

PLAN B - STAY SAFE ON THE BOAT

These demonstrations need flat water.

In the following activities, Coastguard use a small inflatable in the shallow end of a swimming pool. We could use our own inflatables, in shallow water, don't use the motor, you can anchor, or have 2 instructors holding PB in about 1m of calm water.

As our hulls don't have a flat bottom, to sit flat on the sand, each demonstration will have to be done in knee deep water first,

Ocean To Boat Rescue - This can be a group activity



Use teamwork to get everyone on the boat safely. Pair up the most confident, strongest student with one of the least confident students to get in the boat first. Ensure that there is another confident strong student remaining in the water to assist other students.



Once they are in the boat then they can rescue their team mates. They do this by holding on to the shoulder strap of their Buoyancy Aid, one on each side, they pull them on board, sliding them across the centre bench seat, so as not to be face first into the hull, and they can easily move out of the way, and help balance the boat. A useful technique for pulling people from the water into a boat is to grab hold of their shoulder straps, bounce them 3 times in the water (without getting their heads wet) then pull them in using the momentum gained. The children can take it in turns being rescued and rescuing others.

Upturned Boat

Our WW children will have already done an opti capsizing session, righting in shallow and deep water, and going into the airspace of an upturned hull. Plus a swim back to shore with a buddy in whilst wearing a buoyancy aid. *TICK*

Scuba Exit Boat



The scuba exit is the easiest way of getting everyone out of the boat safely, and builds confidence.

Children sit on the side of the PB's buoyancy tube, feet in the boat. Firstly they check behind them for debris in the water, instruct them to place one arm diagonally across their chest holding down their Buoyancy Aid, the other hand should be placed in front of their nose and mouth, thus protecting their airway. Instruct them to take a deep breath then blow out as they leave the boat.

Children can practice sitting only at this stage. Once in deeper water they can have ago falling backwards.

Water Entry/Stepping Off Boat Into Water



Child standing on the buoyancy tube. If too nervous, they could sit on the side.

One hand is placed over closed mouth and squeezing nose thus protecting their airway, the other arm diagonally placed across the chest holding their buoyancy vest down.

This could be demonstrated in the shallow water, with a confident child, but no one is to step off the buoyancy tube until water at least 1m deep. then they can get into position and take a step of the boat when ready, entering the water with their legs set in a V shape as if taking a stride.

An instructor should have hold of the bottom of their buoyancy aid to help steady them.

Universal Signal For Help



Once the children have jumped into the water using both methods, let them practice the help signal. One hand raised.