

# I.3 Capsize Training

## Objective:

**All participants know what to do if they capsize.**

Before taking part, everyone in rowing should be instructed on safe procedures in the event of a capsize (for all boat types):

- **Stay with the boat** and use it as a life raft.
- Get out of the water and on top of the boat quickly to reduce heat loss.
- Take precautions before going afloat to reduce the risk of capsize or swamping.
- Have the means to get help.

## Responsibilities

### Everyone

- Knows what to do in the event of capsize or swamping for all boat types.
- Attends any capsize training as required by the club.

### Club

- Ensures all members know what to do in the event of capsize or swamping.
- Promotes a higher level of duty of care for junior, beginner and adaptive rowers.
- Has policies in place for those who have not been trained particularly junior, beginner and adaptive rowers.
- Records capsize training of each member of the club and makes this available to all its coaches.
- Organises capsize training in a local swimming pool or another safe setting to practise:
  - Getting on top of the boat
  - Lying on top of and paddling a boat
  - Calling for help
  - Buddy rescue
  - Recovery using a throw line
  - Getting back into the boat
  - Developing confidence in the boat (balance drills)

### Event

- Provides adequate safety cover for capsized or swamped crews.

### Coach

- Instructs rowers on causes and avoidance of capsize and swamping.
- Instructs rowers in safe capsize and rescue techniques following capsize or swamping.
- Is aware of rower's capsize training.
- Follows the policies set out by the club.

## Further information

RowSafe 1.2 Swimming Competence

RowSafe 4.1 Cold Water Immersion & Hypothermia

RowSafe 7.5 Juniors

RowSafe 7.1 Beginners

RowSafe 7.4 Adaptive Rowing

British Rowing "Stay with the Boat" poster

British Rowing – Cold Water Immersion Further Guidance

Royal Life Saving Society – [www.rlss.org.uk](http://www.rlss.org.uk)