

## Seattle SAKE Capsize Drill

Once a year. Every year.



**Purpose:** Each year, we drill to learn/re-learn dragon boat recovery, to improve how we react during a capsize and to gain confidence as a team that we, and our teammates, know what to do in an emergency. Stronger teams are built from working through challenges together. Even the most experienced crews capsize.

### AT THE DOCK (DRILL)

ACTION	DETAIL
<b>LISTEN</b>	<b>TO STEERSPERSON INSTRUCTIONS AT ALL TIMES</b>
<b>USE</b>	<b>CLUB PADDLES (DRILL)</b> <ul style="list-style-type: none"> <li>Easier to locate in the water</li> </ul>
<b>INSPECT</b>	<b>PFDs PROPERLY SECURED &amp; IN GOOD REPAIR</b> <ul style="list-style-type: none"> <li>Benchmates inspect each other</li> <li>Steers / drummer / workout lead inspect each other</li> <li>Pay attention to PFDs worn under jackets</li> </ul>
<b>CONFIRM</b>	<b>BUCKETS ATTACHED TO BOAT (2 LARGE BLUE, 1 SMALL GREEN)</b> <ul style="list-style-type: none"> <li>BUKs – Clipped to yellow cord on top of bow</li> <li>Champions – Clipped into eyelet bolts (when no drum attached)</li> </ul>
<b>LOCATE</b>	<b>3 ADDITIONAL BAILERS POSITIONED NEAR MID-BOAT</b>
<b>CONFIRM</b>	<b>SAFETY KIT ONBOARD</b>
<b>IDENTIFY</b>	<b>NON-SWIMMERS &amp; ASSIGN BUDDIES</b>
<b>INSTRUCT</b>	<b>IN CASE OF INCIDENT, STAY WITH THE BOAT. STEERS IN CHARGE.</b>
<b>DELEGATE</b>	<b>BACKUP STEERSPERSON</b> <ul style="list-style-type: none"> <li>They will take command if something happens to primary steersperson <ul style="list-style-type: none"> <li>e.g. – falls out of boat or cannot take command</li> </ul> </li> <li>Preferred: Backup is also a certified steersperson</li> </ul>
<b>SHOW</b>	<b>SPARE PADDLE</b> <ul style="list-style-type: none"> <li>Replaces oar if steering mechanism fails</li> <li>Replaces broken or lost paddle when 100% paddling power required <ul style="list-style-type: none"> <li>e.g. low turnout / rough conditions</li> </ul> </li> </ul>
<b>CHECK</b>	<b>WHISTLE ATTACHED TO STEERSPERSON PFD</b>
<b>CONFIRM</b>	<b>2+ CELL PHONES ON BOARD IN WATERPROOF CASES</b>
<b>CHECK</b>	<b>ALL ON BOARD COMFORTABLE WITH WEATHER CONDITIONS</b>

### CAPSIZE (DRILL)

ACTION	DETAIL
<b>EMPTY BOAT</b>	<b>PADDLERS CAN ENTER THE WATER</b> <ul style="list-style-type: none"> <li>From the dock</li> <li>By jumping from the dragon boat (<i>preferred</i>) <ul style="list-style-type: none"> <li>All paddlers should: <ul style="list-style-type: none"> <li>Stay with the boat at all times – it can drift in the wind while people continue to jump out</li> <li>Minimize energy spent swimming</li> <li>Help stop boat drift</li> </ul> </li> </ul> </li> </ul>

