifelines

Buoyed lines that mark and separate swimming and diving areas, shallow and deep water.

# Longfellow's Safety Equipment Information



## Warning Flags

Flags of various colors displayed to describe safety conditions in the water. Here are some examples—

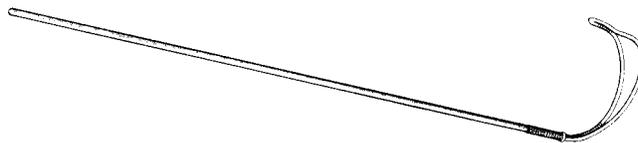
- Green Flag—safe, open for swimming
- Red Flag—unsafe, closed for swimming
- Yellow Flag—caution, limited swimming because of currents or other conditions



## First Aid Kit



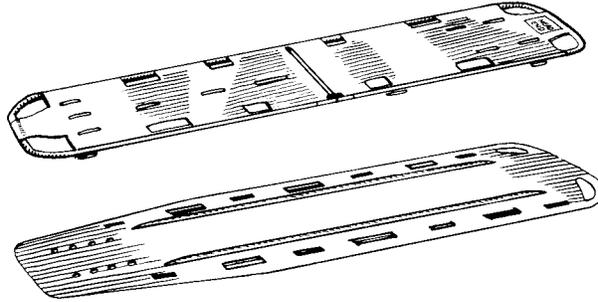
## Telephone



## Shepherd's Crook

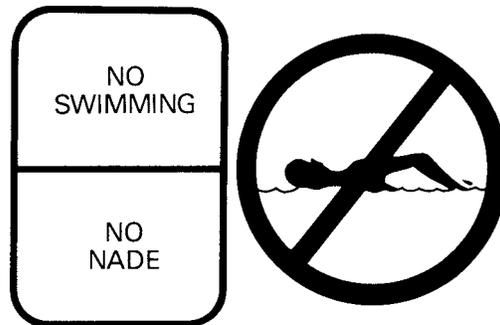
A long, lightweight pole with a blunted hook at one end. It is used as a reaching pole or to encircle an unconscious victim in the water.

# Longfellow's Safety Equipment Information



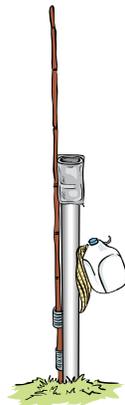
## Backboard

A board used to immobilize a victim with suspected head, neck or back injuries. Straps help avoid further injury by keeping the victim from moving.



## Posted Rules

Rules posted near supervised swimming areas. They contain facility rules and warnings.



## Safety Post

A post with reaching and throwing devices attached. It is usually located at home pools or private ponds.

