

# Instructors Kayak Session

## How to do a double Kayak rescue

This is a great confidence building exercise , save for a calm day. Start with two confident trainees to go first, so the others can watch.

You need 2 kayaks  
2 paddles  
2 volunteers  
1 PB with WW instructor and another adult.

Let the adults paddle out far enough so they can't reach the bottom, making sure there is nothing to drift onto whilst doing this exercise. PB to shadow them and offer verbal support.



Both to capsize their kayaks



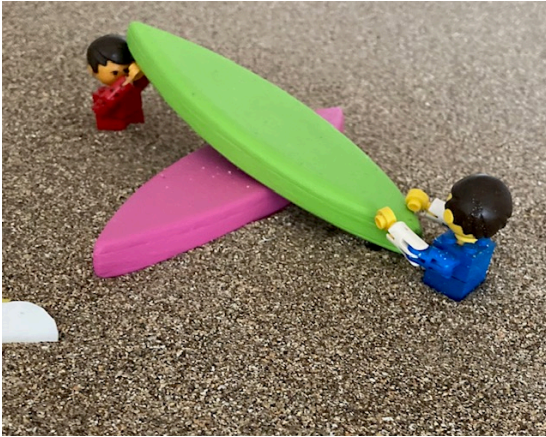
Keeping their paddles close at hand, both swim and push the kayaks to form a capital "T"



The green kayak is going to be emptied first, and has to slide on top of the pink kayak.



The Pink kayaker can pull the toggle with both hands, and push on the pink kayak with both feet, until the green kayak is in the middle, on top of the pink kayak. The green Kayaker can help by pushing.



Once the kayak is in the middle, with both holding a toggle, see saw the green kayak on top of the pink kayak, up and down about 3 times



When it is empty, holding each end flip the Kayak on its side.



Then over .



Now slide the green kayak off the pink kayak.



Time for one of the kayakers to get in to the dry kayak. With one kayaker on each side of cockpit, one to hold it firmly to stop it tipping, the other to float on their back, one hand firmly holding the closest side of the cockpit, other arm stretched out, with feet facing the front. Prepare to throw left hand over to reach the other side of cockpit, at same time throw left leg over to get foot into the cockpit.



Once in the cockpit, bring in right leg, and roll over, and sit down.



Swimmer can bring back both paddles, to stow in kayak.



Swimmer can bring over the other kayak, line up to put over the bow of the green kayak, and repeat the process again. Refer to the “Kayak Info & Capsize Demonstration Brief” for how to right a single kayak.