

WATER SAFETY

Glossary

Accident	an unexpected event occurring unintentionally that sometimes results in injuries
American Red Cross	an international organization that provides assistance to people in need during disasters and offers courses in swimming, first aid, etc.
Aquatics	sports performed in or on the water
Aspirate	involuntary breathing of water into the lungs
Bad ice	ice that is unsafe for recreational activities because it is not at least four inches thick
Bow	front part of a boat or other water craft
Buoyancy	the ability to float in water
Canoe	an open water craft used to paddle on rivers, lakes, and ponds
Capacity	the maximum number of people that a boat can transport
Capsize	when a boat turns over in the water
Channel	the area of the river or stream that is normally the deepest and has the strongest current
Chute	a channel through a drop or gap in a rapid that is steeper and faster than the surrounding water
Cramp	a sudden, painful, involuntary contraction of a muscle, usually because of fatigue or a chill
Current	a body of water flowing in a definite direction
Distressed swimmer	a person who is not able to get to safety without assistance
Drowning	death by asphyxiation in water or loss of consciousness as a result of too little oxygen and too much carbon dioxide in the blood



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Eddy	a portion of a stream or river that appears calm compared to the rest of the river, but where the current is reversed or circular
Eddy line	a sharp boundary between two currents of different speed and direction
Falls	an abrupt, vertical drop where water “falls” or drops freely
Flotation device	a buoyant device that swimmers and nonswimmers can wear or hold onto in deep water to help keep their head above water
Hazard	a potential source of danger
Hole	a river current formed when water flows over a submerged object such as a rock or a ledge; also called a hydraulic.
Kayak	a decked water craft in which the paddler sits with legs extended and propels the craft with a double bladed paddle
Lifelines	those lines found around the outside chambers of inflatable boats
Panic	a sudden, overwhelming terror that can prevent you from helping yourself or someone else
PFD	personal flotation device, or life jacket, that is worn to help a person float in water
Pool	a section of the river where the current is moving slower and is deeper
Put-in	a launching site where a boat, canoe, or raft is put into the water
Raft	an inflatable boat used for paddling on whitewater sections of a river
Rafting	using an inflatable boat to run a river section
Rapid	an area of increased river gradient and water speed that causes fast or “rapid” white water
Ring buoy	a rescue device made of cork or cellular foam that keeps a person afloat



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Small craft	a boat, canoe, or other watercraft that is less than 16 feet in length
Stern	the rear or back of the boat
Supervised area	a place along the edge of a river or lake that is designated as a swimming area and is being watched over by a person who is a trained lifeguard
Take-out	a place where one can take a boat, such as a canoe or raft, out of the water
Throw rope	an emergency device that can be thrown to a victim to grasp and be pulled to safety
Whitewater	water characterized by swift current and obstacles, such as rocks, that produce “white” choppy water; found in rapids



TEACHER NOTES

