

On-Land Boat Capsize Simulation Drill

In all situations the Sweep is to remain in control of the boat

Drill Setup

This on-land drill covers a simulated boat sinking, capsize or man overboard.

- Paddlers stand around the outside of the boat (with paddles) in approximate seating positions.
- Sweep requests crew to do initial head count/number off as per standard boat boarding.

Our main concern is the participants' / crews' welfare

Things to consider:

- Crew members unable to swim 50m fully clothed should be wearing a PFD (Personal Floatation Device) correctly fitted.
- If a boat is sinking most of the crew should be still inside the boat shell.
- If a boat capsizes, all or most of the crew should be on one side of the boat initially.

Boat sinking

- Crew to remain calm.
- Crew to stay inside the boat shell if safe to do so.
- Crew to check your buddy (person seated adjacent to them) is OK.
- Sweep will request a verbal head count of crew in your seating positions starting from the drummer / left hand stroke.
- Boat shell should only sink to water line.
- Crew to stay within the boat unless instructed otherwise by the sweep.
- Crew to stay together and wait further instructions from the sweep.

Boat capsize

- After capsizing and coming to the surface, check you have no injuries.
- Check on you buddy, do they have any injuries? Assist your buddy back to the edge/gunwale of the boat. Report any injuries to the sweep.
- Assist any other crew member that may need assistance back to the edge/gunwale of the boat.
- Stay with the boat, do NOT go under the boat.
- Do NOT try to recover your paddle unless it is next to you and safe to do so.
- Sweep will request a verbal crew head count starting from the stern/rear of the boat in an anticlockwise direction.
- Sweep to confirm the correct number of crew on board that left shore.
- If anyone is missing, crew to feel only under boat to check for missing person/s – there is air always trapped in an upturned boat.
- If unable to locate missing person/s, contact emergency services IMMEDIATELY
Call '000'.
- Crew to locate themselves evenly around the edge/gunwale of the boat for stability.

- Wait on rescue boat if available – any injured crew should be loaded into the rescue boat first and given first aid.
- If no rescue boat is available, the sweep may issue instructions to carefully turn the boat right side up and swim it and the crew to the nearest accessible bank. If this is not possible, the sweep may issue instructions for all the crew to swim together (as a group) to the nearest point of land if safe to do so.
- It is important that all crew swim together; stronger swimmers helping the weaker ones.
- On arrival at shore, the sweep will undertake another head count.
- During winter months or in alpine waters it is important that crew members do not remain in the water longer than necessary. Immersion in cold water will result in hypothermia.

Man Overboard

- Crew to remain calm.
- Sweep will call to 'Stop the boat'.
- Sweep to determine location of crew member overboard.
- Sweep to call out to crew member overboard if they are OK or injured?
- Sweep to instruct crew on manoeuvring the boat adjacent to the crew member overboard.
- Sweep to again confirm condition and safety of crew member overboard.
- If safe and practical to do so, attempt to assist crew member back on board at the front or rear of the boat while other crew members hold their paddle blades flat on the water and adjust in the boat for weight distribution.
- If unsafe or not practical to re-enter the boat have the crew member overboard hold the side gunwale of boat at the rear (bench 9 or 10) and have the crew gently paddle back to the nearest point of land. This position at the rear of the boat allows the sweep and another on board crew member to watch and support the person overboard.
- If the sweep has gone overboard, the coach (or nominated person in charge) to call 'Stop the boat'.
- Have another sweep (or nominated person in charge) take control of the boat and follow the same procedure as per above to recover the sweep overboard.