

## What should you do if you Capsize ?

### 1. **STAY AFLOAT**

Avoid submersion of your head and face.

### 2. **STAY CALM**

Know that the effects of cold water shock will pass.

### 3. **STAY WITH THE BOAT**

If rescue is likely, stay with the boat, it is your life raft!

### 4. **GET OUT OF THE WATER**

Get yourself or as much of your body as possible out of the water onto the hull of your boat as quickly as possible.

### 5. **STRADDLE AND PADDLE (if on a single)**

In a single scull, if there is no-one to rescue you, or if other dangers are present then with your torso over the upturned hull, paddle the boat with your arms to the nearest point of safety. If you are able, pull yourself out of the water to sit astride the hull and paddle using your arms.

### 6. **CHECK EVERYBODY IS THERE (crew boats)**

In a crew boat check all members of the crew are out from under the boat, in coxed boats do not forget the cox! Use a buddy system if appropriate.

### 7. **DON'T SWIM**

Unless rescue is immediately to hand or other danger is imminent, don't swim.

Cold water can impair your swimming ability no matter how good a swimmer you are in a warm pool. Tests on Olympic swimmers showed that cold water severely affected even *their* ability to swim.

Do not make the decision to swim even a relatively short distance in cold water you may not make it!

When in the water you may underestimate the distance or direction that you do have to swim.

### 8. **H.E.L.P YOURSELF**

If you are separated from your boat, if it is not safe to remain with your boat or if you remain immersed away from the shore:-

Remain as still as possible to conserve heat, treading water and swimming will increase heat loss.

If you have something that floats then hold onto it.

Adopt the heat exchange lessening posture (HELP) posture if you can, this will be easier if wearing a PFD. If in a group huddle together or link together and adopt the help posture. Keep facing your nose and mouth away from the oncoming waves.

