

Para-Rowing Capsize & Recovery Drill

Tutor Notes



Aims:

- To provide a model for NF's to use when running their own Para-Rowing capsize & recovery training sessions

Training objectives:

By the end of the training you will be able to:

- Explain the protocols and rationale for Para-Rowing capsize and recovery training
- Describe how you will structure capsize and recovery training
- Demonstrate the elements of a capsize and recovery training

Training outcomes:

Back in your club you will:

- Organise and deliver Para-rowing capsize and recovery training for your NF using this model in which athletes will learn;
 - How to respond to capsize
 - How to assist others who capsize
- Use the supporting materials provided to plan and deliver the training;
 - Videos
 - Training guide
 - Session plan

Requirements:

- Quiet room for the delivery of the introductory theory session which has sufficient space and seating for the all participants
- Computer
- Data projector which can play video and PowerPoint presentation
- Flip Chart, easel - A1pad, and pens
- Training guide
- Clean PR1 single scull with fixed seat and pontoon floats
- Clean set of sculling blades
- Trestles
- Swimming pool (or safe open water space) with a minimum depth of 1.3m (4 feet)

Timings:

Theory : 1hour 15-25mins

Considerations

The first run through of the stages should be a thorough demonstration for the whole group. There should always be at least two helpers, ideally three, in the pool to assist. When working with adaptive rowers the helpers may need to provide further instruction – such as verbal feedback to visually impaired rowers or those with hearing impairments.

- **All** strapping must be able to be released immediately by quick mouth action and compliant with **APPENDIX 18 PARA ROWING COMPETITION REGULATIONS – EVENT REGULATIONS AND/OR DEPARTURES FROM THE FISA RULES OF RACING 8.6.4**
http://www.worldrowing.com/mm//Document/General/General/13/08/95/Appendix18-ParaCompetition2018update_Neutral.pdf
- PR3 Rowers who have a limited range of movement in their ankles or wear a prosthesis should ensure that if they have foot-stretcher's that rely on heel-restraints as a method of release or have in any way made a modification should ensure that in the event of a capsized, are able to safely remove their feet from the boat and compliant with **APPENDIX 18 PARA ROWING COMPETITION REGULATIONS – EVENT REGULATIONS - AND/OR DEPARTURES FROM THE FISA RULES OF RACING 8.6.6**
http://www.worldrowing.com/mm//Document/General/General/13/08/95/Appendix18-ParaCompetition2018update_Neutral.pdf
- Para-Rowers with a visual impairment (PR3-VI) may become disorientated in the event of a capsized. Helpers should assist VI rowers in the pool who may become disorientated and panic.

- Ensure that the poolside surface is adequately protected with no sharp projections and matting for rowers to transfer to and from wheelchair
- When transferring to boat, rowers should avoid sitting on hard surfaces for prolonged periods of time. Care should be taken to avoid sharp projections that may cut or mark during transfer, e.g. riggers and pins. These should be covered using bubble wrap and parcel tape.
- Rowers are advised to protect heels from pressure marking and ensure that they use 'transfer cushions during transfer to poolside
- Important for rowers who rely on lateral stability in the form of pontoon floats, to ensure that they understand that it is possible to capsize the boat.
- PR1/PR2 rowers should not have a foot-stretcher that relies on heel-restraints as a method of release in the event of capsize, as they are likely to have little or no function in their lower extremities. (Recommend nylon heel-cups).
- All Strapping used by rowers should have no mechanical buckles and be released on the same side and in the same manner and direction and compliant with http://www.worldrowing.com/mm/Document/General/General/13/08/95/Appendix18-ParaCompetition2018update_Neutral.pdf
- Rower should demonstrate at embarkation point that he/she is able to release straps in a safe manner
- All hand strapping must be able to be released immediately in a quick and safe manner, preferably mouth action.
- All leg/trunk strapping must be single-point release and compliant with http://www.worldrowing.com/mm/Document/General/General/13/08/95/Appendix18-ParaCompetition2018update_Neutral.pdf
- Poolside helpers should be conversant with up-righting an inverted boat with rowers who are strapped into seats.
- Poolside helpers should understand the method of release for rowing straps and carry a safety knife, so if necessary they can cut straps at the attachment point to seat frame. Example - https://www.amazon.co.uk/gp/product/B00N3I05P6/ref=oh_aui_detailpage_o02_s00?ie=UTF8&psc=1

CAUTION: Being strapped into a seat or to an oar poses some additional issues in exiting a capsized boat. In the event that a rower has difficulty releasing themselves to get out of danger, it is advisable to agree on an 'emergency signal' made by the rower underwater (e.g. thumbs down sign) to alert in-water helpers that the rower needs assistance. Therefore, it is also advisable for helpers to wear swimming goggles, so that they may have a clear view of the rower when they are submerged.