# Boat Parts

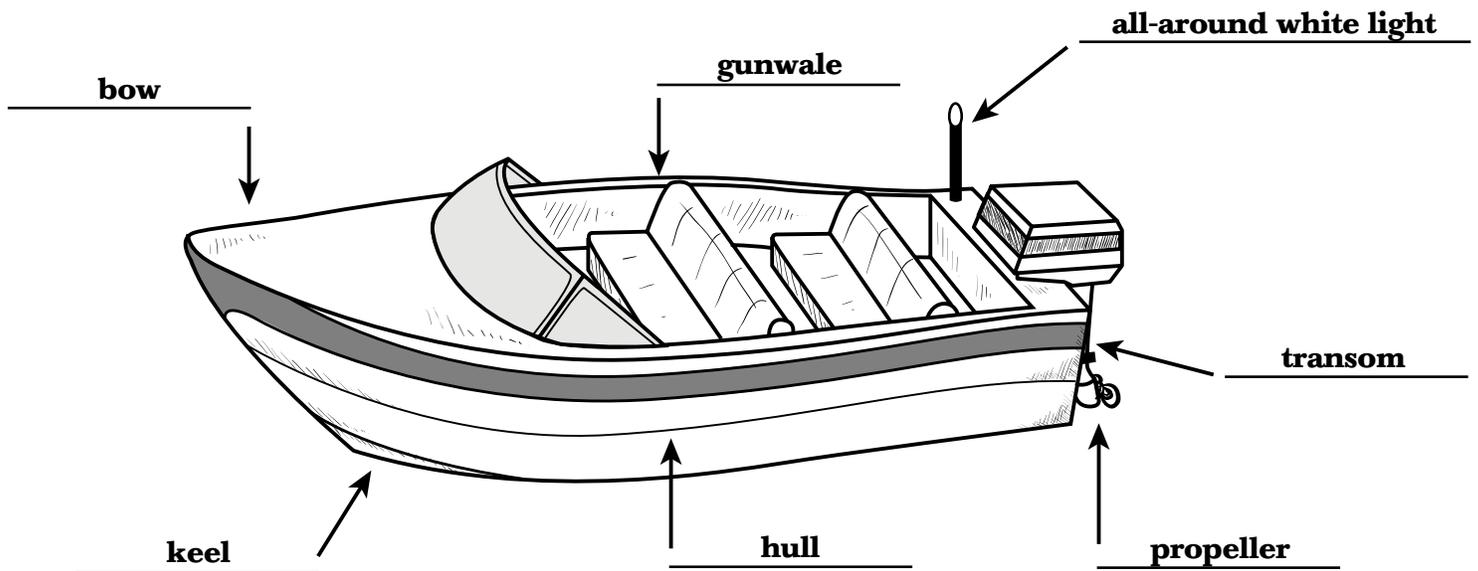


Label the parts of a boat using the words below.

**bow**      **keel**      **all-around white light**

**hull**      **gunwale**

**propeller**      **transom**



# The Big Unscramble



Unscramble the words below. Draw a line from each word to the matching picture.

rope

bailer

oars

life jacket

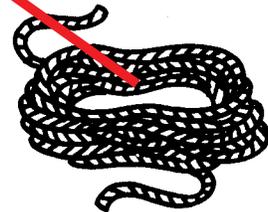
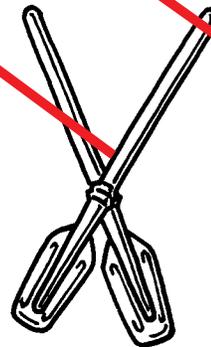
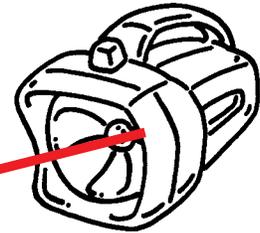
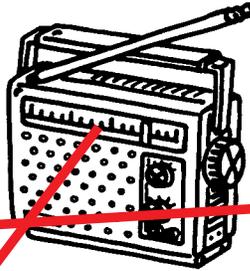
fire extinguisher

