

# Waterways Association of Pittsburgh

PO Box 534

Lyndora, PA 16045

Phone: 724-355-4101

Fax: 724-285-4999

Email: [cheryll.cranmer@wapgh.org](mailto:cheryll.cranmer@wapgh.org)

## **“Minutes to Live: Personal Survival & River Rescue”**

### **Seminar Agenda**

- |                  |  |
|------------------|--|
| 8:00 a.m.        | Registration / Donuts & Coffee   |
| 8:30 a.m. - Noon | Minutes to Live Presentation - The River School <ul style="list-style-type: none"><li>• Basic Water Safety</li><li>• Types of Drowning</li><li>• Hypothermia</li><li>• Survival Techniques</li><li>• Rescue Techniques</li><li>• Prevention</li><li>• Deck Safety</li><li>• Personal Flotation Devices</li></ul> |
| Noon – 1:00 p.m. | Lunch  |
| 1:00 – 4 p.m.    | Water Exercise Participation at the West Elizabeth Landing<br>(Please bring a life jacket and a change of clothing)  |