

Equipment: Towline or Tow system, Throwline, Sling, Whistle, Knife

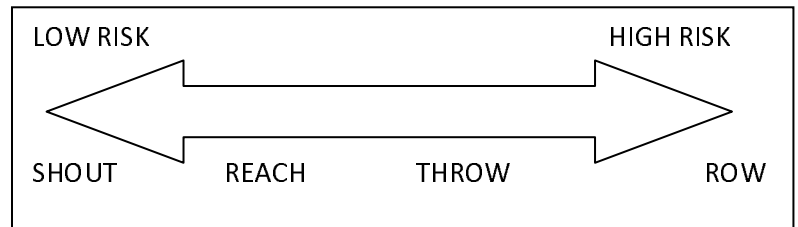
Craft: Any CCK, OCK, Fragile Competition Craft, OC, SOT, IKC – trained in working with all craft

General Theory – Safety and Rescue Protocols ; risks associated with the sport and environment, manage risk, safety features of craft, safety features of clothing and associated equipment, water and environ hazards – water borne disease, access/egress / weather, hypothermia, use of signals, deal with emergencies, summon help, manual handling, first aid certificate. **Initial briefing** helps quick decision making during incidents – including boundaries, what to do in a capsized, nearest phone/help/vehicle/first aid/repair/spares

Communication	Stop – take a deep breath
Line of Sight	Assess situation –me, group, casualty
Avoidance better than cure	Formulate a plan – which rescue is appropriate
Position of maximum utility	Execute and evaluate

Clean rope, if carry a rope carry a knife, remove loops/knots from line, small bag end loop – not for a hand, good flotation in bag, attention to snagging

1. Assess situation
 2. Consider your options
 3. Stabilise the situation (or raise the alarm)
 4. Raise the alarm (or stabilise the situation)
 5. Execute the plan
- Remember your priorities: Self – Team - Casualty



Bank Based – Coach a swimmer to shore	10M -Shout
Rescue a swimmer with rigid aid	1M Reach – low centre of gravity
Rescue swimmer using throwline	10M Packed and unpacked

Get swimmers attention, give instructions, throwline, continue to give instruction

Boat Based Rescue a swimmer from the water, bow carry, stern carry, tow, assist swimmer into/onto craft

Rescue a capsized paddler using deep water rescue – understand pros/cons of putting paddler into boat

Rescue an unconscious or entrapped paddler from their boat – reach over and right upturned boat (can enter water to do so), what next once upright – maintain airway, tow to shore

Use of towline: Recover unaccompanied boat to shore –purpose made and improvised – pros/cons of towing from boat or body

Recover upright but incapacitated paddler to shore – include paired/rafted boats

Self Rescue – bow and paddle presentation rescue, canoe exit upright, keep hold and get back in, swim boats to shore including swim rope

All in rescue – Get one boat emptied over another and then perform rescues –order to rescue according to risk/ability

Incident-injured paddler, hypothermia etc