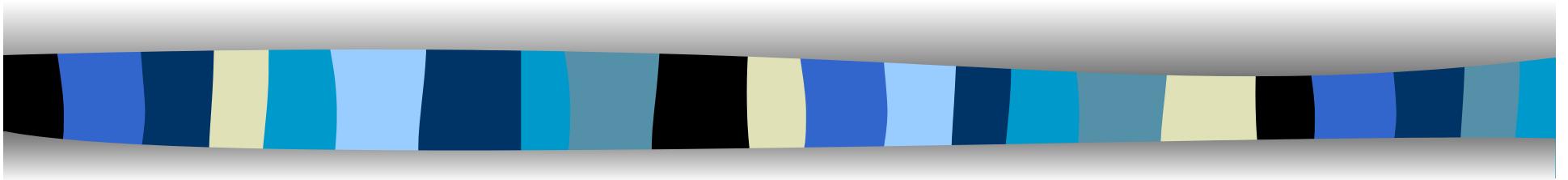


# *It never gets safer than this*

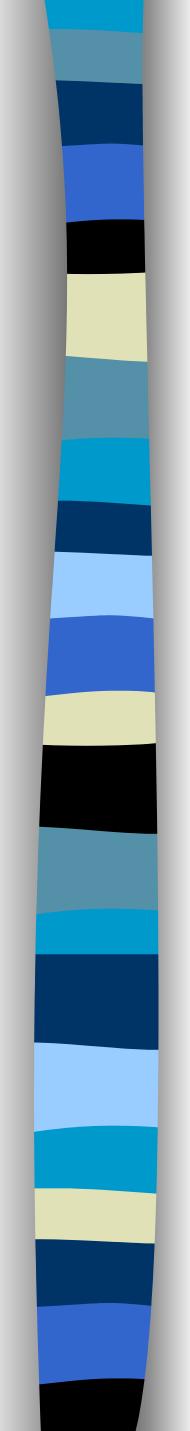
- “Allah does not deduct from man’s allotted time those hours time spent on the water.”
  - *Response by Mike Hock when his wife asked why he seldom was home in the summer*



# Self rescue

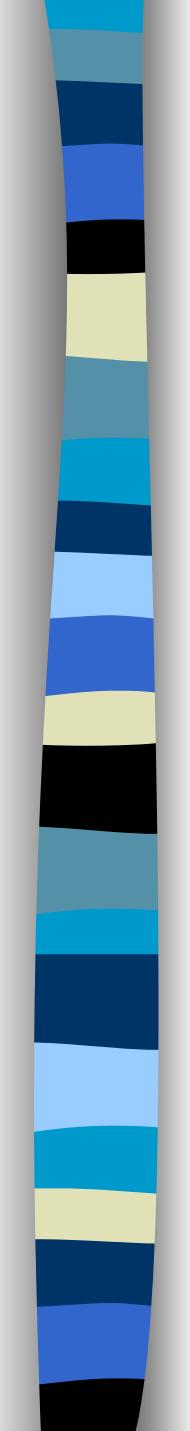


Getting back in your boat  
with a 2<sup>nd</sup> human or alone



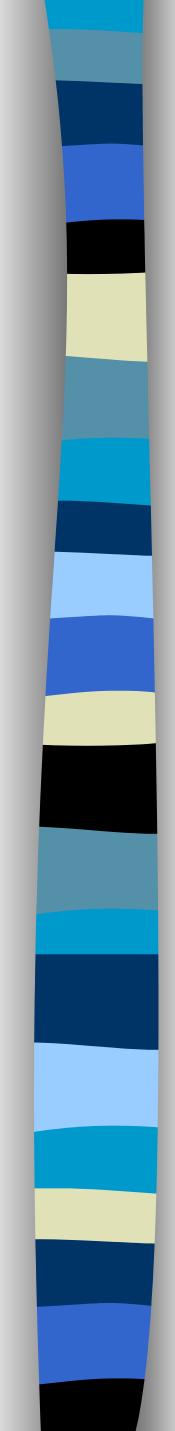
## *Jumping out, tandem (2 guys)*

- Never lose contact with the canoe!
- Stern (back) guy in charge; stop; stow
- On command, stand on keel, butt in the air, hold gunwales (sides), set jump side
- Put jump-side hand fingers inside boat
- On command, hop with feet together, hang on jump-side & let go other
- Land tail-first



