

Cold Water Immersion & Hypothermia Resources

Books

- *Essentials of Sea Survival*. Frank Golden and Michael Tipton. Human Kinetics, 2002.
- *Secrets of Warmth: For Comfort or Survival*. Hal Weiss. Mountaineers Books, 1998.

Articles / Journals

- *Cold Shock and Swimming Failure*. Chris Brooks. Sea Kayaker Magazine, February 2008. This magazine is now out of business, but you can see a copy of the article on the Sea Kayaking Committee website here: https://www.mountaineers.org/locations-lodges/everett-branch/committees/everett-sea-kayaking-committee/documents/general-public-documents-for-sea-kayak-course-and-students/seakayaker-magazine-article-cold-shock-and-swimming-failure/at_download/file
- *Survival in Cold Waters: Staying Alive*. Written by Chris Brooks for Transport Canada. January 2003. <http://www.tc.gc.ca/publications/en/tp13822/pdf/hr/tp13822e.pdf>
- *Will It Float? Mandatory PFD Wear Legislation in Canada*. Background research paper sponsored by SMARTRISK and written for the Canadian Safe Boating Council by Philip Groff and Jennifer Ghadiali. 2003. http://www.csbc.ca/images/stories/will_it_float_pfd_report%20english-1.pdf
- *State of Alaska Cold Injuries Guidelines*. Ken Zafren, MD and Gordon Giesbrecht, PhD. The gold standard for hypothermia care. <https://dhss.alaska.gov/dph/Emergency/Documents/ems/documents/Alaska%20DHSS%20EMS%20Cold%20Injuries%20Guidelines%20June%202014.pdf>
- *The golden rules of cold water safety*. Moulton Avery. Paddler Magazine. July 2015. The author was executive director of the Center for Environmental Physiology in Washington, DC for ten years, and is the founder and director of the National Center for Cold Water Safety. He is a former ACA Sea Kayaking Instructor and Instructor Trainer. <https://thepaddlermag.com/2015/07/31/the-golden-rules-of-cold-water-safety/>

Websites / Videos

- ColdWaterBootCamp.com. Videos and information about cold water immersion and the 1:10:1 principle.
- Dr. Gordon Giesbrecht's website with links to multiple resources. <http://umanitoba.ca/faculties/kinrec/about/giesbrecht.htm>
- Cold-Water Paddling Safety Gear & Tips Video. Posted 2015. New England Boating's Tom Richardson covers some important equipment and advice that can keep you safer and more comfortable when kayaking, canoeing or paddle boarding in cold water or cold weather. <https://www.youtube.com/watch?v=9FqcPfRLIDQ>