

# **KAYAK RESCUE PRACTICE**

***Thurs. March 15th, 2018***

**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 followed by 3.) assisted pool practice.

**Spectators are welcome (You can learn a lot by watching).**

**TIME:** The pool will be available at 6:00 p.m. On land instruction will begin at 6:00 p.m. followed by pool practice. **We must be out of the YMCA pool by 8:30 pm**

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Participants should plan to **arrive early if you are bringing your own boat** to allow time for transport of your equipment to the pool. **We will need volunteers to assist w/ transporting kayaks and for pool assisting.**

**COST:** FREE TO TRPC MEMBERS THIS YEAR but registration is required!!!

**SPACE LIMITS US TO 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 and in-water volunteers available to assist we can only accommodate a maximum of 6 boats in the pool at a time. It is best if you practice w/ your own boat to learn its limitations but space will determine if we can accommodate that. **If you do bring a boat make sure it is clean.**

**Other gear to bring** - 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 (80 degrees but still feels cool after a while). Bring a towel if you plan to get wet. Showers are available.

**\*REGISTRATION TO PARTICIPATE IS FIRST COME FIRST SERVE W/ THE FIRST 6 PEOPLE TO RSVP BY EMAIL.** There may be time for additional participants to practice so dress for the water if you want to give it a try.

**VOLUNTEERS PLEASE RSVP IF YOU PLAN TO (A.) ASSIST IN THE POOL OR (B) HELP TRANSPORT BOATS**

**RSVP** to Terry Rich at [richenough@centurylink.net](mailto:richenough@centurylink.net)

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