



## **Kamloops Interior Dragons Society (KIDS)**

### **SAFETY PROTOCOL - BOAT CAPSIZING**

#### **IF A BOAT CAPSIZES YOU MUST FOLLOW THIS SAFETY PROTOCOL:**

1. **LISTEN TO THE STEERSPERSON.** The steersperson will tell you what to do.
2. **HOLD ON TO THE HULL OF THE BOAT.** If you are underneath the boat **immediately** swim under the gunnel (gunwale) and then hold on to the hull.
3. **QUICKLY LOCATE YOUR SEATMATE.** If you are unable to locate your seatmate advise the steersperson **immediately**.
4. **IF YOU ARE SEPARATED FROM THE BOAT, LOOK FOR CALM WATER.** Try to swim to the shore with the current at a 45-degree angle. Attempt to get into slow-moving water before standing up. This helps you to avoid getting your foot caught in rocks, which may result in being pushed over by the current and held under the water. If you are swept downstream position your body with your feet first.
5. **ALWAYS BE AWARE WHEN YOU ARE IN FAST-MOVING WATER.** Look to avoid pinning situations including rocks, bridge abutments, trees and other obstacles. You may have to swim away from them.
6. **IF THE STEERSPERSON TELLS YOU TO SWIM ASHORE** you will be directed where to swim to.
7. **WHILE SWIMMING TO SHORE TRY TO SWIM AS A GROUP** so that stronger swimmers can help weaker swimmers.
8. **AVOID HYPOTHERMIA** by getting out of cold water as quickly and safely as possible.
9. **THE STEERSPERSON WILL ADVISE YOU IF THE BOAT SHOULD BE TOWED TO SHORE** and, if so, the manner in which this will be done.
10. **IF YOU HAVE ANY QUESTIONS AFTER READING THIS PROTOCOL, PLEASE ASK A COACH OR STEERSPERSON FOR FURTHER INFORMATION.**