

## Cold water is dangerous

- ACT Lake water temperatures are below 10 C throughout winter
- Incapacitation and drowning can happen quickly in cold water
- Cold water immersion deaths have occurred as close as 2 metres from land
- The timeline from immersion to drowning is fast
- If unprepared and without assistance, you may only have minutes to survive

### Sudden Shock

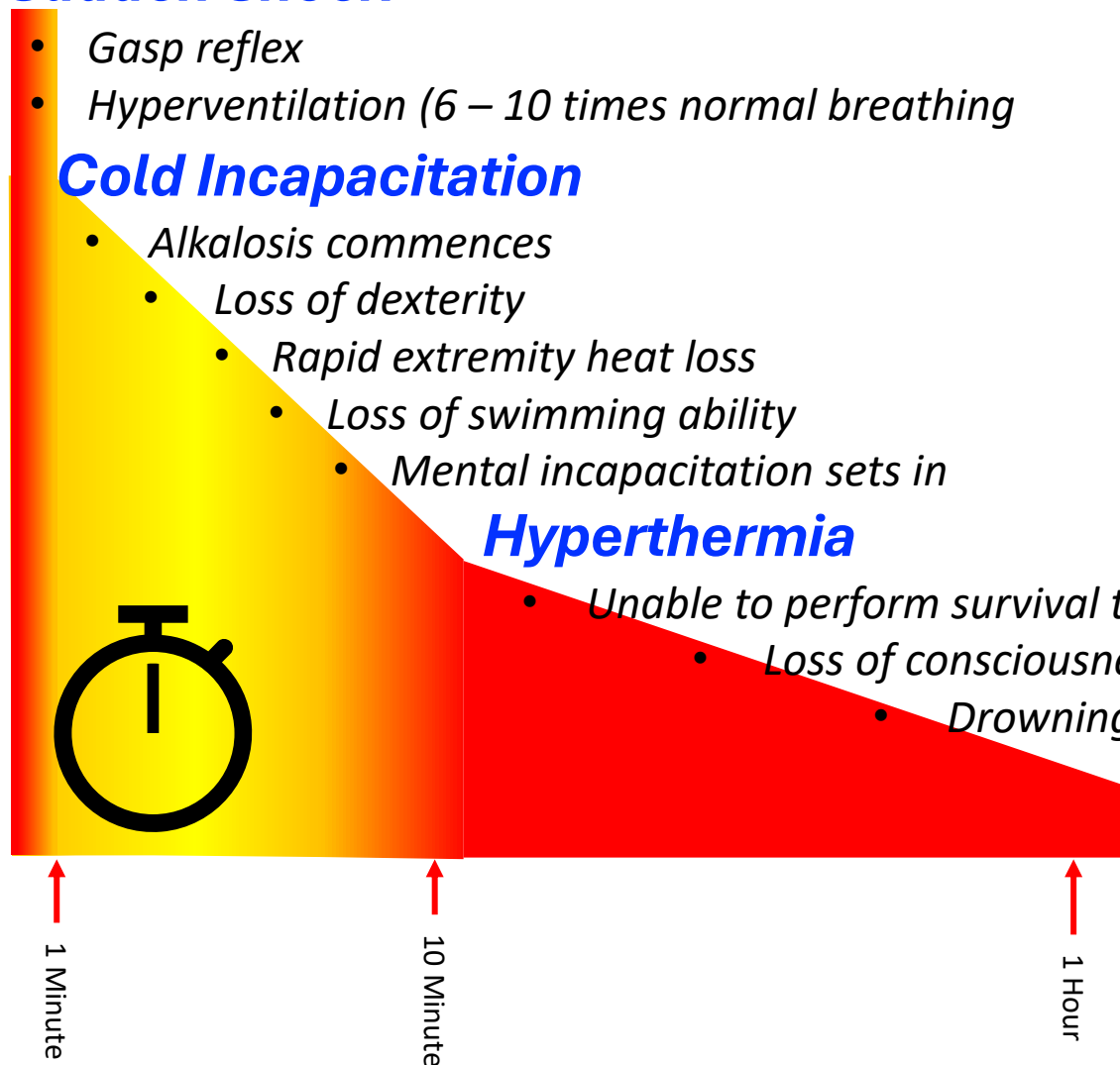
- Gasp reflex
- Hyperventilation (6 – 10 times normal breathing)

### Cold Incapacitation

- Alkalosis commences
  - Loss of dexterity
  - Rapid extremity heat loss
  - Loss of swimming ability
  - Mental incapacitation sets in

### Hyperthermia

- Unable to perform survival task
- Loss of consciousness
- Drowning likely



## Are you prepared to survive?

- Don't go out alone – ensure you have someone within minutes of you to help
- If you fall in and cannot immediately get back in your boat stay with your boat
  - Pull yourself as far up over the hull of the boat as possible – this will delay the Hyperthermia risk
  - An upturned boat is easier to see than a head in the water

- If you are not with a buddy or a coach / safety tinnie – don't go rowing