

# 1.9 Swimming & Capsize/Swamping Training

## Are you able to rescue yourself or others?

### Responsibilities

#### Personal

- Know what to do in the event of capsize or swamping
- Attend any swimming tests and capsize training as required by the club
- Inform the club of your current swimming ability



#### Club

- Ascertain that all members participating in rowing are competent and confident in and under the water and able to swim to at least the minimum standard
- Ensure all members know what to do in the event of capsize or swamping of all boat types
- Ensure a higher level of duty of care is promoted with juniors, beginners or adaptive athletes

#### Coach

- Instruct your athletes in safe capsize and rescue techniques following a capsize or swamping
- Be aware of your participants' swimming ability and capsize training

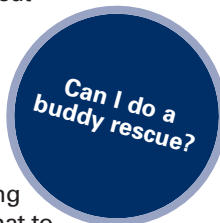
#### Competition Organisers

- Provide adequate safety cover for capsized or swamped crews

## Minimum standards to be adopted

All participants must be instructed on safe capsize techniques (for all boat types) including:

- The need to **stay with the boat** and use it as a life raft
- Precautions to be adopted before going afloat to reduce the risk
- The need to get out of the water quickly and on top of the boat to reduce heat loss
- The effects of water temperature, water conditions and clothing
- Why boats turn over or get swamped – how to avoid this and what to do if it happens
- The means of summoning assistance and how to plan for this



All participants in rowing must be able to demonstrate both competence and confidence in and under the water by:

- Swimming at least 50 metres in light clothing (rowing kit)
- Treading water for at least two minutes
- Swimming under water for at least 5 metres

Participants unable to demonstrate the minimum standard must wear a personal flotation device (PFD).

Clubs must ensure swimming ability and capsize training is recorded for each member of the club.

## Further good practice

(In addition to minimum standards to be adopted)

Clubs should organise capsize training in a local swimming pool or equivalent safe setting to practise:

- Getting on top of the boat
- Lying on top of and paddling a boat
- Summoning help
- Buddy rescue
- Recovery using a throw line
- Getting back into the boat
- Developing confidence in the boat (balance drills)
- Attendance at drills should be documented
- The swimming ability of all members should be assessed at appropriate intervals and documented to allow easy access by coaches



## Further information

#### Row Safe – related sections

- 1.8 Cold Water Immersion & Hypothermia
- 2.1 Safety Aids
- 3.1 Beginners
- 3.2 Juniors
- 3.3 Adaptive

#### ARA website

- Stay with the Boat poster

#### Other

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

