

**2017 EDITION**

---

**OUTFITTERS AND**

**NAVIGATION  
REGULATIONS**



The purpose of this document is to clarify the obligations and responsibilities of outfitters with respect to the rules governing navigation. These rules originate from the *Canada Shipping Act, 2001*.

It was prepared by the Quebec Outfitters Federation (QOF) for members of the Canadian Federation of Outfitter Associations (CFOA) and all outfitters operating in Canada.

The information contained in this document was current at the time of its publication. Any errors or omissions that may exist herein are unintentional, and neither Transport Canada nor the Canadian Federation of Outfitter Associations nor the Quebec Outfitters Federation may be held liable for them. This document does not replace the official texts of laws and regulations.

The content of this document was largely drawn from two Transport Canada marine safety publications: the *Small Commercial Vessel Safety Guide* and the *Safe Boating Guide*. References are provided at the end of the document.

# TABLE OF CONTENT

|           |  |
|-----------|--|
| <b>4</b>  | <b>Definitions</b>   |
| <b>7</b>  | <b>Difference between a pleasure craft and a commercial vessel</b> |
| <b>8</b>  | <b>Safety equipment requirements – PLEASURE</b>                    |
| <b>9</b>  | <b>Safety equipment requirements – COMMERCIAL</b>                  |
| <b>10</b> | <b>Construction requirements and compliance plate</b>              |
| <b>12</b> | <b>Other requirements – PLEASURE</b>                               |
| 12        | Hull serial number   |
| 12        | Pleasure craft licence   |
| 13        | Age and horsepower restrictions                                    |
| 13        | Competency of recreational boaters                                 |
| <b>15</b> | <b>Other requirements – COMMERCIAL</b>                             |
| 15        | Registration   |
| 15        | Personnel training   |
| 16        | Compliance Program   |
| <b>17</b> | <b>The dangers of cold water immersion</b>                         |
| <b>18</b> | <b>Useful contact information</b>                                  |
| <b>20</b> | <b>References</b>  |



# DEFINITIONS

The following definitions are essential for understanding regulations.

- Commercial vessel:** A vessel that is not a pleasure craft.
- Freeboard:** The vertical distance between the waterline and the working deck. Often corresponds to the height of a climb back onto the vessel.
- Gross ton:** One gross ton is equal to 100 cubic feet (cu. ft.) or 2.83 m<sup>3</sup>. Gross tonnage indicates the internal volume of a vessel, including cargo holds and other areas.
- Inflatable lifejacket<sup>1</sup>:** Inflatable lifejackets have been designed for wearability. However, if you decide that an inflatable best suits your boating needs, it is important that you understand its limitations, how to use it and how to care for it.
- An inflatable lifejacket is only approved in an open boat if you are wearing it. If your boat has an enclosure, then you only need to wear the inflatable lifejacket while you're on deck or in the cockpit.
- Lifejacket<sup>2</sup>:** Compared to PFDs, lifejackets offer a higher level of protection. Lifejackets come in red, orange or yellow and have SOLAS-grade reflective strips which, along with the bright colour, make you much easier to see in the water. They have a minimum of 22 pounds of flotation, are usually equipped with a whistle, and are designed to turn a person in a face up position. They are reversible and must be Canadian approved as indicated by the attached label. Currently, there are three types of Transport Canada-approved lifejacket types to choose from.

<sup>1</sup> This definition comes from the *Canadian Safe Boating Council* website: <http://csbc.ca/en/lifejackets-pfds-inflatables>

<sup>2</sup> Idem



**Nautical mile:** One nautical mile equals 1.852 metres.

**Navigation mark:** Any fixed, characteristic and clearly visible object that can serve as a reference point on a coast: a remarkable rock, a bell tower, a beacon, etc.

**Near coastal voyage, Class 2**

A voyage:

a) that is not a sheltered waters voyage; and

b) during which the vessel engaged on the voyage is always:

(i) within 25 nautical miles from shore in waters contiguous to Canada, the United States (except Hawaii) or Saint Pierre and Miquelon, and

(ii) within 100 nautical miles from a place of refuge<sup>3</sup>.

**Passenger<sup>4</sup>:** A person carried on a vessel by the owner or operator (other than a guest carried without remuneration or any object of profit on a ship used exclusively for pleasure).

