

# Why come to the pool sessions?

The main reason to come to pool sessions are that certain things are easier to learn here because:

- the water's warmer than outside;
- the water's cleaner and not flowing anywhere;
- it's shallow enough for someone helping to stand beside you;
- it's quick to empty a boat and get back in after capsizing it.

These things make the pool a more comfortable environment in which to...

- practice 'wet exits' (getting out of the boat when upside down);
- practice basic/essential rescue techniques (for getting back into a boat in deep water);
- practice balance, tipping the boat, brace strokes and suchlike;
- learn to 'roll' the boat (NB: what kayakers mean by 'rolling' a boat is righting it from a capsize without coming out of the boat).

Many people attend the sessions with learning to roll as their main objective, and work on the other things at the same time. If you want to learn to roll you should concentrate on this as it may take lots of time to learn. If you are particularly nervous of capsizing then the pool offers a good environment in which to work on simple capsizes (even if you don't learn to roll back up).

## What to bring

Generally you just need to bring swimming 'stuff' (costume, towel). We have exclusive use of the pool. You may also wish to bring goggles, and many people also find a nose-clip helpful when learning to roll.

## What's better learned elsewhere?

Generally anything which involves a moving boat (like paddling technique) is difficult to learn in the pool because of its size.

## Notes

The people helping you will be unpaid volunteers. You are expected to be responsible in regard to your own safety and that of others. Children should have a responsible adult with them and are expected to behave appropriately. Water causes drowning. Paddles blades have quite sharp edges. Pool edges are slippery and hard. Pool sides may be cluttered with kayak equipment.

# A list you can use to plan what to learn in the pool

## Basic safety if the boat capsizes:

1. getting out of the boat
2. getting out of the boat when fitted with a spraydeck
3. getting out + holding onto the boat and paddle
4. doing all this in a relaxed manner, perhaps with eyes closed (pretending the water is muddy) and/or without preparation

## Deep water rescue (getting into the boat in water)

1. getting back into a boat with help from second paddler (who empties your boat)
2. being the second paddler (doing the rescue)
3. 'all in' rescue (like above but two paddlers rescue each other)  
(also other rescue technique such as...)
4. hold onto another person's boat or paddle to right the boat)
5. 'hand of God' rescue
6. rescue of entrapped paddler

## Boat technique

1. Balance - how far can a boat be tipped before it capsizes, how do different boats respond?
2. Edging - holding body upright tip the boat to one side.
3. Edging in a turn (as above, but with a moving boat)

## Bracing (preventing a capsize)

1. Low brace/support stroke
2. High brace/support stroke
3. Practising these a lot to help to make their use instinctive (with someone tipping the boat to simulate waves etc)

## Rolling (righting a capsized boat while still in it)

1. Getting your body used to the idea that you are trying to right the boat before you try to get yourself out of the water (fighting the instinct to get your head out of the water first).
2. Working out where to put the paddle and how to move it in order to provide the support you need to right the boat (while upside down and holding your breath).
3. Refining this - a roll on cold moving rock filled water is very substantially more difficult!