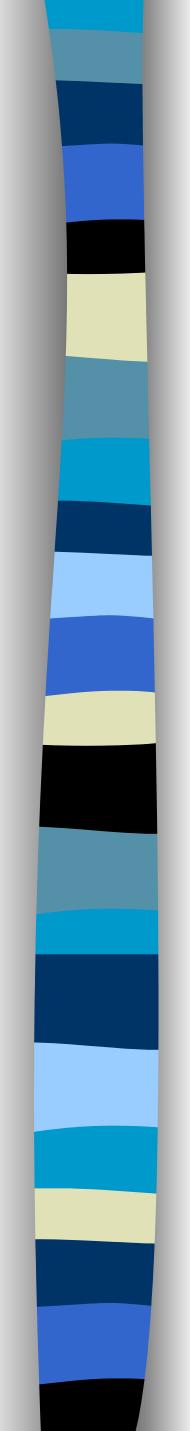
# *Capsizing the boat*

- The start: just like jumping out – stand & get ready to capsize
- On command, lean slowly toward the side & press down to the water
- Hold on to the low side, let go the other
- Hang on while you get your stuff
- Feel you are *very cool & looking good*



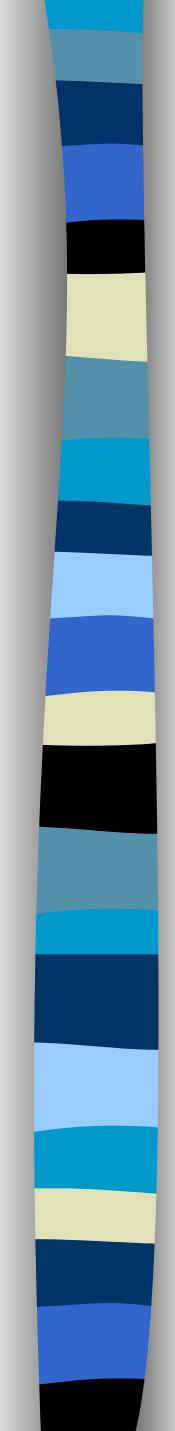
## *Changing places, tandem (2 guys)*

- Stern (back) guy in charge; holds
- Bow (front) guy stows his stuff
- On command, bow guy moves back
- Your choice: bow guy shifts or not
- Stern guy, low, moves forward; holds
- [New] stern guy moves back, in charge



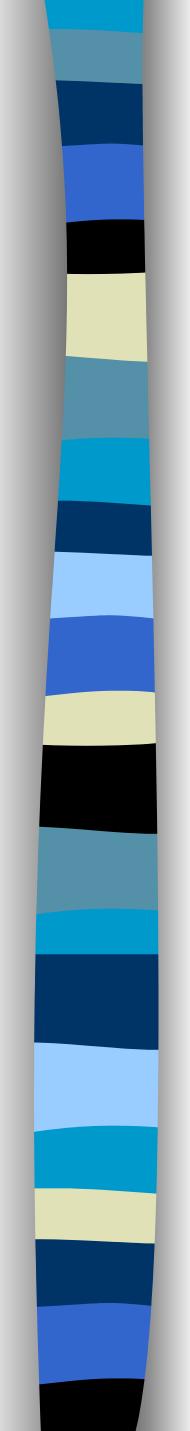
## *Getting back in, tandem (2 guys)*

- Work together!
- Opposite sides, one just front of center & one just back, hands on the gunwale
- On command, kick up until arms straight
- Lean in, roll over, fall in tail-first
- If one falls, the other lets go!
- Otherwise, hang & crawl, weak guy 1<sup>st</sup>



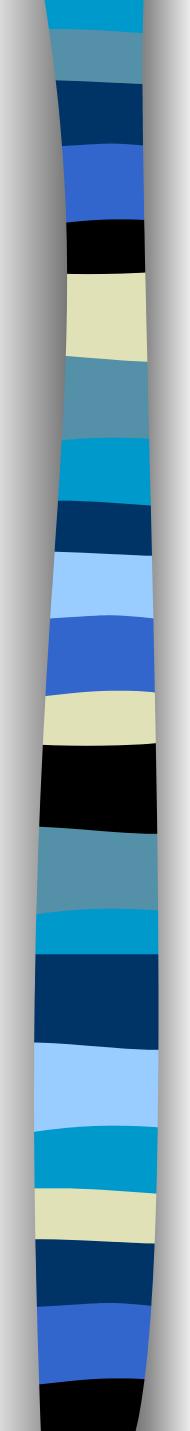
## *Getting a capsized boat going*

- Heads up!! You'll sit facing each other!
- Crawl back in slowly, together; balance
- Or one hold & the other move in, then the first guy lean while other crawls in
- You can paddle with hands or paddle
- If paddle, hold both arms straight out & paddle nearly horizontal



