



U.S. Department of Homeland Security  
**United States Coast Guard Auxiliary**

The RBS Outreach Directorate has established a Paddlecraft Safety Division, which will help guide the **AUXPAD** program and Auxiliary efforts to reach the paddlecraft community with safety messages. The Coast Guard Auxiliary Strategic Plan for 2017 focuses Auxiliary efforts on addressing the problem by expanding outreach to the paddlecraft community. **This class is FREE.**

\* **The best rescue is the one that is prevented.** Ex: “Check water and weather conditions and be flexible when what you expect doesn’t match what you find...so if bad weather or water conditions are forecast, wait for better conditions.” This class will teach use of knowledge, skills, abilities and equipment to avoid problems and to reduce the impact of problems when they happen. Capsizing and falls overboard are part of paddling – learn how to manage them when they happen. Cold water shock is a major factor in boating fatalities. It happens when someone is suddenly immersed in cold water. The water does not have to be freezing; cold water shock often occurs in water temperatures above 50°F. The body's first response to cold water shock is usually an involuntary gasp (torso reflex). Conditions that can lead to **hypothermia** (abnormally low body temperature) are common when paddling – learn how to prevent and treat it. Hypothermic paddlers may be unable to help themselves, because good judgment is one of the first things lost in hypothermia. Hyperthermia (abnormally high body temperature) and dehydration are common when paddling. Learn how to prevent and treat them. Students learn how to help other boaters and make sure you have appropriate rescue knowledge, skills and equipment.

**SATURDAY September 23<sup>rd</sup>, 2017** at Lake Sawyer Regional Park

**10am-11am** **Any questions contact: USCG Auxiliary officer M. Taeschner @ 253-226-3179**

Location on Google Maps: (click link below) **22556, 22698 SE 296th St, Black Diamond, WA 98010**

<https://www.google.com/maps/place/Lk+Sawyer+Regional+Park/@47.3362439,-122.0425135,554m/data=!3m1!1e3!4m5!3m4!1s0x0:0xef08b9ab352fe684!8m2!3d47.3369082!4d-122.0414771>

Taught in co-agency cooperation with **Black Diamond Police Department Marine Patrol Division**