Be safe and keep your life jacket snug. Buckle up! Zip up! Read the USCG-approved life jacket label. The right fit provides the right flotation. Remember, it doesn’t work if you don’t wear it!

**Type 1:** Intended for offshore use. Because of their bulk, they are not recommended for paddlers.

**Type 2:** Near-shore buoyancy vests. They are not recommended for paddlers.

**Type 3:** Flotation aid. They are recommended for paddlers.

**Type 4:** Throwable devices. These are not required on canoes or kayaks and are not to be used as substitutes for life jackets.

**Type 5:** These are special use life jackets. They may be appropriate and recommended for certain uses by paddlers.

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Before you go:
- Read the life jacket-approved life jacket label. The label provides the right fit.
- Know the area and your route before you go.
- Know your plan. Be prepared.
- Leave your float plan with a friend or someone you trust. Leave it at the dock.
- Let others know about your float trip by leaving a float plan.
- If you fall out, stay with your boat and know where to get to the shore or re-enter. Be a steadying influence on your partner!
- Keep at least three points of contact and stay low for balance.
- Keep your personal flotation device (PFD) or whatever means to stay afloat on your person.
- Keep your head up or down. Stay alert and be prepared.
- If you fall out in current, keep your feet on the surface and swim to shore. You can pull yourself to shore.
- If you are wet, you can jump in the water.
- If you are too far from shore to swim, your buddies can help you.
- If you can’t reach shore, get your boat floats out of the water.
- If you can get your boat the shore, you can save it.
- If you can’t get your boat, your buddies can get you and help you.
- Expect the unexpected.
- Know the weather and what to do if shore is too far away.
- Expect the unexpected and know what to do if you fall out.
- Expect the unexpected and know what to do if you fall out.

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**Best Paddling Practices**

**Boarding and Re-entry**
- Keep your head up or down. Stay alert and be prepared.
- If you fall out in current, keep your feet on the surface and swim to shore. You can pull yourself to shore.
- If you are wet, you can jump in the water.
- If you are too far from shore to swim, your buddies can help you.
- If you can’t reach shore, get your boat floats out of the water.
- If you can get your boat the shore, you can save it.
- If you can’t get your boat, your buddies can get you and help you.
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**Pay Attention**

Be a steadying influence on your partner!
- Keep at least three points of contact and stay low for balance.
- Keep your personal flotation device (PFD) or whatever means to stay afloat on your person.
- Keep your head up or down. Stay alert and be prepared.
- If you fall out in current, keep your feet on the surface and swim to shore. You can pull yourself to shore.
- If you are wet, you can jump in the water.
- If you are too far from shore to swim, your buddies can help you.
- If you can’t reach shore, get your boat floats out of the water.
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**PFD Types**

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**Prepare to Paddle Safely**

- **Best Paddling Practices**
  - Boarding and Re-entry
  - Pay Attention

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**www.fishandboat.com**

- Weather
- Maps & Guides
- Get to the water
- Know before you go!
Hazards

Paddling hazards include rocks, strainers, low-head dams, heavy current, lightning and other bad weather. Strainers can be anything that blocks passage but lets the water filter through.

Low-head dams are tough to see from upstream and very difficult to escape. Both strainers and low-head dams are regarded as “drowning machines.” These hazards are dangerous—avoid them, portage around them, and ALWAYS SCOUT AHEAD!

Keep it Stable!

Leaning shoulders outside the edge of the boat can lead to a capsize. Keep your weight low and balanced over the centerline of the boat.

Dress for Safety

Be prepared for your type of paddling by being dressed and outfitted properly.

Cold Water

Can be a KILLER! Loss of body heat, the possibility of hypothermia, and at the very least, the end of your float trip can be a result of falling into cold water.

The Law and You

Officers can provide regulatory information, valuable reports on current water conditions, and other useful information. It is your responsibility to know the regulations which apply to where you boat.

LIFE JACKET WEAR REQUIRED BY LAW: NOV. 1 TO APRIL 30

Beginning November 1, 2012, boaters must wear a life jacket on boats less than 16 feet in length or any canoe or kayak during the cold weather months from November 1 through April 30. Recreational boating fatalities that occur in Pennsylvania from November through April are primarily due to the effects of cold water immersion. When water temperatures are less than 70 degrees F, cold water shock is a major factor in boating fatalities. Victims who wear a life jacket when exposed to cold water have potentially life-saving advantages such as insulation from the cold, buoyancy for victims who are unable to tread water and reduced risk of aspiration of water. In an effort to reduce the number of fatalities related to cold water immersion, the Commission has amended regulations to require life jackets to be worn on small and unstable boats during the period most noted for cold water temperatures.