



DOUBLE PACKRAFT RESCUE

Doubles require team work. This can be explained on dry land then actioned in a calm deep pool.

1. Hold on to packraft.
2. Or, all paddlers swim to packraft and hold on
3. Holding on, get paddlers on opposite sides.
4. Stern paddler at stern, bow paddler at bow.
5. Place paddles together across the centre of the packraft. Loop them under the bow backrest straps.

Stern paddler always gets in first

6. Bow paddler holds boat steady, stern paddler enters boat.
 - a. Get body horizontal in the water, feet near surface
 - b. Reach across and grasp thigh brace or back rest strap.
 - c. With a big breaststroke or dolphin kick and arm pull, heave across boat.
 - d. Wriggle, keeping body low, until you are centred - navel to centre
 - e. Spin until your head faces the stern
 - f. Wriggle on tummy towards stern until your butt is over the seat the roll over, and sit up. Get comfortable.
 - g. Place paddles against your body, arms over paddles
7. Bow paddler does the same with the stern paddler leaning away. Holding the paddles and grasping a strap helps.
 - a. Stern paddler can help bow paddler to rotate and when to sit up.
 - b. Hand the bow paddler their paddle
8. Paddle to the bank and sort everything out, or keep on paddling.

Tips

- Don't pull on anyone's arms, pull on their PFD shoulder straps
- Keep the front of your PFD clear of anything that can impede the big heave into the boat
- Never have decklines along the side tubes.
- Depending on time and approaching hazards, the stern paddler can paddle the boat, with the bow paddler holding and kicking, to the nearest bank.

Advanced Techniques - there are techniques for re-entry which can be deployed when paddlers are tired, hypothermic, weak, or too 'bulky', using a sling as a foot stirrup.