



White Squall Paddling Centre
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SAFETY & RESCUE II (teaching progression $\frac{1}{2}$ day course)

INTRO (10 min)

- names, what they're hoping to achieve
- course intent-to explore intermediate rescue scenarios
- wet suits, nose plugs, jewellery/paddling jackets
- caution re over-extending and over-exerting
- any current condition preventing full participation

YARD (20-25 min)

Prevention (don't lecture-present this creatively)

- #1-avoid hazard!! (lemons) #2-get training/experience #3-proper gear
- know own limits and that of your paddling partners
- weather, food, group prep, medical/emotional conditions
- get skills inventory of group prior-who can do what?
- safety veto saves lives!
- water is unstable environment-goal is to stabilize
- boat/gear/buddy check

Communication & Signalling

- importance of clear/understood system
- audible/visual
- radio, cell phone, plb's, sat phone, flares
- float plan-"guardian angel"-definition/role

ON WATER (1.5 - 2 hr)

Group Mgt

- review rescue priorities
- hovering/rafting (up/downwind) pods, rescue staff between group/rocks

Towing

- reasons/features of safe tow system-fast/quick release/stable
- contact tow - contact with short line vs long line
- priority is prevent capsize of victim and stabilize
- once contact made, never let go
- demo/experiment with various set ups

- never line tow without contact unless victim is stable
- single and series tow with quick release and re-engagement

Disabled/Unconscious Swimmer

- victim in water-try raft/haul up (or use scoop)
- tow unconscious/injured swimmer in water with sling
- swimmer ok, practise getting them on board-tow to shore
- hand-of-god for unresponsive paddler capsized in boat

Self/Assisted Rescues

- must work first time- critical to have a back-up
- quickest self is rolling or re-enter
- if roll fails, most reliable is paddle float/sponsons
- cowboy re-entry-fun to try, but NOT a reliable rescue in rough conditions
- quickest assisted is side/bow rescues**This eats time so watch it**
- practise hang time/rough conditions
- intro slings/double kayak raft/pump etc

All In Scenario

- self rescue is best option-otherwise, assisted using capsized boats

SUMMARY (10 min)

- review and put it into context -where do they go from here?
- push limits in controlled conditions to know what they are and then don't approach your personal limits when in leadership position