Entry to the boat with checklists

- Not all wheelchair users can transfer from their chair to the floor, so you may need to ask rowers how they would like to do it. Depending on the facility and the wishes of the rower, options may include:
 - Use of a hoist or placing another box/step or bench next to the wheelchair so that the rower is able to transfer from chair to step to floor
 - Some rowers may bring a helper with them who may help to assist by lifting them. This should not be carried out by untrained volunteers.
- Poolside check that the athlete can remove all straps - 'dry release'
- Poolside check to ensure that pontoon floats are correctly attached, and no signs of fatigue in welded structures.

- Use of approved hand-strapping (gloves) for athletes with limited hand function and method of release - <https://www.activehands.com/product/general-purpose-gripping-aid/>

Aids sold individually



- Use of approved safety knife for cutting straps in an emergency situation

examples

https://www.amazon.co.uk/gp/product/B00N3I05P6/ref=oh_aui_detailpage_o02_s00?ie=UTF8&psc=1



https://www.amazon.co.uk/Victorinox-08623MWN-08623MN-Rescue-Tool/dp/B000NHZW6M/ref=cts_lu_1_vtp?pf_rd_m=A3P5ROKL5A1OLE&pf_rd_p=289595248031734904&pf_rd_r=2db376e5-81e5-11e8-877d-d576956ef231&pd_rd_wg=Os9OI&pf_rd_s=desktop-detail-softlines&pf_rd_t=40701&pd_rd_i=B000NHZW6M&pd_rd_w=zwEHE&pf_rd_i=desktop-detail-softlines&pd_rd_r=2db376e5-81e5-11e8-877d-d576956ef231&encoding=UTF8

- Demonstration of the Para 1x stability/instability with single standard pontoons.
- Show PR3 athlete with a prosthesis that engages with footplate and method of release



- Show PR1/PR2 foot stretcher strap cord release

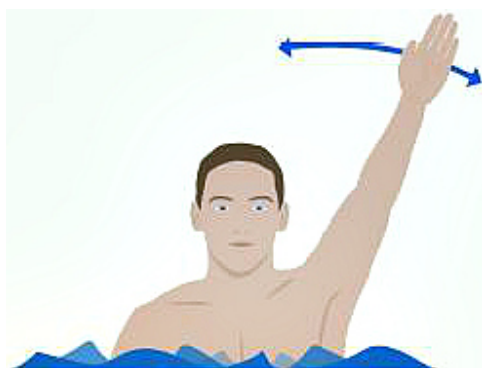


- Emphasise degree of difficulty in up-righting an inverted hull with a PR1 athlete who cannot safely remove straps. Need to have appropriate on water-safety with minimum of 2 personnel.

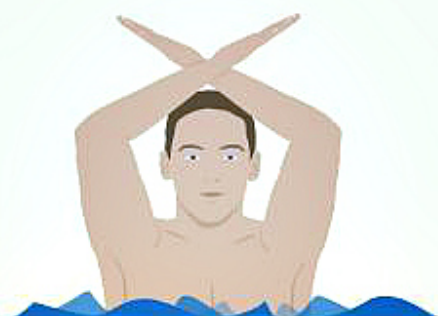
- Demonstration and explanation of why life jackets are not recommended for athletes who use body strapping:
 - Difficulty removing straps
 - Problem with extra buoyancy in an inverted hull making it more problematic to rescue athlete
- Show use of horseshoe inflatable ring for stabilising athlete with mobility issues before athlete can be safely removed from the water



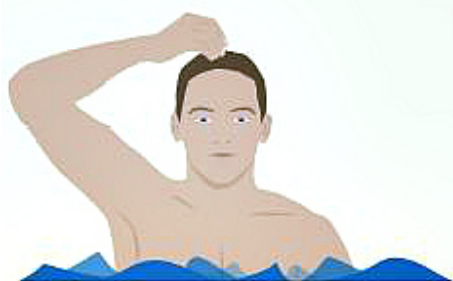
- Emphasise unpredictable response in the event of a capsized boat for athletes with a visual impairment due to disorientation
- Emphasise importance of safe and expedient removal of athletes from cold water immersion who have thermo-regulation issues and are unable to shiver to conserve heat (example spinal cord injury)
- Agree signage between all taking part in capsized drill in case of emergency



1 Assistance required



2 Submerged patient missing



3 All clear/okay



4 Pick up patient



5 Proceed away from shore



6 Proceed towards shore



7 Proceed left



8 Proceed right

Example film shoot sequence



1. Boat on trestles being checked for safety –
 - Bubble wrap riggers
 - Pontoon floats and attachment. Checks for any fatigue to welds on mounting brackets
 - Hatches closed
 - Straps – single point release from same side. Show Biothane tag release
2. Film safe transfer from chair to poolside (use of wheelchair cushion)
3. Film safe transfer to boat
4. Poolside checks –
 - Check that the athlete can remove all straps - ‘dry release’
 - Check that the athlete can release foot-straps
 - Check use of approved hand-strapping (gloves) for athletes with limited hand function and method of release
5. Film use of approved safety knife (Victorinox™) Rescue Yellow Lock Blade Knife) for cutting straps in an emergency
6. Film to show minimum of 2 helpers in the pool to carry out a rescue if needed
7. Film PR1 single scull using ‘standard pontoons’
8. Film agreed signage for emergency
 - OK sign “thumbs-up”?
 - Distress sign “X”?
9. Film capsize with leg strap release only
10. Film capsize with trunk and leg strap release

