

T-RESCUE

If a boat capsizes and another paddler is nearby, a **T rescue** is an excellent technique to use.

1. My boat has capsized. Katy (still afloat) paddles toward the front of my boat.
2. Her goal: Position her boat so it is perpendicular (in the form of a T) to the bow of the capsized boat.
3. I perform a wet exit and swim to the back of my overturned boat.
4. I execute a big frog kick and push down on the back of my boat; Katy simultaneously lifts the front. The action breaks the suction created by the cockpit combing, making it easier for Katy to place my bow on her deck (so the 2 boats roughly form a T).
5. Katy rocks my tipped boat back and forth to empty water from the cockpit.
6. She and I right the capsized boat.
7. Katy repositions her boat so it is:
 - parallel to my boat
 - facing my boat (stern to bow)
8. Katy takes my paddle.
9. Katy stabilizes my boat by leaning hard into it with maximum body weight.
10. I use a frog kick to swim under my boat and surface between the 2 boats.
11. Keeping my weight very low, I put my feet into my boat's cockpit.
12. Balancing my weight between both boats, I face Katy's boat (so I can lean on either boat) and swivel into my cockpit.
13. Katy stabilizes the 2 boats as I reenter the cockpit.
14. She helps me reattach my spray skirt and hands me my paddle. We're ready to go.

PADDLE FLOAT RESCUE

Following a wet exit, how do you reenter your boat when you're paddling solo? Use a **paddle float rescue**.

1. Following a wet exit, grab your paddle and boat. Wind can carry them away faster than you can swim.
2. Reach under the capsized boat and grab your paddle float. It is a rolled-up piece of material normally stored under the bungee cords on your boat's deck.
3. Hook one leg inside the boat's cockpit. Why?
 - To keep the boat from drifting away.
 - To permit use of both hands.
4. Unroll the paddle float, open one of the tubes and inflate the chamber.
5. Slide a paddle blade into the inflated sleeve.
6. Clip the sleeve to the shaft to secure it in place.
7. Take your feet out of the cockpit and flip the boat right-side up. How?
 - Reach under the capsized boat.
 - Grab the far edge of the combing and pull it toward you while pushing on the hull section nearest you. The boat should roll over like a log in the water.
8. Place the paddle on the boat and
9. d perpendicular to the boat (like an outrigger).
 - The blade with the paddle float goes in the water.
 - The bare blade stays on the boat, out of the water.
10. Gripping the paddle and using it as a brace, execute a frog kick (a 2-legged thrusting motion) and push your body out of the water, keeping weight low and close to the boat.
11. Keep a hand on the paddle; balance your weight between the boat and the paddle float; slip your body into the cockpit.
12. Use your bilge pump to purge water from the cockpit.
13. Leave the paddle float in place for stability until you reattach your spray skirt.