

CAPSIZE PROCEDURE

Should the skiff become fully Inverted

- Coxswain/Other - call coastguard "**Mayday**" call on your marine radio, **Channel 16**
- In event of capsize **STAY CALM & BREATH DEEPLY**
- **Remember to Pull Cord** to inflate your life jacket - should it not be an automatic life Jacket
- **Stay with Skiff** - do not swim away from the skiff. A capsized boat allows you to be spotted more easily in the water
- Take a head count
- Hold onto anything that floats & hang on

Keep arms & knees tucked up into body (**H.E.L.P Position**) to retain body warmth

H.E.L.P / HUDDLE



Rowers **stay together** in the **HUDDLE position** - holding on to each other to conserve body heat and to support one another

- Don't waste extra energy (You may need it later)
- If you are separated from the skiff & others and have nothing to grab onto - **FLOAT** (Treading water **wastes energy** and can induce hypothermia faster than floating)
- Wait till help arrives
- **The golden rule is to stay with the boat**