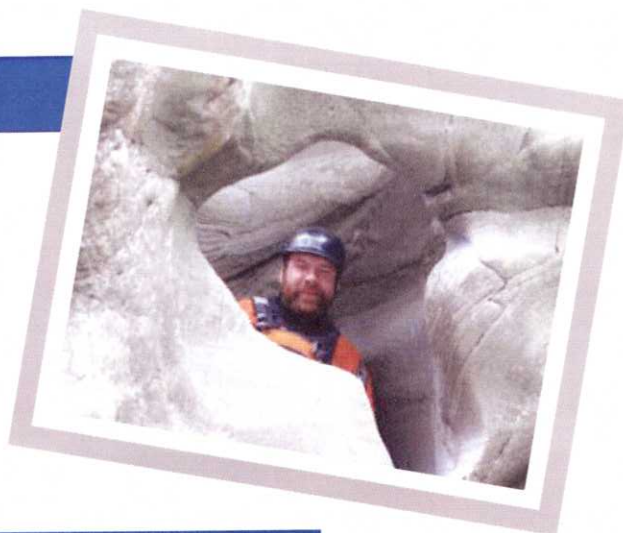


COACHES' CLASSROOM

This time Dave covers safety and rescue skills required for the white water paddler. He looks at self rescue skills without any equipment and in the next issue will pick up adding equipment where we can help our paddling companions. Following the principle of keeping it simple and working on low risk strategies, if you end up in the water your first line of defence is self rescue ...



PRIORITISING PRINCIPLES

Self - Team - Victim - Equipment

Shout-Reach-Throw-Row-Go (S-R-T-R-G)

Lower Risk

Higher Risk

Shout

Reach

Throw

Row

Go

DEFENSIVE SWIMMING POSITION (Fig 1&2)

- ▼ Head up - looking around to spot where to go
- ▼ Feet up in front of you
- ▼ Using your hands on surface
- ▼ Actively moving to where you want to go

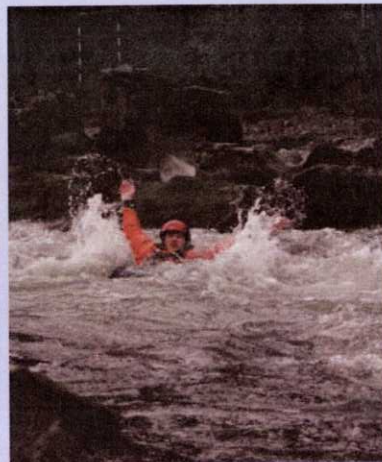
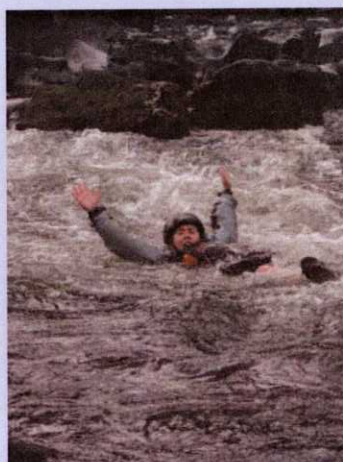
When looking where you want to go think along similar lines as if you were in your boat:

- > Route down the rapid
- > Where you want to get to
- > Speed & Angle

This will help you when you are ready to try and get into an eddy.

Keeping your hands and feet moving on the surface does a few things:

- > Avoids entrapments
- > Gaining momentum
- > Stability in the water
- > Keeps head up



AGGRESSIVE SWIMMING POSITION (Fig 3&4)

- ▼ On front
- ▼ Front crawling
- ▼ Head out of water to see where you are going
- ▼ Use the legs to help

Once you have decided that you are ready to move towards safety and gain an eddy it's time to get aggressive.

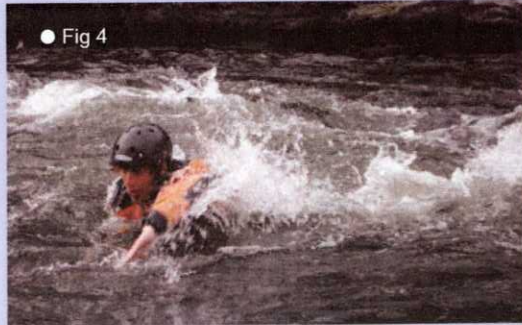
To get onto your front - move the arm furthest away from the side you are heading to over your chest and start kicking with your legs.

When 'front crawling' keep your head up out of the water and drive with arms and legs.

● Fig 3



● Fig 4



BARREL ROLL OVER EDDY LINE (Fig. 5, 6 & 7)

- ▼ Roll over from defensive swimming position to aggressive swimming position
- ▼ Once at eddy line - roll over with the arm furthest away from eddy line and continue to rotate in that direction for at least four rolls
- ▼ Then you should be in the eddy
- ▼ Continue front crawling until at the river bank

Some eddy lines are particularly hard to get over. The barrel roll helps make this easier. Make sure that you start at the eddy line. This first roll over should get the arm to land in the eddy to pull you in to safety.

Again remember speed and angle of attack similar to that if you were in your boat.



● Fig 5



● Fig 6



● Fig 7

STRAINER TECHNIQUE (Fig. 8, 9 & 10)

- ▼ Move from defensive to aggressive swimming position
- ▼ Go early and hard at obstacle
- ▼ Once at strainer place hands in front and shallow duck dive over strainer
- ▼ Aim to keep head high

If you have no option and can't avoid a strainer then your best chance is to get over the top of it. Get aggressive early and aim to get your hands on top to help push your body up and over. Try and stay on the surface once over it.

These skills will help you look after yourself if you have an O.O.B.E. (Out Of Boat Experience). This can help prevent rescues become more complex.



● Fig 8



● Fig 9



● Fig 10

IN FUTURE EDITIONS DAVE TELLS YOU ABOUT >>>

- > Throwbag skills to rescue your paddling companions
- > Boat based rescues
- > Mechanical Advantage

Stay safe & see you on the water

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