**PFD<sup>5</sup>:** Personal Flotation Devices (PFDs), unlike traditional lifejackets, are more comfortable because they are designed for constant wear. However, they do not generally offer the same level of protection as lifejackets for staying afloat and turning an unconscious person onto their back so they can breathe. PFDs are available in a wide range of approved types, sizes and colours, so it is important to choose one based on your needs and your boating activity. For example, if you plan to operate your vessel at high speeds, look for a high impact PFD which features three or more chest belts for security. For cold water boating, choose a PFD with some thermal protection. There is a large selection of PFDs designed and manufactured specifically for most on-water activities such as sailing, kayaking, canoeing, personal watercraft riding, and even for angling. And they all come in a variety of sizes suitable for small children up to large adults. Just like lifejackets, they need to have a label marking them as approved in Canada by the Transport Canada, Fisheries and Oceans Canada or the Coast Guard.

**Pleasure craft<sup>6</sup>:** A vessel that is used for pleasure and does not carry passengers, and includes a vessel of a prescribed class.

<sup>3</sup> Vessel Certificates Regulations, section 2

<sup>4</sup> Canada Shipping Act, 2001, section 2

<sup>5</sup> This definition comes from the *Canadian Safe Boating Council* website: <http://csbc.ca/en/lifejackets-pfds-inflatables>

<sup>6</sup> Canada Shipping Act, 2001, section 2

**Sheltered waters voyage<sup>7</sup>:** A voyage:

a) that is in Canada on a lake or a river above tidal waters, where a vessel can never be further than one nautical mile from the closest shore;

*Note: In a Ship Safety Bulletin published in May 2015, Transport Canada announced a broadening of the definition of “sheltered waters” that would read as follows: A voyage in Canada, on a lake or a river above tidal waters, where a vessel can never be further than 2.5 nautical miles from shore (measured either from the mainland or from an island the vessel can use as a safe refuge from the weather).*

b) that is on the waters listed in column 1 of an item of Schedule 1 during the period specified in column 2 of that item.

*Note: It is possible to submit a request for a water body or part of one to be considered “sheltered waters” throughout the year or for a few months even if it does not correspond to the definition in paragraph a). This request must be made to the appropriate regional Marine Safety office. Various factors will be analyzed, including wave height, wind speed, currents, average visibility, hazards and proximity to support services.*

**Small commercial vessel:** Vessel of not more than 15 gross tonnage and which, if it is used to carry passengers, does not carry more than 12 passengers.

---

<sup>7</sup> Vessel Certificates Regulations, section 2



# WHAT IS THE DIFFERENCE BETWEEN A PLEASURE CRAFT AND A COMMERCIAL VESSEL?

Many outfitters offer boat rental services to their customers, whether for fishing, hunting or simply the fun of sailing. Whether a customer pays a specific fee for this rental or can use the boat at no additional cost as part of a package, the boat is considered a rental boat for regulatory purposes.

A boat may be referred to as a “pleasure craft” or a “commercial vessel” depending on how it is used. This is an important distinction to ensure that the boat complies with applicable safety regulations.

A pleasure craft is a vessel used for pleasure, for recreational purposes, which carries only guests. A guest is a person carried without remuneration or any object of profit on a ship used exclusively for pleasure.

Examples of pleasure crafts:

- A boat that is rented to and operated by customers of an outfitter to fish on.
- A boat that is provided with a rented cottage and is used by the cottage renters for personal purposes.

Any boat that is not a pleasure craft is considered to be a commercial vessel.

Examples:

- A boat that is rented by outfitter customers to fish on and that carries a guide employed by the outfitter.
- A boat that is used to transport people from one point to another for a fee.



# SAFETY EQUIPMENT REQUIREMENTS (PLEASURE)

(*Small Vessel Regulations*, section 200 and following)