first aid kit

anchor

radio

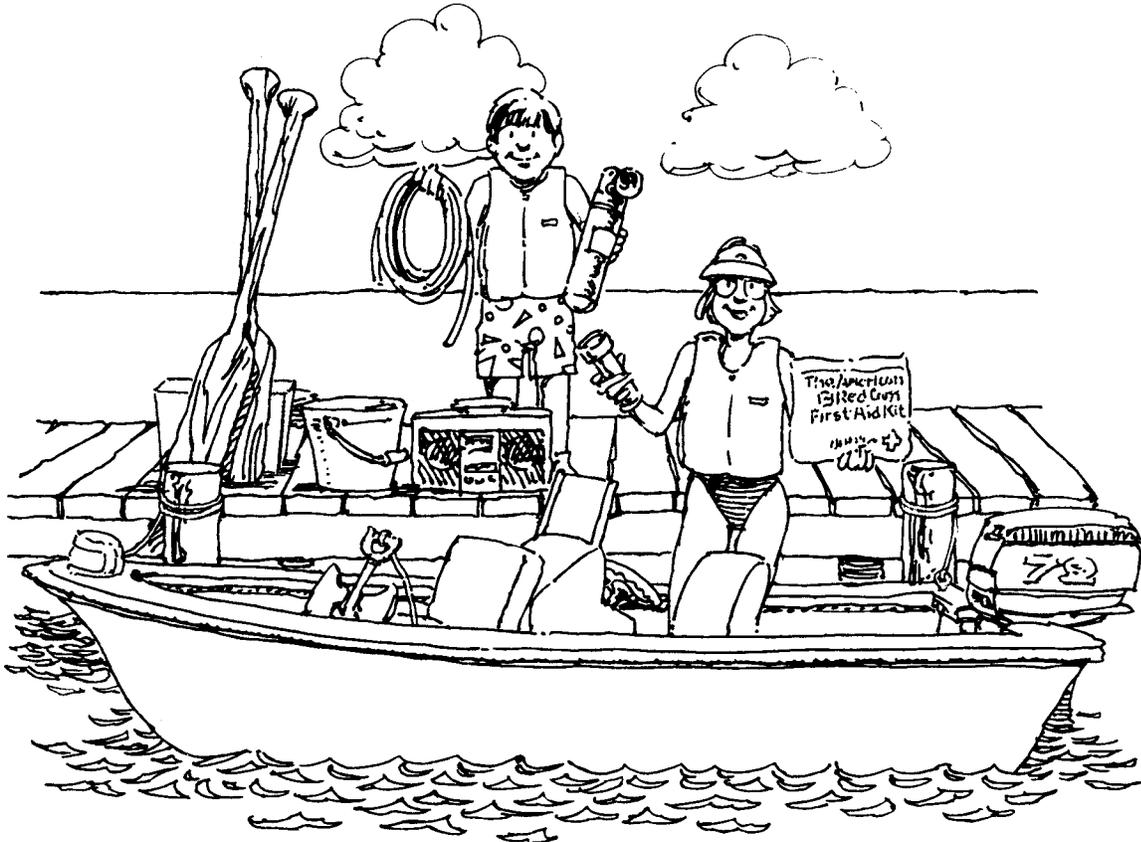
flashlight



# Anchors Aweigh



There are 10 safety items in the picture that should be taken on a boating trip. List the ones you can find.

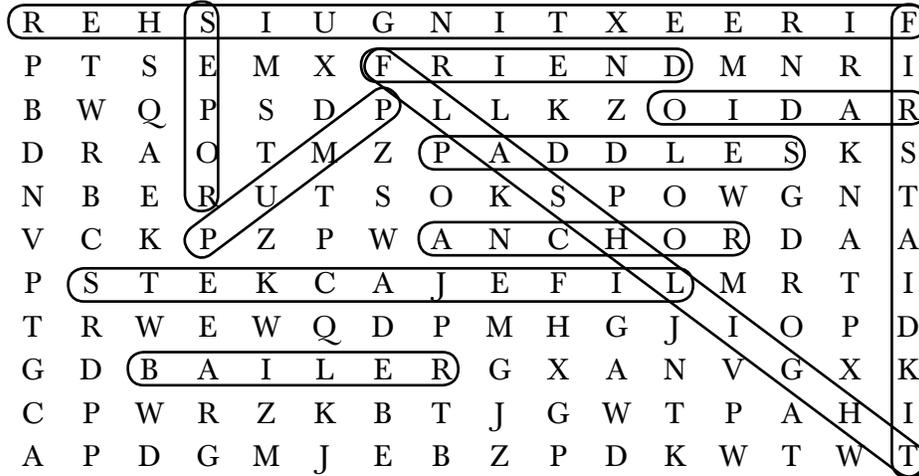


1. **Flashlight** \_\_\_\_\_
2. **Radio** \_\_\_\_\_
3. **Rope** \_\_\_\_\_
4. **Fire extinguisher** \_\_\_\_\_
5. **Life jackets** \_\_\_\_\_
6. **Anchor** \_\_\_\_\_
7. **Bailer** \_\_\_\_\_
8. **Oars** \_\_\_\_\_
9. **First aid kit** \_\_\_\_\_
10. **Buddy** \_\_\_\_\_

# Don't Forget



Find the hidden words listed below. They describe things to take with you for a safe boating trip. The words can run up, down, backward, forward or diagonally.



## Word List

FLASHLIGHT

FIRE EXTINGUISHER

ANCHOR

ROPES

FIRST AID KIT

BAILER

FRIEND

LIFEJACKETS

PADDLES

PUMP

RADIO