CAPSIZE INFORMATION

In General:

1. Prevention:
   a) "Brace the boat" during a combination of unexpected wakes, swells and, or strong winds
   b) Always steer into a large swell or wake
   c) To increase the stability of the boat, have paddlers lower their center of gravity & spread the weight in the boat by bending over & shifting their body to the outer edge of the boat

2. Boat is Swamped:
   a) The boat will float upright with either the sides below the water or barely out of it.
   b) Try to remain still, avoid making sudden movements, and have paddles bracing the boat.
   c) Tighten PFD straps or, put a PFD on if you're not wearing one.
   d) Carefully begin bailing the water out.
   e) If a crew member was washed out of the boat, instruct them to:
   - hold onto the rim but not pull it down to increase their buoyancy.
   - assure them they will either be pulled back into boat when enough water is bailed, or they will be required to hang on while the boat paddles away slowly.
   f) If necessary, steer by using voice commands.

3. Boat is Capsized:
   a. As the boat turns over, roll with the motion and dive away to avoid getting hit by the rim flipping over.
   b. Stay with the boat:
      - It will float turned upside down

- Hold onto the boat but do not push down to increase your buoyancy

c. Pull PFD straps tight around you
   - water will loosen straps;
   - the PFD will help keep the body core warm
   - the straps are used to pull you out of the water.

d. those not wearing a PFD
   - seat mate to assist putting it on.

c. Pull PFD straps tight around you
   - water will loosen straps;
   - keep the body core warm
   - .

d. Put a PFD on if you're not wearing one.

4. Steers to give the crew these directives:
   Request Crew to
   a) Hold onto the boat.
   b) Be calm and relax to conserve energy and body heat and, tighten your PFD straps:
      - To maintain body core warmth.
      - The rescue boat will the straps to pull you out of the water.
   c) Ask if anyone is injured or needs help, and have seat mates to stay together. If necessary, use a paddle to extend your reach for another teammate.
   d) Start a safety count as soon as possible starting from the steers. Do this twice to verify the count.
   e) If a person is missing
      - Sweep underneath the boat with an extended arm or use a paddle very carefully.
      - If necessary, assign the best and strongest swimmer to dive underneath to assist a trapped person. *(rescue procedure to follow)*
   f) Blow the whistle to call attention from shore or other boats.
   g) Wait for rescue boat if it is sight and coming.

h) In the meantime, decide if turning over the capsized boat is needed. *(procedure to follow)*
i) When the Rescue boat arrives:
   - Decide which steers or coach with the best expertise & experience should take command & control of the rescue operation.
   - Request special assistance if needed.
   - If necessary, use a Throw Bag line to assist the rescue and, or help flip capsized boat over

Capsized Crew Assignments

Strokers
a) reinforce the steers request for calm and sweep under the boat for anyone trapped underneath.
b) During the voice count, engage others to participate to get an accurate count.
c) Stay with those needing assistance: non-swimmers and those needing first aide or showing serious distress/symptoms.

Crew – with supervision of the steers:
a) Hold the rim of the boat but do not pull down to increase your buoyancy.
b) Verify your seat mate and "rescue buddy" is uninjured and, tighten your PFD straps.
   - If a person is without a bench mate; form a "buddy group" with the bench in front or behind.
   - Never move or swim away from the boat to retrieve equipment instead, use an extended paddle.

Engine Room – when requested by Steers:
a) Assist to lift the crew into the rescue boat.
b) Help flip the capsized boat over and begin bailing water out.

4. Rescue Boat

Steers command and preparation:

a) Vacate seats 4 & 6 for the rescued.
b) Assign seat 5 (engine room) to perform rescue - each pull one strap of the PFD. Priority of rescue:
   - Injured or seriously distressed
   - Non-swimmers.

   (*procedure to follow)*
c) Approach the capsized boat down wind and, depending on wind and water conditions, slowly come within 6 to 8 feet of it.
d) At the Scene
e) Strokers to sit backwards facing the steers to relay directives, observe those in the water, and the rescue procedure.
f) Crew firmly brace the boat
g) Decide Command: which steers or coach with the most expertise & experience, should take command & control of the rescue operation.
h) Ask if special assistance is needed.
i) If necessary, use a Throw Bag line to assist the rescue and, or help flip capsized boat over

Note: Champion boats and 10-man small boats are less stable and as a result, may make water rescue more difficult.

SOME DETAILS OF PROCEDURES TO FOLLOW:

Rescue of trapped person underneath the boat:

a) if the person is responsive:
   - calm the person down and check for injury.
   - assist pulling them out by having them
     - grab the rim of the boat
     - take a deep breath, duck their head, and pull their head down into the water to clear their PFD and push away from the boat until they can surface.