|                                | PADDLEBOATS, KAYAKS<br>AND CANOES<br>(human-powered)  | POWER BOATS<br>UP TO 6 M LONG   | POWER BOATS OVER 6 M<br>AND UNDER 9 M LONG   |
|--------------------------------|---|---|--|
| Personal lifesaving appliances | <ul style="list-style-type: none"> <li>one (1) lifejacket or PFD for each person on board</li> <li>one (1) buoyant heaving line at least 15 m long</li> <li>one (1) reboarding device<sup>1</sup></li> </ul>  | <ul style="list-style-type: none"> <li>one (1) lifejacket or PFD for each person on board</li> <li>One (1) buoyant heaving line at least 15 m long</li> <li>One (1) reboarding device<sup>1</sup></li> </ul>  | <ul style="list-style-type: none"> <li>one (1) lifejacket or PFD for each person on board</li> <li>one (1) buoyant heaving line at least 15 m long</li> <li>OR</li> <li>one (1) lifebuoy attached to a buoyant line at least 15 m long</li> <li>one (1) reboarding device<sup>1</sup></li> </ul> |
| Safety equipment               | <ul style="list-style-type: none"> <li>one (1) bailer</li> </ul>  | <ul style="list-style-type: none"> <li>one (1) bailer</li> <li>A manual propelling device (e.g., oar) OR</li> <li>One (1) anchor and at least 15 m of cable</li> </ul>  | <ul style="list-style-type: none"> <li>one (1) bailer</li> <li>a manual propelling device (e.g., oar) OR</li> <li>one (1) anchor and at least 15 m of cable</li> </ul>   |
| Visual signals                 | If the boat is longer than 6 m, a watertight flashlight and six (6) flares <sup>4</sup> of type A, B or C   | <ul style="list-style-type: none"> <li>A watertight flashlight OR</li> <li>Three (3) flares<sup>4</sup> of type A, B or C</li> </ul>  | <ul style="list-style-type: none"> <li>a watertight flashlight AND</li> <li>six (6) flares<sup>4</sup> of type A, B or C</li> </ul>  |
| Navigation equipment           | <ul style="list-style-type: none"> <li>one (1) sound-signalling appliance (e.g., fixed horn) or device (e.g., whistle)</li> <li>Navigation lights<sup>2</sup></li> <li>A magnetic compass<sup>3</sup></li> <li>One (1) radar reflector<sup>5</sup></li> </ul> | <ul style="list-style-type: none"> <li>one (1) sound-signalling appliance (e.g., fixed horn) or device (e.g., whistle)</li> <li>navigation lights<sup>2</sup></li> <li>a magnetic compass<sup>3</sup></li> <li>one (1) radar reflector<sup>5</sup></li> </ul> | <ul style="list-style-type: none"> <li>one (1) sound-signalling appliance (e.g., fixed horn) or device (e.g., whistle)</li> <li>navigation lights<sup>2</sup></li> <li>a magnetic compass<sup>3</sup></li> <li>one (1) radar reflector<sup>5</sup></li> </ul>                                    |
| Firefighting equipment         | <ul style="list-style-type: none"> <li>none</li> </ul>  | <ul style="list-style-type: none"> <li>one (1) 5BC fire extinguisher if equipped with an inboard engine, a fixed fuel tank of any size, or a fuel-burning cooking, heating or refrigerating appliance</li> </ul>  | <ul style="list-style-type: none"> <li>one (1) 5BC fire extinguisher</li> <li>one (1) portable 5BC fire extinguisher if equipped with a fuel-burning cooking, heating or refrigerating appliance</li> </ul>  |



# SAFETY EQUIPMENT REQUIREMENTS (COMMERCIAL)

(*Small Vessel Regulations*, section 407 and following)

|                                | POWER BOATS UP TO 6 M LONG   | POWER BOATS OVER 6 M AND UNDER 9 M LONG   |
|--------------------------------|--|---|
| First aid kit                  | yes  | yes   |
| Personal lifesaving appliances | <ul style="list-style-type: none"> <li>one (1) lifejacket for each person on board</li> <li>one (1) reboarding device<sup>1</sup></li> <li>one (1) buoyant heaving line at least 15 m long</li> </ul>                                  | <ul style="list-style-type: none"> <li>one (1) lifejacket for each person on board</li> <li>one (1) reboarding device<sup>1</sup></li> <li>one (1) buoyant heaving line at least 15 m long OR</li> <li>one (1) lifebuoy attached to a buoyant line at least 15 m long</li> </ul>                                      |
| Safety equipment               | <ul style="list-style-type: none"> <li>one (1) bailer</li> <li>a manual propelling device (e.g., oar) OR</li> <li>one (1) anchor and at least 15 m of cable, rope or chain in any combination</li> </ul>                               |   |
| Visual signals                 | <ul style="list-style-type: none"> <li>a watertight flashlight AND</li> <li>three (3) flares other than smoke signals</li> </ul>   | <ul style="list-style-type: none"> <li>a watertight flashlight AND</li> <li>six (6) flares other than smoke signals</li> </ul>  |
| Navigation equipment           | <ul style="list-style-type: none"> <li>one (1) sound-signalling appliance (e.g., fixed horn) or device (e.g., whistle)</li> <li>navigation lights<sup>2</sup></li> <li>a magnetic compass<sup>3</sup></li> </ul>                       |   |
| Firefighting equipment         | <ul style="list-style-type: none"> <li>a) first, a 1A5BC portable fire extinguisher</li> <li>b) in addition, a 1A5BC portable fire extinguisher if equipped with a fuel-burning cooking, heating or refrigerating appliance</li> </ul> | <ul style="list-style-type: none"> <li>a) a 2A10BC portable fire extinguisher</li> <li>b) an additional 2A10BC portable fire extinguisher if equipped with a fuel-burning cooking, heating or refrigerating appliance</li> <li>c) a 10BC portable fire extinguisher at the entrance to the machinery space</li> </ul> |