11. Film athlete being up-righted in the event that athlete cannot release straps?
12. Film foot-stretcher release mechanism (athlete with prosthesis)
13. Film athlete capsizing and underwater release with/without sculling blades
14. Film athlete using the inverted boat to get trunk out of the water (if possible)
15. Film PR3 athlete with a prosthesis that engages with footplate and method of release
16. Film degree of difficulty in up-righting an inverted hull with an PR1 athlete who cannot safely remove straps. (need to have appropriate on water safety with minimum of 2 personnel in the water).
17. Film and explanation why life jackets are not recommended for athletes who use body strapping
 - Difficulty removing straps
 - Problem with extra buoyancy in an inverted hull making it more problematic to rescue athlete
18. Film use of horseshoe inflatable ring for stabilising athlete with mobility issues before athlete can be safely removed from the water
19. Film to emphasise importance of safe and expedient removal of athletes from cold water immersion who have thermo-regulation issues and are unable to shiver to conserve heat (athlete to place arms over inverted hull to try and get trunk out of water)
20. Film recommended contents for launch rescue kit

Example of audio commentary



CAPSIZE & RECOVERY VIDEO

1. *“Key actions for Para-Rowers in the event of a capsize are the same as for able-bodied rowers. There may be limitations as to how these actions are performed depending on impairment and activity limitation of the individual”*
2. *“PR3 athletes should look to follow a standard protocol with consideration for the following –*
 - *“athletes who wear a lower or upper limb prosthesis should ensure that they can free themselves from the foot-stretcher and oar or scull handle”*
 - *“athletes who have a visual impairment may become disorientated during a capsize, particularly if they have no light perception”*
 - *“athletes with a learning disability may have an unpredictable response in the event of a capsize”*

(30 secs)
3. *“The following capsize procedure is for PR1 athletes who use a fixed upright seat with straps and stabilising pontoons”*

(06 secs)
4. *“Prior to undertaking the capsize drill, a series of safety checks should be carried out, to include –*
 - *check bow-ball to ensure it is secure and no damage to sidewall*
 - *no damage to hull*
 - *hatches and bungs are secure*
 - *fixed seat is secured to slide-bed*
 - *straps are a FISA approved design, self-closing with Velcro and have no mechanical buckles, which can be dangerous in the event of a capsize.*
 - *Straps should be secured to the seat frame and all open from the same side with a contrasting colour release tab”*

(36 secs)

5. *“Cuts, pressure sores or marking can potentially be serious for athletes and care should be taken to ensure that all sharp edges including pins, gates, footplate are covered in bubble wrap film to ensure that the athlete is adequately protected”*
(12 secs)
6. *“For athletes who have little or no lower limb function use a footplate with nylon heel cups. A Velcro strap can be used with a simple cord release as shown.”*
(6 secs)
7. *“Before athlete transfers from chair to poolside, ensure that the floor is adequately protected with either a wheelchair cushion or foam matting. Assistance may be required with this procedure”*
(8 secs)
8. *“Safety checks should again be carried out to ensure that the athlete can secure and release straps at poolside”*
(6 secs)
9. *A safety knife should form part of a safety rescue kit and be carried by safety boat personnel, which may be needed in the event of a capsize, if the athlete is unable to release straps. The straps can be cut at the mounting point to the seat frame.*
(12 secs)
10. *“For athletes who have limited hand function and wear gloves to facilitate the oar or scull handle, checks should be carried out to ensure that the athlete can release quickly in the event of a capsize”*
(10 secs)
11. *Coach and athlete carrying out the capsize drill should agree a means of signage and an emergency signal for when the boat has capsized. Athlete, Coaches and Helpers should wear swimming goggles to ensure that they can see each other under water”*
(12 secs)
12. *The first capsize should be carried out without blades and one strap only*
(4 secs)
13. *If possible, the athlete should attempt to get their body out of the water onto the inverted hull. Note that this may not be possible for many PR1 athletes”*
(8 secs)
14. *“When the athlete is confident, additional straps can be secured and the capsize carried out with blades”*
(6 secs)

15. *“If narrow span riggers are used, or the pontoon floats are otherwise closer to the centreline of the boat, this may compromise the stability of the boat, and a larger volume of pontoon may be desirable. Here we can see that it requires a considerable amount of effort from the athlete to affect a capsize”*

(15 secs)

16. *“Some Para-Rowers are at an increased risk of hypothermia, for example spinal cord injury where individuals may be unable to shiver to conserve heat, whereby they can quickly assume the temperature of the water in a very short period of time. Safe and expedient removal from the water is essential”*

(15 secs)

17. *The horseshoe lifebuoy ring shown here is also an item that is recommended as part of a safety boat rescue kit. Constructed from EPE foam and covered in a strong PVC cover, its design ensures that it flexes and bends to fit around the athlete’s torso. This can be used to assist adaptive rowers who are unable to get their trunk out of the water onto the inverted boat.*

(18 secs)