<b>CAPSIZE</b>	<p><b>THE BOAT CAREFULLY</b></p> <p>Only 3-5 crew are needed in the boat:</p> <ol style="list-style-type: none"> <li>1. Ensure all paddlers are clear of the boat</li> <li>2. Check that the steering oar was detached and is in the water</li> <li>3. Choose which way to roll the boat</li> <li>4. Sit on the gunwale on that side</li> <li>5. Lean forward and grab on to a bench</li> <li>6. The steersperson (or drill leader) counts down</li> <li>7. Together, the crew falls backwards <ul style="list-style-type: none"> <li>○ This lifts the far side and pushes down the gunwale</li> </ul> </li> <li>8. If you surface under the boat: <ul style="list-style-type: none"> <li>○ There is plenty of airspace</li> <li>○ You will be difficult to hear by paddlers outside the boat</li> <li>○ If possible, get out from under the boat <ul style="list-style-type: none"> <li>▪ Bob yourself up and down until momentum allows you to clear the gunwale</li> </ul> </li> <li>○ If you will need help getting out from under <ul style="list-style-type: none"> <li>▪ Make yourself visible to other paddlers - put your arm under the gunwale and place your hand open on the upturned hull</li> </ul> </li> </ul> </li> </ol>
<b>ASSEMBLE</b>	<p><b>IMMEDIATELY AT THE BOAT</b></p> <ol style="list-style-type: none"> <li>1. If able, collect any paddles or gear along your path to the boat <ul style="list-style-type: none"> <li>○ <i>Unplanned Capsize</i>: Don't go out of your way to collect anything</li> <li>○ <i>Drill</i>: Look out for, and collect, paddles and other equipment</li> </ul> </li> <li>2. Be on the lookout for: <ul style="list-style-type: none"> <li>○ Your benchmate</li> <li>○ Injured or distressed paddlers <ul style="list-style-type: none"> <li>▪ Alert the steersperson as soon as possible</li> </ul> </li> <li>○ Paddlers under the boat</li> </ul> </li> <li>3. Once to the boat, hold onto it</li> <li>4. Steersperson positions themselves at the stern of the boat</li> <li>5. Stay put, remain quiet, and listen for instructions</li> <li>6. If necessary, steersperson will blow a whistle to get crew attention</li> <li>7. <b>OPTION A</b> <ul style="list-style-type: none"> <li>○ Steersperson asks if everyone is OK, whether anyone is under the boat, and whether there are any injured or distressed crew</li> <li>○ When Steersperson is sure everyone has their hands on the boat, they initiate a counter clockwise count, starting with themselves</li> <li>○ Steers then makes eye contact with and point at each next person in the count</li> <li>○ Paddlers give their count loudly and clearly</li> </ul> </li> <li><b>OPTION B</b> <ul style="list-style-type: none"> <li>○ Steersperson initiates a count, starting with themselves</li> <li>○ Steersperson asks if everyone is OK, whether anyone is under the boat, and whether there are any injured or distressed crew</li> <li>○ Paddlers give their count loudly and clearly</li> </ul> </li> </ol>
<b>RECOVER</b>	<ul style="list-style-type: none"> <li>○ If needed, crew members may be asked to reposition for even distribution and to be sure somebody is present at the bow</li> </ul> <ol style="list-style-type: none"> <li>2. Steersperson gives clear instructions for one side to lift and the other to push down on a count <ul style="list-style-type: none"> <li>○ Relative terms like "shore-side" and "lake-side" may be used instead of "port/starboard" or "left/right" which can be hard to</li> </ul> </li> </ol>

