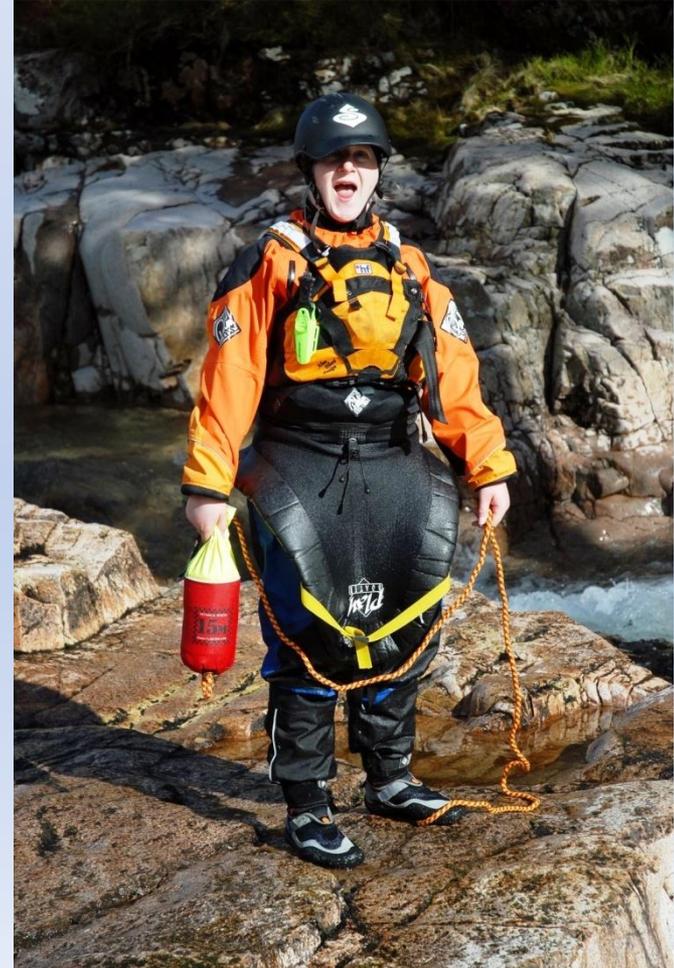


SUCC RIVER SAFETY TALK [YEAR]





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GETTING READY – WHAT TO WEAR

- Wetsuit and/or Thermals
- Dry Cag
- Spray Deck
- Buoyancy Aid
- Helmet
- Shoes



If at any time you feel very cold please make sure you notify your river leader.

