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.