

## Controlled Kayak Capsize Demonstration

This is a great first plan B activity if you can't sail, on a beautiful summers day, with no wind, whilst teaching the children a life skill.



As always the first demonstration is on the beach, make sure everyone is watching.

You just need 2 sprite kayaks, 2 paddles, and 2 volunteers. They are to decide who will be rescued and who will be the rescuer.



Blue is going to be the rescuer and Green is going to need rescuing. Green gives Blue their paddle, Blue stows both paddles down the side of their kayak, out of the way. Green leans as far over as possible, trying to reach an imaginary object in the 'water' with both hands. This flips kayak over. Green is now swimming.



Green now has to get the front of kayak on top of the Blue kayak, either by lifting the toggle and giving to Blue,



or  
'Swimming' to other end of Green kayak and pushing end down under water which makes the front lift up, so Blue can grab the toggle.



Green now 'swims' to other side of Blue, grabs hold of Green toggle with both hands and puts feet flat on side of Blue kayak, and starts to pull the kayak over the top of Blue, pushing with their feet, until half way.



Now it's time to see saw Green kayak over the Blue Kayak, this action will empty the water out of the Green Kayak.



Down and up again, whilst Blue person holding on to the cockpit of Blue kayak so it doesn't slide off.



Green person grabs the cockpit edge and pulls the Green kayak towards them, lifting at the same time.



Flips Green Kayak over



Slide Green Kayak beside the Blue  
Now to get back in to Green kayak. Blue holds on to the green cockpit with both hands, Green person 'floating' on their back, right hand holding onto the cockpit edge.



Left hand stretched out ready to swing left arm over to hold on to the other side of cockpit, at same time swinging left leg over to get foot into the cockpit, rolling whole body into the cockpit. This is the hardest thing for the children to do, once in the shallow water, they may need a bit of help



Get both feet into the cockpit and roll back over to sit down.  
Blue can hand back the paddle.

All done

Do the children want to see it again before they all have a go?  
Blue and Green can swap places and do it all again.

### Shallow water Controlled Kayak Capsize

Now you can take the children in pairs with 2 kayaks, with a parent/ instructor close at hand with each pair, to assist, in calm, shallow water. So the children can easily touch the bottom.  
It would be good if each child has a go at being rescued and being the rescuer.  
This is a great life skill.

Easy way to empty swamped kayak on the beach, or when hosing it.



Kayak needs to be upside down.



Strongest person to lift their end first, whilst person at other end holds it steady down on the ground.



Lift other end, whilst first person holds steady.



All done.

Lift one more time and flip empty kayak over