



The Community Boating Center
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Wet Exit & Recovery Course Syllabus

Course Description: The class will demonstrate to and instruct students in additional self and assisted rescue techniques to enable the paddler to have alternatives to the “standard” methods taught in the Introduction to Sea Kayaking series of classes. Having multiple rescue skills increases safety margins for kayakers, as changing water conditions or other circumstances may render some methods impractical or impossible.

Students will need to be prepared for lengthy immersion in cold water. In addition to wetsuits (with paddle jackets) or drysuits with extra insulation, it is recommended participants wear paddling gloves, nose clips, and hoods or close fitting (and secure) wool or poly hats. Glasses straps and goggles strongly recommended for eyeglass and contact lens wearers, respectively.

Course Hours: 3.5 hrs

Course Cost: \$89 + 1hr free rental

Prerequisites: some prior kayaking

Course Objectives:

- Self-Rescue
 - Paddle Float Re-entry w/out using deck straps or bungee cords.
 - Scramble vs. Heel Hook
 - “Cowboy” Re-entry (no use of paddle float)
- Assisted Rescue
 - Scramble vs. Heel Hook
 - Between the Boats
 - “Hand of God”
 - Eskimo

Course Materials Provided by CBC:

- Life jackets
- wetsuits

- Sea kayaks
- Instructor, instructor to student ratio 1:4 or greater
- Safety equipment

Course Materials Provided by Student:

- Personal gear - rain gear, UV protection
- Snacks
- Warm change of clothes
- Closed toe water shoes - can be tennis shoes

Tentative Class Schedule:

Sample Daily Lesson Plans

Below is a general outline of the class itinerary. It is often modified due to weather conditions and/or the pace of student learning.

On Land:

- **Introductions (5 min)**
 - Instructor introduces themselves and kayak experience
 - Participants introduce themselves to the group including kayaking experience and what they hope to achieve with this course
- **Cold-water immersion talk (5-10 min)**
 - Water temperatures vary from as cold as 48* to 55*+ in the summer
 - Need to dress for immersion even if you are not planning on getting wet but still balance not overheating
 - Options for clothing
 - Drysuit
 - Wetsuit
 - No immersion gear
- **Gear Sizing (20-30 min)**
 - Kayaks & Paddles
 - Check hatches to make sure they are dry
 - Adjust foot pegs to fit
 - Wetsuits, spray jackets, spray skirts, PFD
 - Paddle float & bilge pump
- **Instructor walks through wet exit & paddle float self-recovery technique on land (5 min)**
 - Tip boat
 - 3 taps on boat - alert others you capsized and that you are ok
 - Disengage spray skirt and wet exit
 - Gather gear
 - Boat
 - Paddle
 - Slip paddle float on paddle
 - Be sure to wrap the buckle around shaft of paddle twice
 - Inflate paddle float
 - Orient yourself to the stern of the boat, keep paddle as perpendicular to the boat as possible
 - Re-enter kayak

- Pump out water with bilge pump
- Reattach spray skirt
- Deflate paddle float
- **Talk about other re-entry methods such as cowboy & assisted (5 min)**
- **Take kayaks to edge of shoreline (5 min)**
- **5 minute break to use restroom, eat, and grab a drink before heading out (5 min)**
- **Enter kayaks and paddle to open area (5 min)**

ON WATER:

- **Demonstrate wet exit and paddle float recovery (5 min)**
 - Step by step walk through demonstrated by instructor or student while others are watching
 - Make note of where in the bay the wet exit happened and how far the person and kayak moved by the time they were back in the boat to help emphasize staying with your kayak!
- **Each participant goes through 1 or 2 wet exits and self-recoveries using the paddle float technique (30 min +)**
- **Demonstrate an assisted recovery with the instructor being the helper and a student doing the wet exit (5 min)**
 - Walk through the steps with all the participants
 - Wet exit including three taps on the boat, disengaging the spray skirt, and exiting the boat, then recover all gear (kayak & paddle)
 - Person helping with the recovery checks to see if the person is ok then orients themselves perpendicular to the capsized kayak
 - Perform a T-rescue
 - Empty as much water as possible from kayak & flip upright
 - Get the kayaks side by side, bow to stern
 - Counter balance the boat as the paddler crawls back into their kayak using the heel hook method
 - Do not let go of boat until paddler is fully in and ready to paddle
- **Participants pair up and do assisted rescues together (20 min)**
- **Talk about other rescue types and possibly perform & practice depending on time**

On Land:

- **Kayak back to boat launch, pull kayaks out of water, carry back to CBC yard (10 min)**
- ***Change if people are cold before starting to take care of gear***
- **Rinse & hang up gear, rinse kayaks, put gear away (15 min)**
- **Debrief and answer any questions (5+ min)**