



01 CAPSIZE PROCEDURES

Numbering off

When the boat is loaded and ready to paddle the sweep calls “number off”.

Numbering starts with the drummer, followed by the front left paddler (lead stroke), the front right paddler and so on down the boat.

The sweep keeps note of how many are in the boat.

Paddlers note their paddling partner. Your partner is your buddy if a capsize occurs. Look after each other to make sure each of you are safe.

Lead strokes buddy the drummer. Rear 2 paddlers buddy the sweep.

Boat capsize

The sweep is in control of the crew, and in a race situation, awaits the arrival of safety boats.

Stay calm and ensure your own safety first. If you come up under the boat swim to the side and surface.

Check for your buddy. If you can't see them, tell the sweep and paddlers around you immediately. Continue to search.

All paddlers are to move evenly along the side of the boat and around it to stop it rolling over. Swim around the boat. Don't swim under the boat.

The sweep immediately calls for a head count, starting with the person on their left at the back and going down and around the boat from left to right.

If a paddler is missing check under the boat. If they can't be found, call 000 when safe to do so.

If the boat is upside down, leave it capsized except if:

- otherwise instructed by a safety boat
- it's rolled back under the sweep's instructions to support paddlers by holding onto the gunwales.

Don't separate from the boat.

Only swim the boat to shore if all the below apply:

- the boat is upright
- it's done under the control of the sweep
- the swimmers are capable and not at risk.

Swim with your buddy if instructed to swim to shore.

The sweep continues to do head counts.

Race days

Follow the procedures above but don't swim the boat to the shore unless instructed by a safety boat.

The sweep communicates with the safety boat and advises them of the head count.

Training when a second boat is present

The second boat is not a rescue boat.

The sweep advises the second boat of the head count. If a paddler is missing the second boat raises the alarm.

Endorsed by SADA Committee	2/12/2023
Date these procedures apply from:	2/12/2023
Review date:	2/12/2025