

How To Use A Kayak Tow Belt

If you are going to be counted as a Kayak Instructor in the Ratios for the on the water session today, then you must wear a tow belt. They are stowed in the Wetsuit/ Vests locker. Put on, and return, at the end of your session at same time as your buoyancy vest. The belt must be adjusted for a snug fit, but it must still be able to slide round your waist. Keep the bag behind you when not in use.

You may need to tow a child in a kayak because they need help to catch up with the rest of the fleet, you want to take them closer to shore, or they are just getting tired and need a rest.



First slide the bag round so it is in front of you, paddle to the child's kayak, grab the toggle at the front of the kayak and hold it. With the other hand stow your paddle, pull out the tow rope and grab the carabiner. Clip the carabiner onto the tape below the toggle. Talk to the child to reassure them.

Before letting go of the child's kayak, explain what is happening next, if they are not paddling they can stow their own paddle now, or they may wish to keep paddling behind you.



If the child is going to paddle tell them they must follow the back of your kayak, in your wake, and to listen for any further instructions, **Remember, lots of praise.**

Slide the tow bag behind you, pick up your paddle and start paddling, keeping the tow line taught.



When ready to stop towing, stop paddling, turn slightly so you can see the child, explain what you are doing. Pull tow bag round to your front, stow paddle and pull the tow rope in, stuffing into bag as you go. When you reach the carabiner, unclip it. Holding on to the kayak, and talking to the child, explaining what to do now. **Lots of praise**

Stow your tow line back in the bag, close, and slide round to your back, out of the way

Careful you don't get tangled with the tow line or lose your paddle!



All Tow lines must have a quick release, at least at one end, in case of emergency.

In this case, just unclip the belt round your waist, and throw overboard. The bag will float and the other end will still be attached to the kayak toggle.

Once unclipped, tiny yellow buoy will keep the carabiner from sinking, but the fluorescent rope does not float, this applies to the 4 smaller coloured bags.

The single bigger tow rope belt in the locker, has a thicker floating rope.

Note not to be used with/by the PB

Also in the locker there are a few adult kayak vests with attached tow ropes as well.

At end of session, please return the Tow Belts to their hook in the locker. If the belt has been used, dip in the vests box to wash, (not wetsuits box as it has disinfectant in it) and stuff rope back into bag, before hanging up.