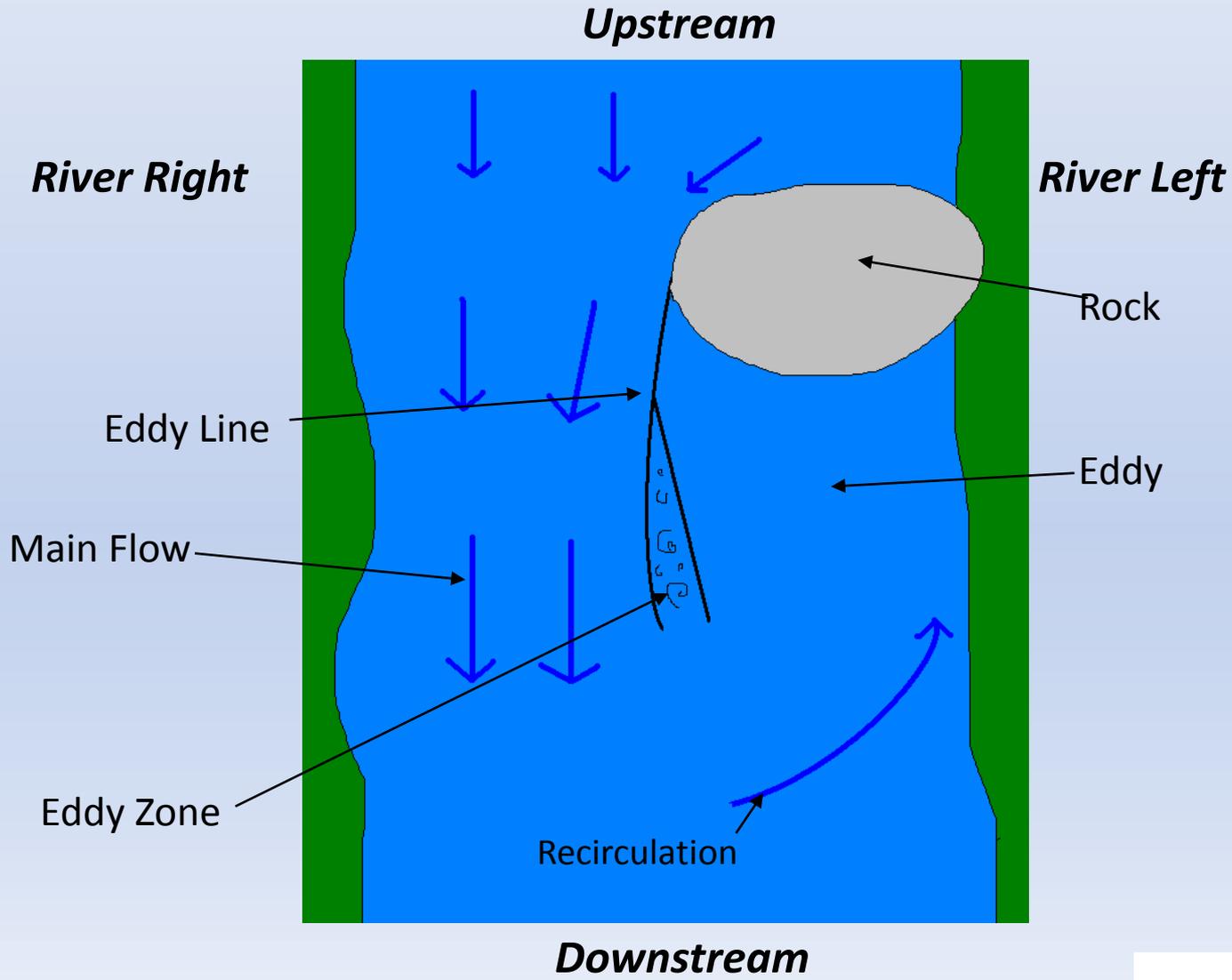
COMMUNICATION ON THE RIVER

- Each group will have a briefing on dry land before you start to paddle, pointing out hazards, order, leaders, etc.
- Important to learn river signals as you won't always be in hearing range.
- Maintain eye contact – essential for giving the right person the right command.
- Acknowledge signals!
- Signals –

Stop Come to me

Eddy out Move left/right

READING RIVERS – BASIC TERMINOLOGY



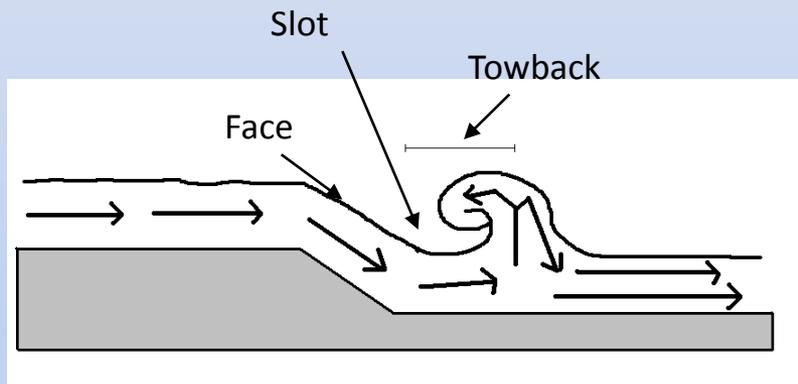
PADDLING – TOP TIPS

- **Keep Paddling** – Paddle strokes provide support and momentum. You are far more stable if you keep paddling through a feature.
- **Lean Forward** – Your boat is most stable when you lean forward. Don't lean back when you paddle into a wave

