



United States Power Squadrons®
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ABC3 FOR YOUTH General Guidelines



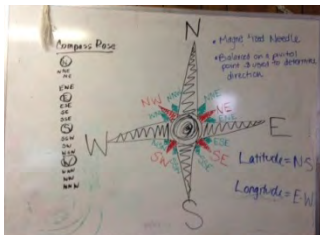
SLOW it down, but keep it fun and varied

Underserved children from the Greenwich Boys and Girls Club on Graduation Day. Kevin W. holds the squadron burgee awarded him for acing the test.

The ABC3 course can be taught successfully to students from 10 years upwards. Experience with even the sharpest 9-year-olds has shown they cannot understand some of the concepts and we do not want to 'dumb down' the class which lessens the achievement of others. We take four two-hour sessions to cover Chapters 1 thru 4 plus one for exam review and exam. Parents should be encouraged to attend and then supervise study at home.

Have at least one handout for each session – copied from the manual or the internet. Examples would be a drawing of a boat, a bowline, the vocabulary, a navigation aid.

Call them by name. Have cards with their names on to put in front of their desks. Taking a photo of them holding these is useful for future ID for any articles or other publicity.



Attention span will be less than with adults, so frequently vary method of teaching between PowerPoint, Q & A, reading text and having them draw a lesson (e.g. compass rose, boat, bad weather, PWCs.) Hand out stickers - Wear It! Stickers are free from www.safeboatingcampaign.org

A break for Oreos is always a good thing; think cake/ice cream/sodas for the last class.

Young students like to MOVE, so have them stand up with arms above their head and turn to port and then to starboard. Ask them to role-play situations.



Stress safety gear – sunglasses, hat, sunscreen, water, snacks, correct shoes (no flip flops), extra clothing,

Do whatever you can to get them out on the water – your boat, members’ boats, or ask a yacht club to arrange a ‘Big Boat Sail’ to take out students and families. First time on a boat may be scary, so ask what they think will happen and address any concerns. Learning can be reinforced on board. Make sure you look for sharks!



As with adults, a class is more dynamic with several instructors. P/R/C Anne Peskin, SN and R/C George Hallenbeck, AP teaching at a school in Stamford, CT.

Everyone loves learning knots!
Ask them to go on line to Grog’s Animated Knots to practice at home. Hand out a diagram of the bowline.



Young students will not know many of the words, here are some. These can be taught separately and when they appear in the text, should be explained until they are familiar. Pay particular attention to blank looks – children often don’t acknowledge when they don’t understand a new word or concept.

Adrift	Clearance	Hull	Pyrotechnic
Anchor	Cockpit	Hypothermia	PWC
Aquatic	Current	Inclement	Right of way
Boom	Deck	Jib	Rudder
Bow	Draft	Keel	Starboard
Bowline	Gunwale	Line/rope	Stern
Bright work	Hailer	Mast	Tiller
Buoy	Hatch	Mainsail	Transom
Capsize	Hazard	PFD	Wake
Chart	Helm	Pivot	Waterline
Cleat	Hitch	Port	Wheel

***Engage, entertain and interact with the students as much possible.
Ensure there’s a member of their school/organization in class with you.***

*P/D/C Susan Ryan, JN
Greenwich Sail & Power Squadron/D2*



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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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ABC3 FOR YOUTH

Hypothermia
HELP
50-50 Rule
GASP



This lesson can be given over two hours as an example of 'Safe Boating' or used in conjunction with teaching the ABC3 course to young students. Explain the meaning of **hypothermia**, a condition where your body temperature drops too low to perform normal functions. It can cause damage to hands and feet or the body's core.

Explain the heat escape lessening position (**HELP**) – that it is a way to position oneself to reduce heat loss in cold water. You draw your knees to your chest and hug them. Have them do this and say that every time they hear the word **HELP** in the class, they should get into that position. Then say **HELP** several times during the class. They love the interruption!

Have an ice chest filled with water and a few ice cubes (put a little sand and some shells in the bottom for authenticity). Tell them you passed by the sea/lake on the way to class to collect the water, took its temperature, and found it to be at 50°F.

Tell students not to be worried, but you want to explain how cold water might feel if they fall off a boat in winter. Have each student put his/her arm into the water up to his elbow and have everyone count slowly to ten. Dry the arm quickly and hold it up for everyone to see the color that is different from the other. 'Imagine if your **WHOLE** body was in cold water and felt and looked like that!'

Explain the **50-50 rule** to emphasize how rapidly hypothermia can occur. You have a 50-50 chance to swim 50 yards in water at 50 degrees. Demonstrate a distance of 50 yards.

Explain **GASP** - a sudden unexpected fall into cold water causes an involuntary gasp (or torso) reflex and you can swallow water. It takes less than ½ cup of water in your lungs to drown.

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.

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ABC3 FOR YOUTH Practical exercise for VHF in the Field



This exercise is designed to be used in conjunction with giving the ABC3 course to youth. You will need to buy VHF's available as 'family radios' or 'walkie talkies' for under \$20 at Radio Shack or Target etc. They are useful for teaching VHF to adults as well. Set the channels, etc.

In class, take the ABC3 section on marine radio and explain carefully, ensuring all vocabulary is understood. Practice the correct way to speak over a public channel. In class they can draw their boat and name it and take it onto the field. Have an Oreo break and then go outside and have some fun!

Put a N, S, E and W on four large objects (trash cans?) representing the major compass points. These are the targets. On the field place these far apart to they represent North, South, East and West.

Select four teams, each with a captain and a mate. Each team has different instructions and the captain has to use only the radio to direct the mate to a specific target. No shouting allowed!

As each team has different instructions, each moves independently of other teams. We find that having eight students (four teams) is easily managed.

The objective is to have each team visit all four targets following the instructions relayed by radio from captain to mate.

Ensure there's a member of their school/organization with you.

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