



University of Alaska Fairbanks
Institute of Arctic Biology

BOAT SAFETY OBJECTIVES



Required Safety
Equipment

Toolik Lake Safety &
Local Knowledge

General Water
Safety

Water Craft &
Docking

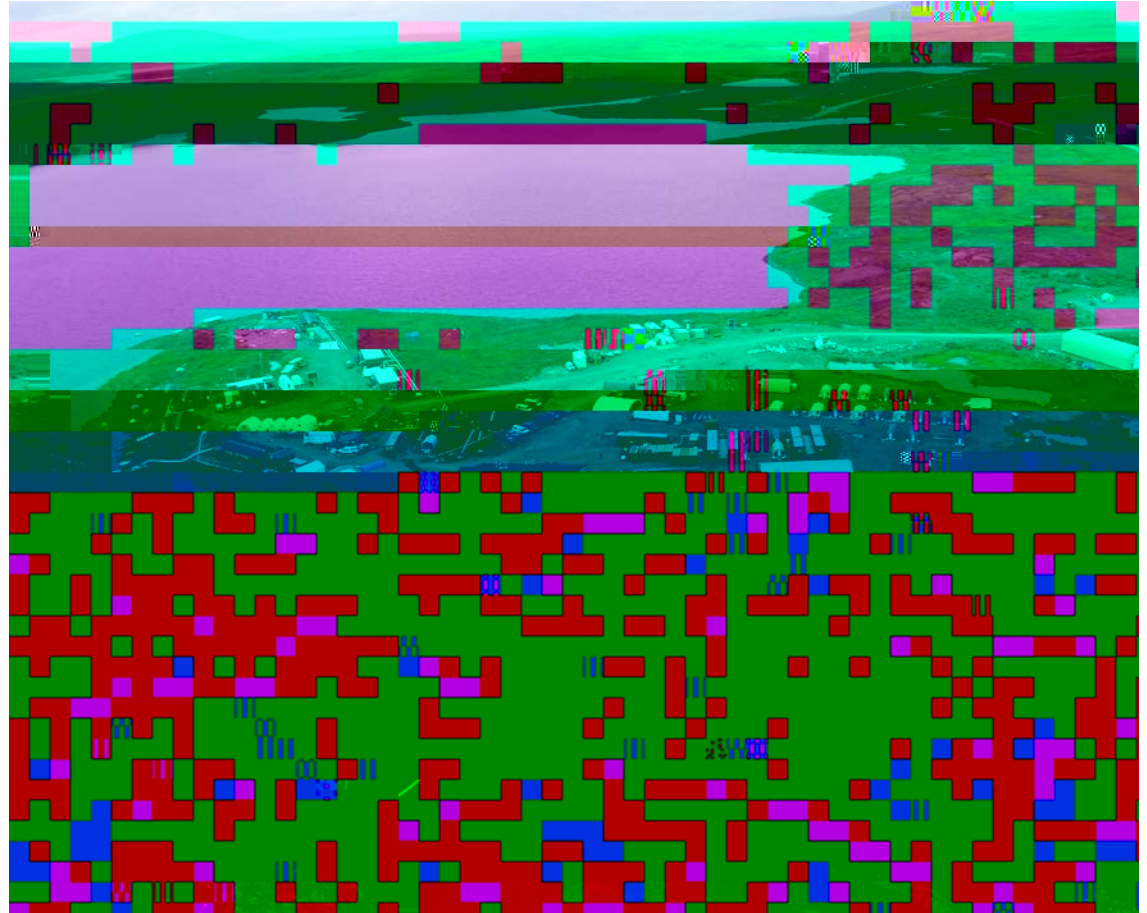
Float Plan

Boat User's Checklist

TOOLIK LAKE

The boat
safety
information is
only relevant
to Toolik Lake

Disclaimer





Personal Flotation Device (PFD)

TOOLIK LAKE SAFEETY & LOCAL KNOWLEDGE

Location of Shoals & Equipment to Avoid

No anchor zones

Toolik Lake map





Cold Water Immersion PFD



COLD WATER IMMERSION

The shock of cold water can cause an involuntary gasp reflex that causes victims to inhale water

After just a few minutes, the ability to swim or tread water is impaired as the victim loses muscular coordination



Stage 1-

When someone falls into cold water their first unconscious response is to take a large breath of air, called the "involuntary gasp reflex."

Stage 2 -

After one has been in cold water for 3-30 minutes,



Stage 3 -

It usually takes between 15-30 minutes to reach.





Heat Escape Lessening Position (H.E.L.P)

If you are alone, cross your arms tightly against the chest and bring your knees up close to the chest

If there are 3 or more people, huddling in a group is the best option. When you are rescued, be sure to replace wet clothing with dry and remain in a warm setting until you are confident that your core body temperature is back to normal

PERSONAL FLOTATION DEVICE



A PFD must be worn at all times on Toolik lake

PFD's are important. A PFD keeps a person's head above the water and helps prevent the effects of the gasp reflex

A PFD makes the wearer more visible.



SOBER

ALL Toolik Lake boaters

MUST

Be Sober

SWIMMING ABILITY

All boaters on Toolik lake should be comfortable swimming in the water.



SELF RESCUE: Overturned Boat

1. Get your head above water
2. Attain situational awareness
3. Swim to shore with boat if possible
4. Return to camp

1. Get your head above water
2. Attain situational awareness
3. Get back on upside down boat and paddle to shore
4. Return to camp

RESCUE

1. Guide swimmer to bow or stern of the boat
2. Once the swimmer is calm, bring swimmer to the side and pull back into the boat
3. If close to shore, swimmer holds on and paddle him/her to the shore

1. Guide swimmer to the stern of the boat and then help pull the swimmer back into the boat

WATER CRAFT & DOCKING

How to tie up to dock

How check fuel

How stow & clean boat

FLOAT PLAN

Date/Time of departure

Destination

Number of persons on board

Expected time of return

BOAT USER'S CHECKLIST

All Toolik lake boaters are required to fill out the Boat User's Checklist prior to launch.

Return the completed form to the Safety Coordinator prior to launch



Questions?

Have Fun & Enjoy Toolik Lake