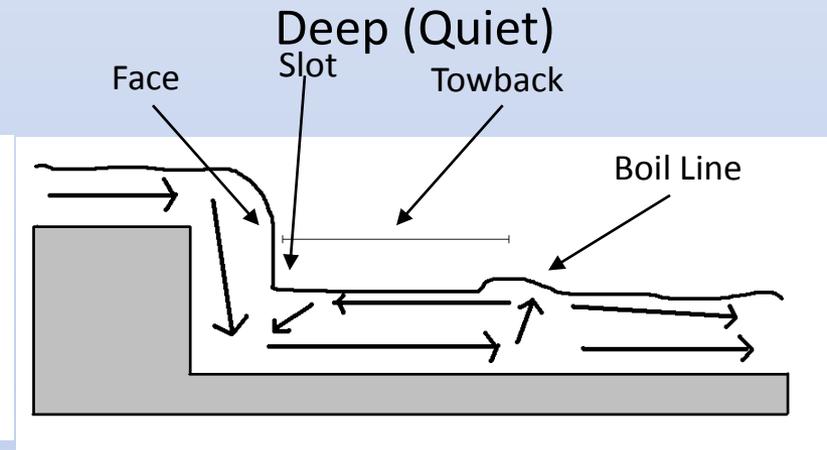


READING RIVERS – FEATURES

- **Standing Waves / Wave Chains** – Formed from fast moving water hitting a layer of slow moving water. Just paddle through or stop and play....!
- **Stoppers** – Surface (Noisy)



Noisy Stopper



Quiet Stopper

Weirs:

- Weirs can produce **dangerous** stoppers. This is due to being man made, hence symmetrical and often without a weakness.
- Weirs are noticeable by the calm water above, an event horizon, buildings and concrete constructions.
- Be wary of playboaters playing in the wave below

READING RIVERS – HAZARDS

Rocks:

- It is possible to get stuck against or 'pinned on' a rock or any object in the water.
- The current can hold you firmly onto the rock and try and tip you over.
- To avoid this, hug the rock and lift your upstream edge.

Strainers:

- Any obstruction that will allow water to pass through, but not a boat or a swimmer.

Examples are: Branches, Roots, Fences, Steel Reinforcing

If you are going to hit one....

DO NOT HOLD ON TO BRANCHES - HUG ROCKS, HATE TREES

SWIMMING



SWIMMING TECHNIQUES - DEFENSIVE

- When swimming, the first and greatest risk is a hand or foot entrapment.
- **DO NOT EVER** stand up in the middle of a flow.
- Only hold on to equipment in slow, safe conditions. Otherwise, leave it and get out. Kit can be replaced. You cannot.

- **Defensive swimming:**

Lying on back, using your hands to steady yourself.

This allows you to see what's going on, push off rocks with your feet, protect your head from impact, and absorb knocks on your bum and buoyancy aid rather than knees.

SWIMMING TECHNIQUES - AGGRESSIVE

Aggressive Swimming:

- When you see an eddy you have to make, turn on your front and front crawl like mad!

Cross eddy lines in a similar way as boating – high up and at 45 degrees

Roll over on the eddy line

- Follow the line your leader leads you down the same as if you were still in your boat. They can see better and will lead to down the safest lines.

RESCUING USING THROWLINES

- **Throwlines – Receiving**

Lie on your back, hold line over your shoulder.



