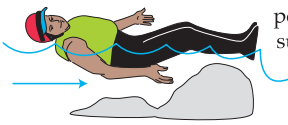


# Basic Swimming Skills & Guidelines

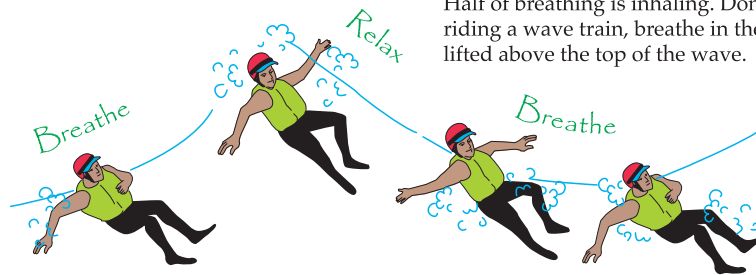
## Feet First (defensive position):

Feet first to absorb any impact. Head back and tilted to the side to see downstream. Don't lift your head. This lowers your body into the water increasing the possibility of hitting submerged rocks.



## Breathing in a Wave Train:

Half of breathing is inhaling. Don't Forget to exhale! When riding a wave train, breathe in the low spots. You may not be lifted above the top of the wave.

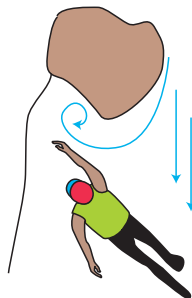


**PANIC  
Wastes Time  
BE PREPARED**



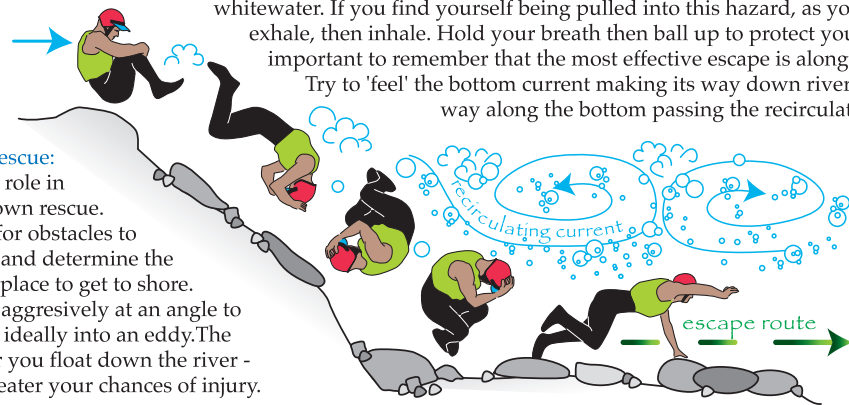
## Strainer:

If you cannot avoid a strainer, roll to your stomach and swim at it aggressively. As you approach, place your hands in front and using the force of the water, vault onto the strainer. You may be pinned to the obstacle with a pillow of water rushing at the back of your head - but you are above the water and you can breathe until help arrives.



## Balling up to Escape a Hole:

Becoming recirculated in a hole or reversal is one of the scariest situations in whitewater. If you find yourself being pulled into this hazard, as you approach, exhale, then inhale. Hold your breath then ball up to protect your head. It is important to remember that the most effective escape is along the bottom. Try to 'feel' the bottom current making its way down river. Work your way along the bottom passing the recirculating current.



## Self-Rescue:

Play a role in your own rescue. Look for obstacles to avoid and determine the safest place to get to shore. Swim aggressively at an angle to shore, ideally into an eddy. The longer you float down the river - the greater your chances of injury.

# Basic Throw Bag & Rope Skills

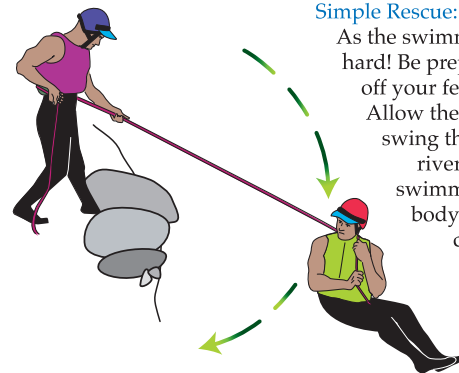
## Safe Position:

A safe throw bag rescue starts with the rescuer(s) finding a safe position to throw from. Pay attention to where you will bring the swimmer to shore. Watch for hazards that may complicate the rescue. Avoid undercut rocks, trees and steep embankments. When stepping up to make the throw, check your footing! Slick rocks and steep, unstable shorelines may make standing up a challenge. Don't wrap the rope around your hands or arms. If the pull is harder than expected, you may not be able to let go.



## Simple Rescue:

As the swimmer grabs the line - the rope will jerk, hard! Be prepared for a force that could yank you off your feet. Do not try to reel the swimmer in. Allow the river to carry them downstream and swing them into an eddy. Use the force of the river rather than fighting it. If you are the swimmer, after grabbing the rope turn your body away from the rescuer with the rope cinched over the shoulder of your life vest furthest from the rescuer. Facing the rescuer will force your face underwater.



**BE PREPARED**  
**Take a  
Rescue Course**



## Eye Contact:

The river is loud. You may need to use a whistle to get the attention of the swimmer. Don't throw until you are sure you have eye contact with the swimmer or the throw may be wasted. A simple underhand toss is best.

## Stabilization Line for Entrapment Rescue

works for foot or kayak entrapment. Two rescuers on opposite sides of the river, using one or two throw bags depending on the width of the river, pull the rope upstream to the entrapped person. Use caution not to cause injury with the rope. Try to place the line half way up the victim's torso, allowing them to drape their arms over the line. The victim will be able to remain upright using the line, conserving energy and buying time to free the entrapment. Maintaining steady even pressure from both rescuers is more difficult than it might seem.

