

# Volunteer Safety Boater Training Outline

## 1. Introduction:

1. Welcome MetroParks brief overview
2. Introductions (staff/participants)
3. Agenda/overview, goals, & expectations

## 2. Equipment Descriptions and Design

1. Types of rescue aides
2. Types life jackets and overview of how to put our variety of life jackets on participants
3. Safety Equipment (whistles, throw bags, tow lines, etc.)
4. Other equipment (signal device, gear, etc)

## 3. Safety Discussion in more depth

1. Proper ratios
  1. Positive paddler – can rescue self and others
  2. Neutral paddler – can rescue self
  3. Negative paddler – needs to be rescued
2. Understanding and recognizing signals
  1. Go this way
  2. Get attention/problem/emergency
  3. Are you okay/I'm okay
3. Order of rescue
  1. Rescuer – people first gear second
  2. Rescued –
    1. Get out from under boat
    2. if in current be on upstream side of boat nose and toes in the air feet downstream
    3. hang onto your gear if at all possible, when in doubt let go – people come first, gear second

## 4. Preparing for class

1. Properly fitting PFD's
2. Hand out paddles
3. Assign boats

## 5. Water Entries

1. Boat Parallel to shore/dock – 1 Instructor demos, other instructor stays on shore to help participants
2. Participants perform

## 6. Wet Exits

1. Instructors demonstrate as they explain them
2. Demonstrate how to get water out of boat
3. Practice individually with instructor in the water with each person

## 7. Stroke Review

1. Sweeps
2. Forward
3. Reverse
4. Draws

## 8. Rescue Demonstration

**1. Self rescues**

1. Swim to shore, towing

**2. Assisted rescues**

1. T-rescues (boat over boat to empty water then put boats parallel and rescuer reaches over their boat to grasp rescue boat to get back into boat)
2. heel hook

**3. Other rescues if there is extra time**

1. Stirrup – cockpit and paddle
2. sling with paddle between two boats
3. Face up (get between both boats, face up, swing legs up and then into cockpit...)
4. cowboy up and pump (climb up over stern and then use bilge pump to empty boat out)
5. back deck rescue
6. raft-reenter and pump
7. snow plow/boat bumping technique

**9. Conclusion/Closing /Wrap-up –**

1. Re-cap
2. Next step/program
  1. Let them know upcoming class schedule and how to progress into Open Water
3. Questions
4. References:
5. Evaluation