

# KAYAK RESCUE SKILLS

## (UPDATED 2015)

### Skill #1 - WET EXIT

#### STEPS:

1. Locate Coming & Slide hands to grab loop
2. Lean forward to release skirt
3. Hands back to coming by hips & push hips out keeping legs straight
4. Secure boat (w/ legs) & paddle (w/ hand)

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

#### STEPS:

1. Secure the paddle float to paddle (while holding inverted boat w/ legs)
2. Flip the kayak ("Fancy Flip" or side method)
3. Orient the outrigger and yourself behind the boats 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 T-RESCUE (with swimmers assist from rear of their boat)

#### STEPS

1. Capture the bow of overturned kayak and form a "T" w/ swimmer at 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
5. Position the boats w/ bow to bow
6. Stabilize boat for swimmer by reaching across the cockpit w/ paddles over cockpit
7. Swimmer levels off, kicks up on back of kayak (Seal Launch)
8. Corkscrew w/ weight toward rescue boat

### SKILL #4 COWBOY SELF RESCUE

#### STEPS:

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