

Lesson Plan

I. The Survival Triad

- A. Equipment – Supplies For Emergencies
- B. Training – To Get The Most Out Of Equipment
- C. Attitude – Can Make A Difference In Will To Survive

II. Emergencies

A. Types

1. Immediate Onset

- a. Happens suddenly with little or no warning.
- b. Examples include collision, capsizing, person overboard.

2. Delayed Onset

- a. Starts out slowly and accumulates until situation becomes life threatening.
- b. Examples include mechanical failures or overloading a leaky vessel with a worsening weather forecast.

B. Emotional Factors In Emergencies

1. In studies of human responses to emergencies 25% act effectively, 50% are unresponsive, and as many as 25% panic.

2. Fear

- a. A normal reaction in an emergency.
- b. It has a useful function in keeping us aware and “on our toes” in dangerous situations.

3. Panic

- a. Prevents clear thinking.
- b. Wastes energy.
- c. Is an obstacle in setting priorities.

4. Depression

- a. Recognize that it can be a problem.
- b. Destroys the will to survive. Documented cases in P.O.W. camps show depression leads to lethargy, which leads to death.

5. Ways to reduce or eliminate panic, fear and depression.

- a. Accept the fact that an emergency situation can happen to you.
- b. Make contingency plans, file float plans, check the weather, etc.
- c. Acquire relevant training. It will give you procedures to follow that will increase confidence. Practice reduces panic. Drills are the best way to practice.
- d. Recognize your ability to be creative, innovative and resourceful in a survival situation.
- e. Develop a positive mental attitude. Think like a survivor, not a victim. Do something to improve your situation.

III. Seven Steps To Survival

A. Principles

- 1. Review the Seven Steps to Survival every time your situation changes.
- 2. They are organized in priority order.
- 3. Be flexible in applying them.

B. Seven Steps to Survival

1. Recognition.

- a. Recognize you are in trouble.

- b. If you don't take some action, you may die.
 - c. Ego, denial, greed: can all be factors in delaying recognition.
- 2. Inventory—take into account things that work for you and things that work against you.
 - a. Injuries
 - b. Equipment
 - c. Environment
 - d. Weather
 - e. Skills
 - f. Location
- 3. Shelter
 - a. Anything that insulates and protects you from the environment.
 - b. Clothes are primary shelter.
 - c. Dress for the outside, not inside environment.
- 4. Signals
 - a. Signal Qualities
 - i. Need to attract attention.
 - Bigger
 - Brighter
 - Different
 - ii. Need to give the message of HELP!
 - b. Need signals that are worked by you (active signals) and without you (passive signals).
 - c. General principles.
 - i. Three of anything.
 - ii. Hard angles (are not found in nature).
 - iii. Six times as high as wide.
 - iv. Contrast with background.
 - v. A moving signal is more eye-catching.
- 5. Water
 - a. Water needs increase with any activity, especially stressful activity.
 - b. Need to acquire a clean, plentiful water source.
 - c. Only three safe sources in a survival situation.
 - i. Boiled (CDC recommends bringing water to a rolling boil)
 - ii. Prepackaged
 - iii. Filtered
 - d. Two to four quarts per person per day are recommended.
- 6. Food
 - a. Important in order to meet energy needs, warmth and to keep up spirits.
 - b. Need to know beforehand which plants and animals are edible.
 - c. Generally speaking, don't eat unless you have water.
 - i. Especially true of survival rations.
 - ii. Some foods with high water content, such as berries, may be an exception.
- 7. Play – A word for maintaining a positive mental attitude that strengthens the will to survive.