



## Lifejacket Use

### Key Messages

- Choose it. Use it. Always wear a Lifejacket or PFD.
- Lifejackets don't work if you don't wear them. Not wearing a lifejacket or PFD was a factor in 80% of boating deaths.
- Even good swimmers need lifejackets.
- Lifejackets don't replace supervision by an adult.
- Lifejackets are like seatbelts. Buckle up when boating!

### Learning Activities

#### *Dry Learning Activity: Finding the Perfect Match*

- Have all the lifejackets and PFD's spread out. Have the participants go around and choose what lifejacket they think they should wear. Once they have chosen their lifejackets, ask them why they chose it.
- To set up this station, you will need the following items
  - A wide variety of lifejackets/PFD's (i.e. size/age/weight categories, style, new jackets that work perfectly, old jackets with rips and missing buckles)

#### *Wet Learning Activity: HELP and Huddle Position*

- After the participant selects a lifejacket/PFD that fits them properly, demonstrate what the HELP/Huddle position looks like, then have the participants practice:
  - Call for HELP
  - Lean back and pull knees into chest
    - Link to other participants if available
  - Perform HELP for 1 minute