



White Squall Paddling Centre  
Nobel Ontario - 705-342-5324  
[info@whitesquall.com](mailto:info@whitesquall.com)  
[www.whitesquall.com](http://www.whitesquall.com)

## **BASIC RESCUE**

### **LOUNGE/YARD (10-15 min)**

- Avoidance/Skill/Gear triangle - your best safety gear is your brain!
- Sea State/Shoreline/Wind (Group) triangle - Red/Yellow/Green (red is veto!)
- know limits/skill of self/partners
- energy check as on-going assessment of group
- loose hips save ships, safety vetos saves lives!
- assign leadership-esp. when with friends, stress "travelling community"
- play "what if?" game and get rid of ego.... "it can't happen to me!"

### **AT BEACH (10-15)**

- circle check of body,buddy,boat,gear and sea state/terrain
- check p-float (alcohol wipe) /pump/spare paddle

### **ON WATER (til 3:30)**

- hover(pod) /raft options, signals-vis/audio & rescue priorities
- contact towing-demo/practice
- back to beach and get out of boats
- splash about (shows energy used for cowboy entry-fun but not good rescue!)
- demo RAFT/PUMP
- (discuss T Rescue as a quick empty in calm but not so good with load in waves)
- buddy up-practise RAFT/PUMP (optional scoop rescue)
- gather at dock & demo-self rescue (*sponsons/paddle float together*)
- sponsons add larger measure of safety
- practice paddle float only ( sponsons as option at end for those interested)

### **SUMMARY**

- discuss where rescues can advance to eg line tows, slings, unconscious swimmer
- learned skills needs constant practice otherwise you lose them