

# **KAYAK RESCUE SKILLS**

## **(UPDATED 2017)**

### **Skill #1 - WET EXIT**

#### **STEPS:**

1. **Hold on to paddle w/ dominant hand and bang the bottom of the boat w/ other hand**
2. **Locate Coming & Slide hands to grab loop**
3. **Lean forward to release skirt (w/ arms straight & using your core)**
4. **Hands return back to the coming by hips & push hips out, keeping legs straight**
5. **Secure boat (w/ legs) & hold on to paddle**

### **Skill #2 - PADDLE FLOAT SELF RESCUE (behind cockpit approach)**

#### **STEPS:**

1. **Secure the paddle float to paddle (while holding inverted boat w/ legs in cockpit)**
2. **Flip the kayak ("Fancy Flip" or side method)**
3. **Orient the outrigger (paddle w/ attached float) and yourself behind the cockpit**
4. **Secure the paddle shaft w/ hands only method (not under the bungee cords)**
5. **Level off and kick hard, pulling rear deck of the boat under your belly button ("seal launch")**
6. **"Sea Star" (transfer one limb at a time to cockpit)**
7. **Corkscrew into boat keeping more weight on outrigger to prevent capsize**
8. **Move paddle to front of boat and pump out if needed**

### **SKILL # 3 A - T-RESCUE**

#### **STEPS**

1. **Capture the bow of overturned kayak and form a "T" (direct swimmer to the back of boat)**
2. **"Burp" the boat & Lift bow while the swimmer pushes down on back of the boat**
3. **Drain the cockpit over rescuer's cockpit**
4. **Right the boat & position it to face in the opposite direction from the rescuers boat**
5. **Stabilize boat for swimmer by reaching across the cockpit w/ paddles over cockpit**
6. **Swimmer levels off & "SEAL" kicks up on back of kayak**
7. **Corkscrew facing toward rescue boat**
8. **Pump out if necessary**

### **SKILL #4 COWBOY SELF RESCUE**

#### **STEPS:**

1. **Empty boat (use "Fancy Flip" if possible or cockpit flip if more urgent)**
2. **Reach across boat and straddle boat w/ both legs (like mounting a horse) while using legs in the water to maintain balance**
3. **"Inchworm" up to cockpit w/ legs in the water for balance & keep body low**
4. **Adjust spray skirt (perhaps hold loop in mouth) and drop your butt into boat seat quickly**
5. **Use sculling brace or extended paddle to support boat while getting legs in boat**

**Note – There are many ways to initiate rescues and many alterations but these are some of the most basic /simple and tested methods that I have found.**

**MOST IMPORTANTLY PRACTICE OFTEN!!! Terry Rich**