



## PLAN & PREPARE

Winter brings a greater risk of hypothermia to boaters exposed to the elements. Capsizing in cold water can be life-threatening. So plan and prepare to avoid hypothermia:

- Minimise your capsize risk.
- Check the weather. If in doubt, don't go out.
- Wear warm and wet weather gear.
- Wear a lifejacket.
- In the water, don't swim. Remain with your craft in the "huddle" position.
- Remember, alcohol increases the body's heat loss.

For more information see our website or call the info line.

**YOU'RE THE SKIPPER  
YOU'RE RESPONSIBLE!**

MAR0165/06/12

Info line: 13 12 56  
[www.rms.nsw.gov.au](http://www.rms.nsw.gov.au)

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