- Required only if the vertical height that a person must climb to reboard the boat from the water (freeboard) is over 0.5 m (1'8").
- Required only if you operate the boat after sunset, before sunrise or in periods of restricted visibility (fog, falling snow, etc.).
- Not required if the boat is 8 m (26'3") or less and you operate it within sight of navigation marks (a fixed, easily identifiable point of reference).
- Flares are not required for a pleasure boat that is operated on a river, canal or lake in which it can never be more than one (1) nautical mile (1.852 km) from shore.
- A radar reflector is not required if:
  - The boat is used in limited traffic conditions, daylight and favourable environmental conditions, and where having a radar reflector is not essential to the boat's safety; or
  - The small size of the boat or its operation away from radar navigation makes it impossible to install or use a radar reflector.

# CONSTRUCTION REQUIREMENTS AND COMPLIANCE PLATE

## CONSTRUCTION REQUIREMENTS

Vessels that are equipped or designed to be equipped by a motor (including pleasure craft up to 24 m or 78"9") and operated in Canada must comply with Part 7 of *Small Vessel Regulations* and Transport Canada's *Construction Standards for Small Vessels* (TP 1332E). If you are selling, importing, building, rebuilding or operating such a vessel in Canada, you must make sure it meets these construction requirements.

Pleasure craft over 24 m (78"9") must be built or rebuilt according to recommended practices and standards appropriate for that type of vessel. These requirements are published by a marine classification society, standards development organization, government agency, or industrial or trade association.

## COMPLIANCE NOTICES

Compliance notices are the manufacturer's or importer's confirmation that the vessel is built according to the *Small Vessel Regulations* construction requirements (see CONSTRUCTION REQUIREMENTS section). Before attaching a compliance notice to a vessel, a manufacturer or importer must provide Transport Canada with a declaration of conformity for the vessel.

The *Small Vessel Regulations* require, with a few exceptions, that all pleasure craft of less than 24 m, that are or can be fitted with a motor, have a compliance notice affixed to them in a location visible from the helm.

Although no law prohibits you from having other types of compliance notices affixed to your vessel, you must have an affixed Canadian compliance notice if your boat was bought in Canada.







Compliance notices for pleasure craft up to 6 m (19'8") also have information on recommended maximum safe limits. These recommended maximum safe limits will tell you:

- what motor sizes are safe (outboard powered vessels only);
- how many people can be on board; and
- how much weight the boat can hold.

**CANADIAN COMPLIANCE NOTICE**  
**AVIS DE CONFORMITÉ CANADIEN**

---

**MAXIMUM RECOMMENDED SAFE LIMITS**  
**LIMITES MAXIMALES DE SÉCURITÉ RECOMMANDÉES**

|   |                              |                                      |
|---|------------------------------|--------------------------------------|
|   | <b>XX</b>                    | <b>XXXX kg</b><br><b>XXXX lbs/lb</b> |
|  +  | +                            | <b>XXXX kg</b><br><b>XXXX lbs/lb</b> |
|    | <b>XX kW</b><br><b>XX HP</b> | <b>XXXX kg</b><br><b>XXXX lbs/lb</b> |

---

THE MAXIMUM RECOMMENDED SAFE LIMITS MIGHT HAVE TO BE REDUCED IN ADVERSE SEA AND WEATHER CONDITIONS.  
LES LIMITES MAXIMALES DE SÉCURITÉ RECOMMANDÉES PEUVENT DEVOIR ÊTRE RÉDUITES DANS LES CONDITIONS DE MER ET DES CONDITIONS MÉTÉOROLOGIQUES DIFFICILES.

