

# Capsize Drill

*“Always stay with your boat. If you fall out, it becomes your life raft.”*



The images below show how to manoeuvre your boat to get back in if you fall out. Clubs are encouraged to practice these tips on summer camps or at a pool.

## BUDDY RESCUE

When another boat is present a ‘buddy rescue’ may be an option. This works by the person in the water supporting themselves on the stern canvas of another boat which can then be sculled to safety.

Reducing the amount of time your body spends in the water lessens the dangerous effects of cold on the body. Be careful not to capsize or damage the rescue boat.



## SELF RESCUE

### Tow the boat

Keeping hold of the boat, move towards one end and by using a lifesaver kick you can keep your head clear of the water to keep a look-out.



“If it’s not possible to tow back to shore because of a strong stream or because the distance is too far, you should get your body out of the water to reduce heat loss. You can use a strong leg-kick while pulling yourself onto the hull or deck and then slide up the boat or get back in.”



### Surf paddle ashore

“Cold water takes away body heat very quickly. So it is important to get on top of the boat to await rescue or surf paddle it to shore.”



### How do you get back into a sculling boat?

- Using one hand, lock handles together in a forward position.
- Put your free hand on the deck at the front of the cockpit.
- Kick your legs hard and push down against cockpit to lift yourself out of the water.
- Turn towards the stern, sit on the deck/slide with your feet in the water.
- You are then in a position to swing your feet and find the seat. If you tow or paddle your boat into an unfamiliar shore, watch out for underwater obstructions and dangers as you come in to land. If you’ve been in the water for a while don’t try to stand up too quickly. When you have a firm footing, walk until you are at least waist-deep before attempting to do anything with the boat.



### Bow Entry (if backstays get in the way)

- Get hold of both blades and move along to the front of boat pulling blades with you so the buttons come away from gates.
- Slide yourself onto the boat and pull yourself into a sitting position.
- Keep both blade handles held together.
- Hold blades flat on water until settled and ready to row again.

