

Cold Water Immersion & Hypothermia References

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

- *Prepare for Winter Cold Water Survival & Ice Rescue*. Fall 2006 issue of *ON SCENE*, The Journal of U. S. Coast Guard Search and Rescue.
<http://www.uscg.mil/hq/cg5/cg534/On%20Scene/OSFall06.pdf>
- *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
- *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.csb.ca/images/stories/will_it_float_pfd_report%20english-1.pdf
- *Meet Prof. Popsicle*. Fall 2003 issue of Outside Magazine. Profiles Dr. Gordon Giesbrecht. <http://www.outsideonline.com/outdoor-adventure/outdoor-skills/survival/Meet-Prof--Popsicle.html?page=all>
- *State of Alaska Cold Injuries Guidelines*. Ken Zafren, MD and Gordon Giesbrecht, PhD. The gold standard for hypothermia care.
<http://dhss.alaska.gov/dph/Emergency/Documents/ems/documents/Alaska%20DHSS%20EMS%20Cold%20Injuries%20Guidelines%20June%202014.pdf>

Websites

- ColdWaterBootCamp.com. Videos and information about cold water immersion and the 1:10:1 principle.
- *It's STILL Cold in THERE! Cold Water Safety Tips*. Tri-fold brochure produced by the Chesapeake Paddlers Association, Inc.
<http://www.cpakayaker.com/uploads/resources/Safety3fold.pdf>
- Dr. Gordon Giesbrecht's website – links to other resources.
<http://umanitoba.ca/faculties/kinrec/about/giesbrecht.html>