\* RENSEIGNEMENTS SUPPLÉMENTAIRES

---

**LES BONS BATEAUX INC. (MIC)**  
**VILLE, PROVINCE, PAYS**

**MODEL / MODÈLE: RUNABOUT 555X**

---

THE MANUFACTURER DECLARES THAT THIS PRODUCT COMPLIES WITH THE CONSTRUCTION REQUIREMENTS OF THE SMALL VESSEL REGULATIONS, AS THEY READ ON THE DAY ON WHICH THE CONSTRUCTION OF THE VESSEL WAS STARTED OR ON THE DAY ON WHICH IT THE VESSEL WAS IMPORTED.  
LE FABRICANT ATTESTE QUE CE PRODUIT EST CONFORME AUX EXIGENCES DE CONSTRUCTION DU RÈGLEMENT SUR LES PETITS BÂTIMENTS EN VIGUEUR À LA DATE DU DÉBUT DE SA CONSTRUCTION OU DE SON IMPORTATION.

In the event that the owner of a vessel of no more than 6 m is unable to obtain a compliance notice from the builder, manufacturer, rebuilder or importer, they must calculate the recommended maximum safe limits according to the applicable methods set out in the construction requirements.

# OTHER REQUIREMENTS (PLEASURE)

## HULL SERIAL NUMBER

All pleasure craft made in Canada, or imported into Canada after August 1, 1981 (with or without a motor), must have a hull serial number. This number helps to find lost or stolen boats and boats that are subject to a recall. The hull serial number must be permanently marked on the outside upper starboard (right side) corner of the transom (the boat's rear, flat end – above the waterline), or as close to that area as possible. It is 12 digits long and each character must be at least 6 mm (¼") high.

## PLEASURE CRAFT LICENCE

If you operate or keep your boat mostly in Canada, and it is powered by one or more motors adding up to 7.5 kW (10 hp) or more, you must get it licensed, unless you register it. You must also license dinghies or tenders you carry aboard or tow behind a larger boat if they are powered by a 7.5 kW (10 hp) motor.

A pleasure craft licence is a document giving your boat a unique licence number that is valid for 10 years. The Pleasure Craft Licensing System allows Search and Rescue personnel to access information about your boat 24 hours a day, seven days a week in the event of an emergency. This could mean the difference between life and death! If your boat does not need a pleasure craft licence, you can choose to get one for safety reasons.

## HOW TO OBTAIN A LICENCE

You can apply by mail or online. Application forms are available on Transport Canada's [website](#). No fees are required.

### // REMEMBER //

These are the only way to complete the pleasure craft licence application process. You cannot complete the process in person nor by sending your information to your local Transport Canada office. Once you get your pleasure craft licence, **keep a copy on board**.

You must display the pleasure craft licence number on your boat:

- on both sides of the bow;
- above the waterline;
- as far forward as practical;
- where it is easy to see.

The characters must be:

- in block letters;
- at least 7.5 cm (3") high;
- of a colour that contrasts with the background.

### AGE AND HORSEPOWER RESTRICTIONS

Horsepower restrictions apply to operators under 16 years of age.

**// REMEMBER //**

Age and horsepower restrictions do not apply in the waters of the Northwest Territories and Nunavut.

### ARE YOU OLD ENOUGH TO OPERATE A MOTORIZED BOAT WITHOUT DIRECT SUPERVISION?

| AGE   | HORSEPOWER RESTRICTIONS                      |
|---|--|
| Under 12 years of age with no direct supervision* | May operate a boat with up to 7.5 kW (10 hp) |
| Ages 12 to under 16 with no direct supervision    | May operate a boat with up to 30 kW (40 hp)  |
| Under 16 years of age, regardless of supervision  | May not operate a personal watercraft        |
| 16 years of age or older                          | No horsepower restrictions                   |

\* Direct supervision means a person (16 years of age or older) is in the boat and directly supervising the operator.



