

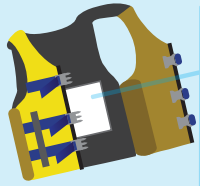
HOW TO FIT A LIFEJACKET

1 SIZE

Lif jackets are selected by weight and/or size. **Always check the label.**



Lif jackets for infants and children have added features of a collar and leg strap.



READ THE LABEL

- ✓ Check the weight range (i.e. 30 – 60 lbs)
- ✓ Check the chest size (i.e. 30 – 52 inches)
- ✓ Check that it is Transport Canada approved
- ✓ Try it on. Does it fit? Steps 2 and 3 show how to fit the lifejacket correctly.

2 FIT

3 DOUBLE CHECK TO TEST, LIFT SHOULDERS

Make sure that the lifejacket does not slip over chin and ears. If there is more than 3 inches between the shoulders and the lifejacket, it is too big.

ZIP
CLICK
PULL

Make sure all zippers, clips and straps are done up and tightened.



Now you're ready for the water!

 **LIFESAVING SOCIETY®**
The Lifeguarding Experts

DID YOU KNOW?

According to the water safety bylaw, you're required to wear a lifejacket or personal flotation device when using watercraft such as kayaks, paddleboards, canoes, dinghies, inner tubes and rafts. Failure to do so could result in a mandatory court appearance and up to a \$500 fine.

DID YOU KNOW?

Swimming is a life-saving skill. The City of Calgary offers year-round swimming lessons for all ages, including adults. Visit calgary.ca/register for more information or to register.

What to do if you see someone in trouble

Safely operating a watercraft requires concentration and quick reaction to the frequently changing river conditions. If you see someone in trouble:

Call for help: Dial 9-1-1 immediately.

Provide guidance: Shout instructions to encourage them to self-rescue.

Use reach or throw methods:

- If you can, extend an object they can grip onto and pull them back to shore. If it's safe, you can also row out to them.
- Throw them something that floats.

Keep watch: If you can't reach them safely, keep them in your line of sight. Remember their location and what they're wearing, and share that information with first responders.

Don't swim to them: Avoid swimming out yourself, as it can put you both in danger.

Ensure medical attention: Once they're back on land, make sure they receive medical attention, even if they don't appear injured.



Calgary



Calgary Fire Department

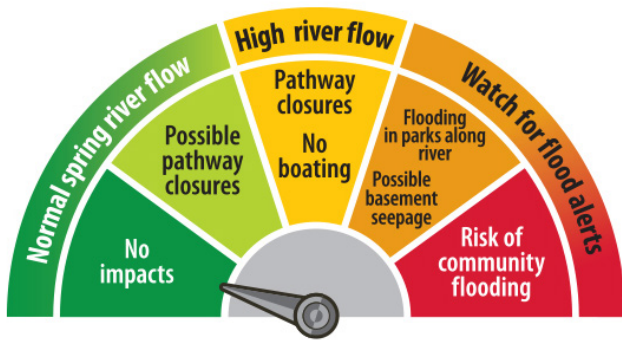
Water safety

Learn how to stay safe on Calgary's waterways



calgary.ca/watersafety





A water safety kit can be purchased at most general goods and outdoor recreational retailers.



Know before you go

Check the weather forecast and water conditions at calgary.ca/watersafety. Only go out on the water when the dial is pointed to the green sections.

Make a plan

- Ensure everyone in your group knows where you will get in and out of the water and how long you plan to be on the water.
- Share your plan with a friend or family member staying behind so someone knows where you are.

Select the proper watercraft

- Select the right size for the number of people in your group.
- Choose multi-chamber rafts that can support the weight of your group.
- Bring proper paddles or oars to steer around dangers like bridge pillars.



DID YOU KNOW?

More than half of children who drown are unsupervised? **Be sure to always stay within arm's reach of children.**

Bring the right safety equipment

Mandatory safety equipment

- Sound signaling device (whistle).
- 15 metre haul line (water rope).
- Personal Flotation Device (PFD) for each person on the watercraft.

Boat safety kit

Boat safety kits are required on all types of watercrafts including kayaks, canoes, rafts, dinghies, inner-tubes and paddleboards. Ensure you have the right kit for your watercraft.

- Water bailing buckets will help to remove water from inside a boat or raft.
- Sound-signaling devices (portable air horn, whistle, mechanical whistle or bell) will call for help in an emergency.
- 15 metre water rope, towing line or floating line can be used to pull your watercraft to safety.
- Waterproof LED flashlight and SOS mirror can signal for help.

We also recommend you bring:

- Cell phone, extra batteries and clothing in a dry or waterproof bag.
- Drinking water to stay hydrated.
- Hats, sunglasses and sunscreen.

Fast-moving water safety

Always wear properly-fitting Canadian-approved personal flotation device (PFD).

On fast-moving water, like Calgary's Bow River:

- Do **NOT** wear inflatable PFDs.
- Do **NOT** tie watercrafts together.
- Do **NOT** wear ankle leashes on stand up paddle boards.

Ropes and ankle leashes can get caught on rocks, trees or other dangers in the water and pull you under.

Water safety checklist

Remember to review these steps before your next water trip

- Weather and water conditions have been checked.
- Someone knows our plan – who is going, where we'll be and when we'll be back.
- We have the right watercraft and it's been inflated to the recommended pressure.
- We have the right safety equipment – boat kit and PFD/lifejackets.
- I know what to do if someone gets in trouble.

More information about these items can be found in this brochure.