



United States Power Squadrons®
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ABC3 FOR YOUTH PFDs



This lesson can be given over two hours as a stand-alone 'Boating Safety' class for children or used in conjunction with the ABC3 course when teaching it to young students.

P F D Explain meaning of each letter **P**ersonal **F**lotation **D**evice
Also called life jacket.

Bring in enough PFDs for each student to try on. These should vary in size and condition and could include one for a dog. Ask a student to try this on and watch their expression!

Explain children must put them on at the beginning of the dock and keep them on until they return to the same place. Even though they do not need to wear them when down below in a boat, insist on it being a good idea to wear them at all times. Encourage them to have the confidence to ask all adults on a boat to wear them at all times.

Show the whistle on the PFD – explain how to blow three times for help, and that it's not good to blow the whistle unless it's an emergency.

Show an inflatable type with a CO₂ cartridge that can only be used by people over 18.

Have large signs to review the four aspects of a PFD:

Fit: the two finger test at the shoulders, must be fastened
Condition: any rips will allow water to enter
Coast Guard: must be approved; ask students to find the label
Color: must be bright for visibility in the water

Take lots of photos – great for squadron newsletters and for articles in the local newspaper.

***Engage, entertain and interact with the students as much possible.
Ensure there's a member of their school/organization in class with you.
Ensure they understand the vocabulary used. Smile. Laugh.***

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