

# Know Your Flotation Devices!

We have two types of flotation device - buoyancy aids and lifejackets. Make sure you know which you should be using, and how to use it!

## Buoyancy aids

These are filled with foam which has inherent buoyancy – therefore they don't require any inflation.

### Use these for

- coxing (stern-coxed boats only, **don't use these in bow-loaders**)
- drivers or passengers on the launch
- novices and children when learning
- competent swimmers only

### Don't use these

- when coxing bow-loader boats (because they are bulky and might impede you getting out in a capsize)
- for non-swimmers

### Using a buoyancy aid

- Choose one which is the right weight for you** – the weight ranges are clearly marked
- Make sure you actually secure the straps properly – it won't be much use if you fall out of it!
- Use the crotch-strap if it has one (the new bright orange ones do) – again this is important to hold you securely if you do go in
- If it gets wet, please hang it up so it can dry properly
- If it gets damaged, please let the safety officer know



## Lifejackets

These have an empty bladder inside which is inflated by pulling a toggle if you capsize (the toggle releases CO<sub>2</sub> from a small canister to fill the bladder; if this fails for some reason you can also orally inflate the bladder if you have to).

### Use these for

- coxing (any boat, and these are the only type you should use in bow-loaders)
- drivers or passengers on the launch (these might be a better choice than the buoyancy aids if you have lots of bulky waterproof clothes on)
- rowers who are not competent swimmers
- swimmers and non-swimmers

### Using a lifejacket

- These are one size, suitable for anyone over 40kg
- Always check that the inflation toggle is accessible, and that there is actually a CO<sub>2</sub> cylinder in the lifejacket.**
- Make sure you actually secure the straps properly – it won't be much use if you fall out of it!
- Use the crotch-strap if it has one (the new navy blue ones do) – again this is important to hold you securely if you do go in
- If it gets wet, please hang it up so it can dry properly
- If it gets damaged at all, or inflated, please let the safety officer know

