

Capsize Procedure

1st Rule: sweep is the official maritime captain of the boat you must obey their calls before all others till the rescue officer takes over.

Every training you should number off starting from seat 1 left, seat 1 right and so on ending with the sweep then caller.

In an event of a capsize

1. **Let go of your paddle** (it could knock someone on the head, don't worry it will float).
2. **Go with the roll** (it will happen in slow motion).
3. Push with your feet if you are on the top of the roll.
4. When you surface, **look for your buddy**.
5. If the boat is upside down, do not roll it till the sweeps says (there maybe someone under there and you will knock them on the head).
6. The sweep will ask for a number off, this will identify anyone missing.
 - a. If there is anyone missing it is likely they are under the upside-down boat.
 - b. The sweep will elect one person to dive under and guide the person back.
7. Once everyone is accounted for you can **SLOWLY** roll the boat upright.
8. The sweep will **ask if anyone is in distress** i.e.. Leg cramp, asthma. o If anyone is in distress, that person should go on board the rescue boat when it assists. If it not nearby, that person should be placed in the middle seat in the upright boat with their buddy for assistance.
9. **Hold on to the sides of the boat** – it will float, as it has a double hull.
10. **Leave seat 1-3 empty** so the rescue boat officer can hook up to the front of the dragon boat and tow you all into safety.
11. The team is then to bail their boat.
12. The rescue boat officer will call in an emergency assistance if required.
13. Once all are safe the rescue boat officer can then assist with the retrieval of paddles