- remove their PFD only if absolutely necessary.

b) If a person is nonresponsive,
   - Pull them out, give first aide, and call Emergency Marine Radio Channel *(see details of protocol for calling 911*)

Up-righting a capsized boat

c) Turn the boat over from the bow and, stern using the steering harness. (*procedure to follow*).

d) Bail water out of the boat.
   - When enough water is removed, lift someone into the boat to continue bailing.
   - Depending on the situation,
     - Option #1: Most of the water is bailed, everyone gets in the boat & paddles away.
     - - Option #2: Only some of the water is bailed: half of the crew or, the weakest and injured crew get into the boat & paddle while the rest stay in the water holding onto the sides.

OTHER NOTES:

a) Stay with the boat. If rescue aide was contacted, it's easier to find and pick you up quicker than trying to find you scattered in the water.

b) Swim to shore only if there are serious safety issues staying with the boat and, consider the following:
   i. Swim wearing a PFD and, with your rescue buddy.
   ii. If swimming as a group, pair up with your rescue buddy.
   iii. It is common to misjudge the distance to shore.
   iv. Cold water will sap your energy quickly, impair your ability to swim and, as a result lead to physical exhaustion and, or hypothermia.
   v. Currents can move you away from your intended destination.

vi. Close to shore, waves or swells may push you onto submerged sharp rocks or get you entangled in debris.

Emergency Response Operator contacted from *CHANNEL 16 (Marine Radio)*

a) You will be asked: *"What is your emergency?"*

b) Describe the accident. For example: *"There has been a boating accident and there are 22 paddlers in the water"*

Other Questions You may be asked:

c) your location? (name of the lake, river, and landmarks)

d) how many people are involved and is anybody missing?

e) age and gender of people?

f) are victims conscious or unconscious

g) are victims breathing or not breathing

h) is CPR being performed

i) is CPR required

j) time of incident

k) how many boats are involved?

l) the name of a contact person and the contact information?

m) will there be someone to meet the paramedics?

- Assess extent of injuries and give First Aide. If necessary use the Marine Radio Phone for emergency aide.

Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C). Hypothermia

results from prolonged exposure to cold weather / water conditions and may result in serious health issues.

- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C)
- Left untreated, severe hypothermia may progress to unconsciousness or death
- Early recognition and prompt medical attention is key.
  o Initiategentlere-warmingasquicklyaspossible.
  o Removeanywetorconstrictiveclothing.
  o Coverwithblanketsorsleepingbags.
  o
  Protectfromfurtherheatloss:eliminatecontactwithcoldsurfaces,andshield
  from wind and moisture.
- Don't forget to protect everyone from the factors that originally lead to the situation
  Source: Alberta Health Services. Cold Weather Safety Tips. January 2020
  https://www.albertahealthservices.ca/ems/Page16935.aspx

2. Hot Weather Hyperthermia

Hyperthermia occurs when the body produces more heat than it can cope with or it cannot cool down fast enough. Hyperthermia results from prolonged exposure to hot weather / water conditions and may result in serious health issues.

Symptoms of heat-related illnesses include some / all of the following:

- Heat rash (prickly heat) occurs when the sweat ducts to the skin become blocked or
  swell, causing discomfort and itching.
- Heat cramps occur in muscles after exercise because sweating causes the body to lose
  water, salt, and minerals (electrolytes).
- Heat edema (swelling) in the legs and hands, can occur when you sit or stand for a long
  time in a hot environment.

- Heat tetany (hyperventilation and heat stress) is usually caused by short periods of stress in a hot environment.
- Heat syncope (fainting) occurs from low blood pressure when heat causes the blood vessels to expand (dilate) and body fluids move into the legs because of gravity.
- Heat exhaustion (heat prostration) generally develops when a person is working or exercising in hot weather and does not drink enough liquids to replace those lost liquids.
- Heatstroke (sunstroke) occurs when the body fails to regulate its own temperature and body temperature continues to rise, often to 40.6°C (105°F) or higher. Heatstroke is a medical emergency. Even with immediate treatment, it can be life-threatening or cause serious long-term problems.

  When recognized in the early stages, most heat-related illnesses, such as mild heat exhaustion, can be treated at home.

  • Stop your activity, and rest.
  • Get out of direct sunlight and lie down in a cooler environment, such as shade or an air-

  conditioned area. Elevate your feet. Remove all unnecessary clothing.
  • Cool down by applying cool compresses or having a fan blow on you. Place ice bags

  under your arms and in your groin area, where large blood vessels lie close to the skin

  surface, to cool down quickly.
  • Drink rehydration drinks, juices, or water to replace fluids. Drink 2 qt (2 L) of cool fluids

  over 2 to 4 hours. You are drinking enough fluids if your urine is normal in colour and amount and you are urinating every 2 to 4 hours. Total rehydration with oral fluids usually takes about 36 hours, but most people will begin to feel better within a few hours.

• Rest for 24 hours and continue fluid replacement with a rehydration drink. Rest from any strenuous physical activity for 1 to 3 days.

• *Don’t forget to protect yourself from the factors that originally lead to the situation*