	<p>determine when the boat is upside-down</p> <ol style="list-style-type: none"> <li>The paddler at the bow and the steersperson at the stern assist righting the boat by twisting the hull as it goes over</li> <li>Once the boat is righted, steersperson assigns crew to recover gear, if appropriate</li> </ol>
<b>BOARD</b>	<p><b>THE BOAT</b></p> <ol style="list-style-type: none"> <li>Wait until instructed to re-enter the boat</li> <li>While waiting, keep a hand on the gunwale and be careful not to pull down</li> <li>Once instructed, make your way to the boarding area as space allows</li> <li>Steersperson will specifically ask crew, one at a time, to board at the designated area using the method of their choice</li> <li><b>OPTION A</b> <ul style="list-style-type: none"> <li>Steersperson re-enters the boat last</li> </ul> </li> <li><b>OPTION B</b> <ul style="list-style-type: none"> <li>Steersperson is not last to re-enter the boat</li> </ul> </li> <li>Steersperson initiates a final count off of crew</li> </ol> <p><i>Notes:</i></p> <ul style="list-style-type: none"> <li>One side of the boat is typically designated for boarding and the other for bailing</li> <li>The first person to re-enter is usually lighter-weight, in distress or injured</li> </ul>
	<ol style="list-style-type: none"> <li>Pull yourself up <ol style="list-style-type: none"> <li>Other paddlers in the water may try to assist you</li> </ol> </li> <li>Lean your torso over the gunwale and hook a leg</li> <li>Pull yourself in</li> </ol> <ul style="list-style-type: none"> <li><b>Assisted-Rescue</b> <p><i>When Assisting:</i></p> <ul style="list-style-type: none"> <li>Always have at least one hand on the person's <i>body</i>, unobstructed by clothing or PFD (arm, etc.)</li> <li>Never pull only on their PFD as strap failure may occur</li> </ul> <p><i>Methods:</i></p> <ul style="list-style-type: none"> <li>The Partner Bob <ol style="list-style-type: none"> <li>From the boat or water, assist paddler performing The Single Bob</li> <li>Bob the paddler in the water</li> <li>Use their buoyancy to help boost them up</li> </ol> </li> <li>The Step <ul style="list-style-type: none"> <li>Assist from the water by creating a make-shift step using a hand, a knee, or a paddle (two people required)</li> <li>Re-entering paddler uses the step to boost themselves into the boat</li> </ul> </li> <li>The Float (<i>best for most ability / mobility levels</i>) <ul style="list-style-type: none"> <li>From the water: <ul style="list-style-type: none"> <li>Float on your back, hook both legs over the gunwale, and hold up both arms toward paddlers onboard</li> <li>Once your back clears the water, begin a standing up motion – you're now in the boat</li> </ul> </li> <li>From the boat: <ul style="list-style-type: none"> <li>Two people grab ahold of the re-entering</li> </ul> </li> </ul> </li> </ul> </li> </ul>

	<p>paddler using a forearm-to-forearm grip</p> <ul style="list-style-type: none"> <li>▪ Alert crew of pending shift in boat balance – they use their weight to counter it</li> <li>▪ Lift paddler straight UP on a count. It may help to bob re-entering paddler on each count</li> <li>▪ Do not pull paddler parallel to the bench. They will not have enough space to stand up in the bottom of the boat and their rear will catch on the gunwale</li> </ul>
<b>BAIL</b>	<p><b>AS FAST AS POSSIBLE – A LIFE MAY DEPEND ON IT</b></p> <ul style="list-style-type: none"> <li>• Bail water towards the side of the boat not used for re-entry</li> <li>• If a paddler is cold, bailing can help warm them up</li> <li>• Take turns when tired</li> <li>• If not bailing, move to either end of the boat</li> <li>• Steersperson initiates one final crew count</li> <li>• When all crew are accounted for, immediately head for shore <ul style="list-style-type: none"> <li>○ Whether fully bailed or not</li> </ul> </li> <li>• If needed, middle rows may be assigned to bail while remaining crew paddles</li> </ul> <p><i>Notes:</i></p> <ul style="list-style-type: none"> <li>• A dragon boat can be paddled with a substantial amount of water in it</li> <li>• As people board, you may need to: <ul style="list-style-type: none"> <li>○ Shift your weight to counterbalance their re-entry</li> <li>○ Move fore or aft to balance the boat and make room for others' entry</li> <li>○ Move gear fore and aft to keep the boarding area(s) clear</li> </ul> </li> </ul>
<b>RETURN</b>	<b>TO DOCK / SHORE</b>

## WRAP UP

<b>ACTION</b>	<b>DETAIL</b>	
<b>RETURN GEAR</b>	<b>TO OWNERS</b>	
<b>DEBRIEF</b>	<p><b>AT DOCK (DRILL)</b></p> <ul style="list-style-type: none"> <li>• How did things go?</li> <li>• What could we improve?</li> <li>• What did you learn?</li> </ul>	<p><b>AT DOCK / SHORE (ACTUAL)</b></p> <ul style="list-style-type: none"> <li>• If conditions allow</li> <li>• Otherwise, the priority is to get everyone home safe &amp; dry. Debrief occurs at a later date.</li> </ul>