

KAYAK RESCUE TRAINING & PRACTICE

Thurs. March 30th, 2017

WHAT:

- 1) *We will have a brief on land instruction of some basic self-rescues & assisted rescues (wet exit, paddle float self-rescue, cowboy self-rescue, T- rescue) followed by*
- 2) *a demonstration of those skills before*
- 3) *assisted pool practice.*

We will need volunteers to assist w/ transporting kayaks and for pool assisting.

Spectators are welcome. You can pick up a lot by watching.

TIME:

The pool will be available at 5:00 p.m. On land instruction will begin at 5:30 p.m. followed by pool practice. We must be out of the YMCA pool by 8:30 pm

Participants should plan to arrive early if you are bringing your own boat to allow time for transport of your equipment to the pool.

COST:

*FREE TO TRPC MEMBERS THIS YEAR but registration is required!!!
SPACE LIMITS US TO 5 OR 6 BOATS AT A TIME IN THE POOL*

WHERE:

Twin Rivers YMCA in New Bern - 100 YMCA Drive - enter on right side of fence by the big white pool bubble.

MATERIALS NEEDED:

*Due to space limitations we can only accommodate so many boats in the pool at a time. However, it is best if you practice w/ your own boat to learn its limitations. **If you do bring a boat make sure it is clean.***

Other gear to bring, if you have it bring the following:

- *paddle,*
- *spray skirt,*
- *P.F.D.,*
- *nose clips or diving mask (recommended for more comfortable wet exits in chlorinated water),*
- *paddle floats for self-rescues (helpful for learning **if** you have them).*
- *Wet suits may help to stay comfortable for longer periods but it is a “heated” pool.*
- *Bring a towel if you plan to get wet. Showers are available.*

***REGISTRATION TO PARTICIPATE IS FIRST COME FIRST SERVE W/ THE FIRST 10 PEOPLE TO RSVP BY EMAIL.** There may be time for additional participant practice.

VOLUNTEERS PLEASE RSVP IF YOU PLAN TO ASSIST IN THE POOL OR HELP TRANSPORT BOATS

RSVP to Terry Rich at richenough@centurylink.net

LEAD FACILITATORS: *are Terry Rich, John Burt and other club volunteers who are willing to share their skills.*