## *Getting back in, solo (alone)*

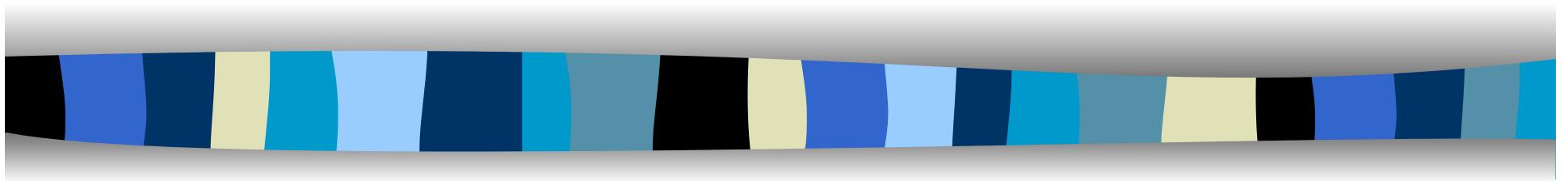
- Keep cool! Keep contact with boat!
- Flop-over: gunwale under your arms, hands flat on the bottom @ curve (bilge), straighten arms so boat leans
- Duck head, kick, bend arm & drop shoulder, roll hips over gunwale
- Tuck & roll in, head & shoulder first, land flat head under thwart, knees up



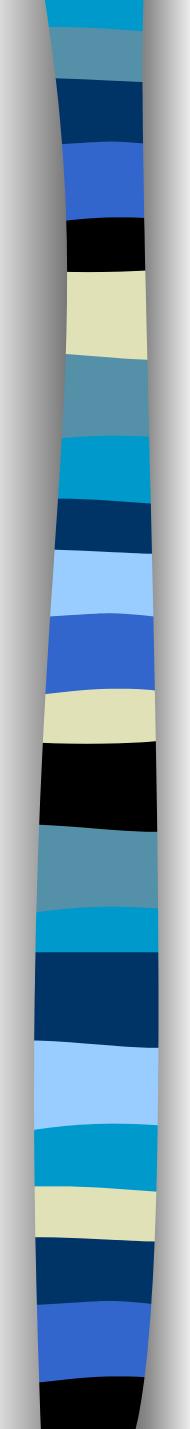
# *Emptying your boat of water*

- Walk to shore, take stuff in, hold boat
- Go to chest-deep water with the boat
- On the same side, roll boat over you
- Hands on gunwales or seat on shoulders, talk it over for a minute
- Stand up (tipping the boat to side breaks the airlock), drip dry, go to shore

# Canoe-over-canoe?

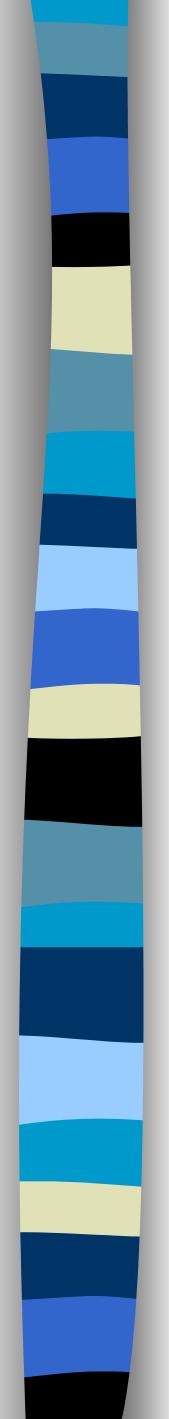


Getting back in with a  
partner & a *buddy boat*



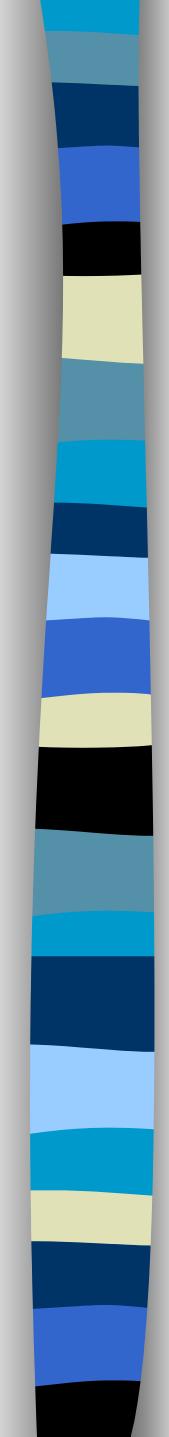
## *Canoe-over-canoe #1*

- Forget about the gear – watch the guys
- Work together!
- Tell guys to get on opposite side from your approach & hold onto their boat
- Grab the boat & tell guys to hold onto *your* canoe, away from their boat
- Put their boat 90 degrees to yours



## *Canoe-over-canoe #2*

- Work together – watch the guys!
- Turn the capsized boat bottom up
- Lift the end near you onto the gunwale of your canoe
- Ease the boat across the gunwales until it's balanced & let water drain



## *Canoe-over-canoe #3*

- Work together – watch the guys!
- Roll the boat over on your gunwales
- Slide the boat back into the water
- Hold the boat by its gunwales alongside your boat & command the victims to climb back in one at a time
- Tip the boat toward victims; use a loop?