Fig 15 – Receiving a Line

[Courtesy of Graeme Brautigam]

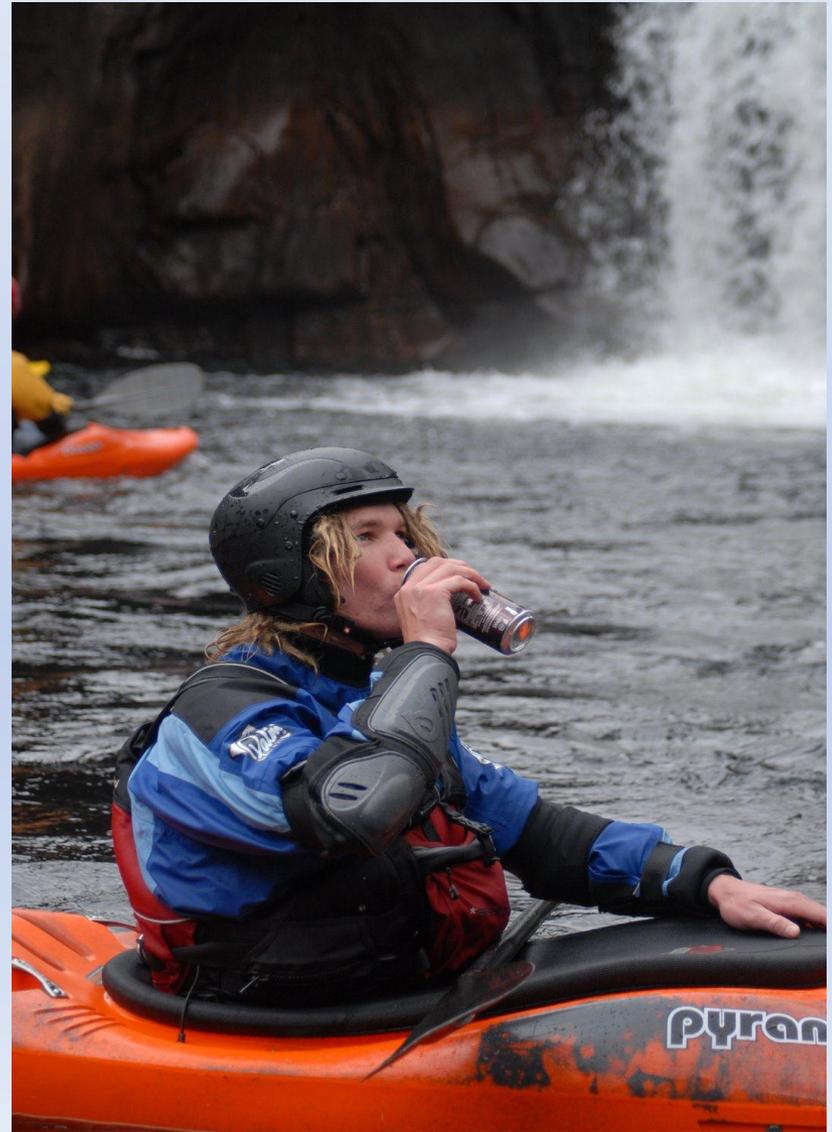


Fig 16 – Holding a Line

[Courtesy of Graeme Brautigam]

AFTER A SWIM...

- Eat some river chocolate or have some Relentless!!
- Hug and Thank your rescuer (if *he* asks you for your phone number say no – he has to do better than that!!).
- Get back in your boat and prepare for the next awesome rapid :)



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THE END – NOW GO AND PADDLE!



ACKNOWLEDGMENTS AND REFERENCES

Acknowledgments:

- Photos from SUCC members and Graeme Brautigam
- Sheffield University Canoe Club
- Tripper for useful discussion about the presentation

References:

- Franco Ferrero: White Water Safety and Rescue [Pesado Press]
- <http://www.tomparkercoaching.co.uk/>
- <http://www.ukwhitewater.co.uk/>
- <http://www.bcu.org.uk>

If you want to learn more about safety and rescue on rivers, watch out for future courses which will be advertised on the mailing list.