

# Table of Contents

---

<b>Welcome to Surviving Outdoor Adventures!</b> .....	v
Acknowledgments .....	vi
How to Use Volume 2: <i>Cold Water Safety and Survival</i> .....	1
Getting around Volume 2: <i>Cold Water Safety and Survival</i> .....	1
Permission Forms and Waivers .....	2
<b>Unit 1: Hypothermia</b> .....	7
Unit Rationale .....	7
Unit Goal .....	7
Hypothermia: Teacher Information .....	9
Hypothermia Definitions .....	9
Heat Gain vs. Heat Loss .....	10
General Causes of Hypothermia .....	11
Preventing Hypothermia .....	11
Signs and Symptoms of Hypothermia .....	13
Hypothermia Treatment .....	15
Hypothermia: Activities Guide .....	17
Activities .....	22
<b>Unit 2: Personal Flotation Devices</b> .....	101
Unit Rationale .....	101
Unit Goal .....	101
Personal Flotation Devices: Teacher Information .....	103
Why Wear a Personal Flotation Device (PFD)? .....	103
PFDs Should Be Worn .....	103
General Properties of PFDs .....	103
PFD Styles and Their Protection against Hypothermia .....	103
PFD Requirements .....	105
Personal Considerations for PFDs .....	106
PFD Use .....	106
PFD Care and Maintenance .....	109
PFD Storage .....	111
PFDs: Activities Guide .....	113
Activities .....	116
<b>Unit 3: Cold Water Survival</b> .....	165
Unit Rationale .....	165
Unit Goals .....	165
Cold Water Survival: Teacher Information .....	167
Physiological Effects of Cold Water Immersion .....	167
Alcohol Consumption .....	167
Survival Factors in Cold Water Emergencies .....	168
Seven Steps to Survival .....	170
Liferafts .....	173
Rescue Techniques for People in the Water .....	175

Ice Safety .....	177
Ice Rescue Techniques .....	180
Cold Water Near-Drowning .....	181
Cold Water Survival: Activities Guide .....	185
Activities .....	189
<b>Overhead Masters</b> .....	289
<b>Resources</b> .....	339