

# SKSA Rescues & Recoveries

## Thoughts

In the event of a capsize, knowing your rescue skills is especially important so you can help yourself, or someone else. There is no better time than now to develop or refine your rescue techniques.



**Prerequisites:** None, but SKSA Beginning Kayaking is recommended for best results.

## Next Step:

*ACA Level-2 Kayak Skill Assessment or ACA Level-3 specialized courses.*

## Topics Covered

We will cover assisted (bow rescue, T rescue) and unassisted (paddle float, sling assisted) rescue techniques.

## Details and Requirements

This 3 hour class, designed for the intermediate paddler, has no prerequisites but works best with *ACA Quick Start Kayaking*. The course is planned for group participation in a suitable flat-water environment such as a lake, cove, pool or similar protected water.

**Basic Equipment** includes a properly outfitted kayak with paddle and related safety equipment including PFD, spray skirt, paddle float, pump and sling. This equipment will be provided for the beginner, although it is best to use your own equipment if available. Please advise us on any equipment you plan to bring, before the class.

**Personal Equipment** recommendations include clothing suitable for immersion (synthetics, no cotton) and water shoes (no open-sided sandals). The student should come prepared for frequent periods of immersion while practicing rescue skills. Some students prefer to use nose-clips, earplugs, and/or swim goggles during immersion – all are acceptable, but should be rigged to avoid entanglement. Other items of personal responsibility include sunglasses, sunscreen, hat with visor, bug repellent and spare (dry) clothing. In cooler weather or on windy days a wind breaker may also offer comfort.

**NOTE:** We are not responsible for lost or damaged personal items. Plan to leave electronic keys, cell phones, etc. on shore or in a floating, waterproof container. Consider retention aids for prescription glasses, hats and other items dear to you.

## Special Requirements

Please bring a commitment to serious fun and a spirit of adventure. In order to best serve you please advise us of any personal issues when registering so that we can prepare in advance for special paddling equipment. Let us know in confidence of any medical issues prior to the start of class. We can accommodate most concerns.

## Costs and Fees

Class Fee	Boat and Gear Rental	ACA Participation Card
\$75.00	Included	Not Applicable