## COMPETENCY OF RECREATIONAL BOATERSE

Going out on the water requires basic boating safety knowledge and a good understanding of the “rules of the road” for Canadian waterways. That’s why **everyone** who operates a motorized pleasure craft must carry proof of competency on board. This includes all types of motorized boats, no matter their size or horsepower of the engine (this includes small boats with electric motors.)

Before **loaning** or **renting out** a boat to your customers, it is your duty to ensure that each person who intends to operate the boat carries proof of competency.

### // REMEMBER //

**Proof of competency is not required in the waters of the Northwest Territories and Nunavut.**

## WHAT ARE THE ACCEPTED FORMS OF PROOF OF COMPETENCY?

Proof of competency can be any of the following:

- a Pleasure Craft Operator Card;
- proof of having passed a boating safety course in Canada before April 1, 1999;
- a specified marine certificate; or
- a completed rental boat safety checklist (good only for the specified rental period).

The rental boat safety checklist must be completed by those who have no other form of proof of competency.

An example of such a list is available on [Transport Canada’s website](#) as well as on the [Canadian Safe Boating Council’s website](#).

Someone who is not a Canadian resident can operate a pleasure craft if they hold a certificate or document similar to a Canadian proof of competency issued by their state or country.



# OTHER REQUIREMENTS (COMMERCIAL)

## REGISTRATION

*Canada Shipping Act, 2001*, section 46 and following

In Canada, you must register commercial vessels of all sizes. A pleasure craft licence is not acceptable for a commercial vessel.

You should have your registration documents on board at all times. The penalty for operating an unregistered vessel is from \$250 to \$10,000 per day.

If your vessel is no more than 15 gross tonnage, you may register it in either the Small Vessel Register (less complicated and costly) or the Canadian Register of Vessels.

Note: Almost all boats used by outfitters are under 15 gross tonnage. *For more information on tonnage, see [this webpage](#).*

Registration in the Small Vessel Register is valid for 5 years and costs \$50 for your entire fleet (all commercial vessels you own).

You must notify Transport Canada of any change of address, business name or property, or modification to the vessel.

## VESSEL MARKINGS

Vessels registered in the Small Vessel Register must display their Official Number in block characters not less than 75 mm high and in a colour that contrasts with their background. The number must be displayed on each side of the bow of the vessel or on a board permanently attached to the vessel as close to the bow as practicable so that the number is clearly visible from each side of the vessel.

## PERSONNEL TRAINING

For sheltered waters voyages, the *Marine Personnel Regulations* (s. 205) requires guides or employees working aboard a vessel of not more than 8 m with not more than 6 passengers to meet the following requirements:

- 1) Have appropriate knowledge of how to use the safety equipment on board
- 2) Have taken a first aid course
- 3) Hold a Pleasure Craft Operator Card

**NOTE:** *It is possible to submit a request for a water body or part of one to be considered "sheltered waters" (see definition at the beginning of this document).*

If the vessel carries more than 6 passengers or is more than 8 m long, or if it embarks on a near coastal voyage, class 2, the *Marine Personnel Regulations* (s. 205 and 212) requires guides or employees working aboard a vessel carrying passengers to meet the following requirements:

- 1) Have appropriate knowledge of how to use the safety equipment on board
- 2) Have taken a first aid course
- 3) Hold Small Vessel Operator Proficiency (SVOP) certification
- 4) Hold Marine Emergency Duties (FUM) certification

### COMPLIANCE PROGRAM

The Small Vessel Compliance Program (SVCP) is a tool to help owners of small vessels other than pleasure craft operate in a safe, eco-friendly way.

The SVCP is a non-mandatory program offering an easy-to-follow checklist that helps you understand Canadian regulations and operate legally. Participants in the SVCP receive a blue decal to display on their vessel.

To enroll in the SVCP and fill out the checklist, you can visit [this page](#) on the Transport Canada website or contact your [local Transport Canada marine safety office](#).



# THE DANGERS OF COLD WATER IMMERSION

Fishing and hunting are activities that generally start early and end late in the boating season. Waters are usually cold during those periods, putting your guests and employees at greater risk of hypothermia and cold shock than other recreational boaters.

Cold shock is probably responsible for more deaths than hypothermia. Sudden exposure to cold waters can instantly paralyze your muscles, leave you breathless, cause you to swallow water and suffocate you within moments of immersion. Should you survive the shock of the cold water, hypothermia is the next imminent danger.

