

# KAYAK RESCUE SKILLS

## Skill #1 - WET EXIT

### STEPS:

1. Locate Coaming & 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

### 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 to the boat
4. Secure the paddle shaft w/ hands only method
5. Level off and kick, pulling rear deck of the boat under your belly button
6. "Sea Star" (transfer one limb at a time to cockpit)
7. Corkscrew into boat keeping more weight on outrigger
8. Move paddle to front of boat and pump out if needed

## KAYAK SKILLS

### SKILL # 3 T-RESCUE

#### STEPS

1. Capture the bow and form a "T" w/ swimmer at the back of boat (rescuer instructs the swimmer)
2. 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 stern
6. Stabilize boat for swimmer
7. Swimmer levels off, kicks up on back of kayak
8. Corkscrew w/ weight toward rescue boat

### SKILL #4 COWBOY SELF RESCUE

#### STEPS:

1. Empty boat (use "Fancy Flip" if possible)
2. Reach across boat and straddle boat w/ both legs
3. Shimmy up to cockpit w/ legs in the water for balance & body low
4. Adjust spray skirt and drop butt into boat seat
5. Use sculling brace to support boat while getting legs in boat