

Summer is upon us – a time to relax and enjoy time with our families. Below are some reminders with respect to boating safety regulations and common health problems experienced in the summer. Please feel free to copy this newsletter and share it with your friends, family and clients.

### **Minimum Boating Safety Equipment Requirements**

NOTE: As of September 15, 2009 all people who operate a pleasure craft of any size, equipped with a motor, are required to carry proof of competency, such as the Pleasure Craft Operator Card.

Minimum safety equipment requirements depend on the type and length of your boat. The equipment must be in good working condition, on the boat, and within easy reach, ready to use if needed. These regulations apply only to pleasure craft and are the same whether you own, rent, or borrow the boat. With respect to life jackets, there must be one per person, and they must fit, be in good condition, and have sufficient buoyancy for the person wearing it. **For a complete listing of requirements please refer to [http://www.tc.gc.ca/eng/marinesafety/tp-tp511-equipment-1140.htm#minimum\\_safety\\_equipment\\_requirements](http://www.tc.gc.ca/eng/marinesafety/tp-tp511-equipment-1140.htm#minimum_safety_equipment_requirements) as the list is extensive and the following is intended as a brief summary of the most common scenarios.**

**Non- motorized boats** i.e. Paddleboats, Watercycles, canoes, kayaks, rowboats

- 1 lifejacket or personal floatation device for each person on board
- 1 buoyant heaving line at least 15 meters long
- 1 re-boarding device required if vertical height to be climbed to re-board boat is over .5 metres
- 1 bailer or manual bilge pump (unless the boat cannot hold enough water to make it capsize, or it has watertight compartments)
- 1 sound signalling device
- Navigation lights if the boat will be operated before sunrise, after sunset, or in limited visibility (i.e. fog)
- 1 radar reflector – Radar reflectors are required for boats under 20 metres and boats that are built of mostly non-metallic materials. A radar reflector is not required if: (a) the boat operates in limited traffic conditions, daylight and favourable environmental conditions, and where having a radar reflector is not essential to the boat's safety; or (b) the small size of the boat or its operation away from radar navigation makes having a radar reflector impracticable.
- If the boat is over 6 meters it also requires 1 watertight flashlight, and 6 flares Type A, B or C

**Sailboards & Kiteboards**

- As non-motorized boat (less watertight flashlight or flares), plus:
- 1 manual propelling device OR 1 anchor and at least 15 meters of cable, rope or chain

### **Personal Watercraft (PWC)**

- As non-motorized boat, plus:
- 1 manual propelling device OR 1 anchor and at least 15 meters of cable, rope or chain
- 1 watertight flashlight OR 3 flares, Type A, B or C
- 1 5BC fire extinguisher

### **Sail and Power Boats up to 6 meters**

- As non-motorized boat, plus:
- 1 manual propelling device OR 1 anchor and at least 15 meters of cable, rope or chain
- If boat is equipped with a motor you also need:
- 1 watertight flashlight OR 3 flares, Type A, B or C
- 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

**Please refer to above website for all craft over 6 meters.**

The following health information has been summarized from the Mayo Clinic website. In severe cases consult a medical professional.

### **Sunburn – Home Remedies**

- **Take anti-inflammatory medication**, such as aspirin or ibuprofen (Advil, Motrin, others), on a regular basis according to the label instructions until redness and soreness subside. Use caution when giving aspirin to children or teenagers. Though aspirin is approved for use in children older than age 2, children and teenagers recovering from chickenpox or flu-like symptoms should never take aspirin. This is because aspirin has been linked to Reye's syndrome, a rare but potentially life-threatening condition, in such children. Talk to your doctor if you have concerns.
- **Apply cold compresses — such as a towel dampened with cool tap water — to the affected skin.** Or take a cool bath or shower.

- **Apply a moisturizing cream, aloe vera lotion or hydrocortisone cream to affected skin.** A low-dose (0.5 percent to 1 percent) hydrocortisone cream may decrease pain and swelling, and speed up healing.
- **If blisters form, don't break them.** They contain your natural body fluid (serum) and are a protective layer. Also, breaking blisters slows the healing process and increases the risk of infection. If needed, lightly cover blisters with gauze. If blisters break on their own, apply an antibacterial cream.
- **Drink plenty of fluids.** Sun exposure and heat can cause fluid loss through your skin. Be sure to replenish those fluids to prevent dehydration — when your body doesn't have enough water and other fluids to carry out its normal functions.
- **Treat peeling skin gently.** Within a few days, the affected area may begin to peel. This is simply your body's way of getting rid of the top layer of damaged skin. While your skin is peeling, continue to use moisturizing cream.
- Some products — such as topical "-caine" products, for example, benzocaine — claim to relieve sunburn pain. Some dermatologists warn against using these products because they can irritate the skin or cause an allergic reaction

### Poison Ivy – Home Remedies

- Once a rash has broken out, the following poison ivy remedies may help to soothe itching and swelling:
- Over-the-counter low-potency corticosteroid creams, such as hydrocortisone, applied two to four times a day
- Calamine lotion
- Oral antihistamines, such as diphenhydramine (Benadryl, others), which may also help you sleep better
- Cool-water tub soaks with over-the-counter colloidal oatmeal (Aveeno) or baking soda
- Cool, wet compresses for 15 to 30 minutes several times a day

### Heat Stroke – Home Remedies

- **Get to a shady or air-conditioned place.** Remaining in the heat will worsen your condition. If you don't have air conditioning at home, go someplace that is air-conditioned, such as the mall, movie theatre or public library.
- **Cool off with damp sheets and a fan.** If you're with someone who's experiencing heat-related symptoms, cool the person by covering him or her with damp sheets or by spraying with cool water. Direct air onto the person with a fan.
- **Take a cool shower or bath.** If you're outdoors and nowhere near shelter, soaking in a cool pond or stream can also help bring your temperature down.
- **Rehydrate.** Keep in mind that the symptoms of heat-related illnesses are caused not only when you become dehydrated, but also when you lose salt through sweating. Some sports drinks will replenish both water and salt. The amount you'll need to drink to rehydrate varies from person to person, so sip slowly and call your doctor if you're concerned. And, if you're on a low-sodium diet, be sure to check with your doctor before consuming drinks with a high salt content.

- **Don't drink beverages with alcohol or caffeine to rehydrate.** These drinks may interfere with your body's ability to control your temperature.

*Provided Courtesy of*

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