

Neuse River Days T.R.P.C. Rescue & Roll Demonstration

Self Rescues

Wet Exit (**Randy**)

Fancy Flip (empties out water from boat) (**Randy**)

Paddle Float Self Rescue (**Randy**)

Cowboy / Scramble Reentry (faster self rescue) (**John**)

Reenter & Roll w/ paddle float (**Terry & Randy**)

Assisted Rescues

T- Rescue (standard rescue) (**John & Randy**)

British Rescue (lay back reentry) (**Randy & Terry**)

Hand of God Rescue (for upturned boat w/o swimmer) (**John & Terry**)

Greenland Techniques (braces, sculling & rolling)

Extended brace (for a strong recovery brace after upset) (**All**)

Forward Sculling brace (for maintaining an extreme lean or recovering a capsize) (**All**)

Layback sculling brace (for resting or cooling off) (**Terry & others**)

Sweep roll (fast recovery from upset) (**John & Randy**)

Greenland roll (open sea recovery/ works well w/ tired paddlers) (**Terry & others**)

Shotgun or one arm roll (for injured paddlers recovery from upset) (**Terry & others**)

Elbow roll (for roll w/ knife or object in hand when upset) (**Terry & others**)

Backward roll (recovery when falling backwards or facing rear deck) (**Terry & others**)

Butterfly roll (for recovery or brace when holding paddle w/ hand in center of paddle or just showing off) (**Terry & others**)

Throwing stick roll (for lost paddle or learning to hand roll) (**Terry & others**)

Assorted Rescues, Tows, Rolls & Braces Practice (**all**)

For further Neuse River Day info visit: <http://www.neuseriver.org/events/neuseriverday.html>