

# How Long Could **YOU SURVIVE** in **ICE-COLD WATER?**



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**To FIND OUT**



A sudden fall into cold water will trigger you to **GASP**.

If your head is underwater, your first **GASP** might be your last!

Keeping your **head above water** will help you survive. The best way to do that is to wear your **lifejacket**.

## LEARN ABOUT

- **1-10-1**
- **Stay or Swim**
- **Cold Survival**
- **Self Rescue**

Online at [www.EnjoyBoating.ca](http://www.EnjoyBoating.ca)



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