Hypothermia is a drop in body temperature below normal (37°C) that results from prolonged exposure to frigid waters. The signs and symptoms of the three different stages of hypothermia are:

- First stage: shivering, poor circulation.
- Second stage: slow, weak pulse, slowed breathing, lack of co-ordination, irritability, confusion and sleepiness.
- Advanced stage: slow, weak or absent respiration and pulse; the person may lose consciousness.
- Should you find yourself in the water, it is essential to do everything possible to conserve your energy and body heat. To lengthen your survival time, the following is important:
- Wear your personal flotation device (PFD) or lifejacket. This will help you to stay afloat and keep your head out of the water without wasting your energy.
- Swim only if you can reach others or a safe shelter. Do not swim to keep yourself warm, this will only make you lose more body heat.
- If possible, climb on top of a floating object (such as your vessel) to keep as much of your body as possible out of the water. Frigid water will lower your body temperature faster than air (25 times faster).

To learn more about the dangers of cold water immersion and how to help a victim, see [\*Cold Water Awareness\*](#), published by the Canadian Safe Boating Council.

# USEFUL CONTACT INFORMATION

## OFFICE OF BOATING SAFETY (TRANSPORT CANADA)

### **Pacific Region** (British Columbia)

700-800 Burrard Street  
Vancouver, British Columbia  
V6Z 2J8  
604-666-2681  
bsn-pac-obs@tc.gc.ca

### **Prairie and Northern Region** (Alberta, Saskatchewan, Manitoba, Yukon, Northwest Territories and Nunavut)

344 Edmonton Street  
P.O. Box 8550  
Winnipeg, Manitoba  
R3C 0P6  
1-888-463-0521  
bsn-pnr-obs@tc.gc.ca

### **Ontario Region** (Ontario)

100 Front St. South  
Sarnia, Ontario  
N7T 2M4  
1-800-267-6687  
bsn-ontario-obs@tc.gc.ca

### **Québec Region** (Québec)

Transport Canada Centre  
1550 Estimauville Avenue, 4th floor  
Québec, Québec  
G1J 0C8  
418-648-5331  
bsn-quebec-obs@tc.gc.ca

### **Atlantic Region** (New Brunswick, Prince Edward Island, Nova Scotia, Newfoundland and Labrador)

45 Alderney Drive, 11th floor  
P.O. Box 1013  
Dartmouth, Nova Scotia  
B2Y 4K2  
1-800-230-3693  
bsn-atl-obs@tc.gc.ca

## INSTITUTIONS PROVIDING MARINE TRAINING COURSES:

- Small Vessel Operator Proficiency (SVOP) certificate
- Marine Emergency Duties (MED) certificate

[http://www.tc.gc.ca/media/documents/securitemaritime/tp10655b\\_1.pdf](http://www.tc.gc.ca/media/documents/securitemaritime/tp10655b_1.pdf)

## **MARINE AND AIR SEARCH AND RESCUE EMERGENCY TELEPHONE NUMBERS**

### **Pacific Coast**

Victoria Joint Rescue Coordination Centre  
1-800-567-5111 or 1-250-363-2333

### **Great Lakes and Arctic**

Trenton Joint Rescue Coordination Centre  
1-800-267-7270 or 1-613-965-3870

### **St. Lawrence River**

Québec Maritime Rescue Sub-Centre  
1-800-463-4393 or 1-418-648-3599

### **Newfoundland and Labrador Coast**

St. John's Maritime Rescue Sub-Centre  
1-800-563-2444 or 1-709-772-5151

### **Maritimes Coast**

Halifax Joint Rescue Coordination Centre  
1-800-565-1582 or 1-902-427-8200

# REFERENCES

**Transport Canada, Small Commercial Vessel Safety Guide, TP 14070 E, (2010)**  
<http://www.tc.gc.ca/eng/marinesafety/tp-tp14070-menu-1648.htm>

**Transport Canada, Safe Boating Guide, TP 511E, (2014)**  
<http://www.tc.gc.ca/media/documents/marinesafety/TP-511e.pdf>

**Transport Canada website**  
[www.tc.gc.ca](http://www.tc.gc.ca)

**Quebec Boating Council**  
514-252-3100 or 1-800-265-3093  
<http://www.conseilquebecoisdunautisme.com/fr/accueil.php>

