

# ORGT Kayak Touring Instructor Notes

## Intermediate Rescue Session

This session Can be done on a trip or in the pool. We assume paddlers have already learned basic strokes and rescues.

**Eskimo save** (review, practice)  
**Eskimo save pull-alongside**

**Assisted T** (review, practice)  
bow-bow and bow-stern

**Paddle float self rescue** (review, practice)

### Key Points for Teaching Rescues

Assisted "T"

Rescuer talks to swimmer  
Swimmer pushes down on stern  
Swimmer doesn't lose contact w boat!  
Boats arranged bow to stern  
Swimmer "swims" chest onto rear deck

Paddle float self rescue

Touching the bottom is cheating!  
Losing contact w/ your gear is failing!

Paddler swims onto rear deck from **behind** the paddle  
Left hand grasps both paddle shaft and cockpit combing  
Left leg, right leg, then right hand contact paddle

OR

Paddler swims onto rear deck from in front of the paddle  
Chest on top of paddle shaft  
Left hand grasps both paddle shaft and cockpit combing  
Right hand on paddle shaft near blade

### Additional Rescues

**Scoop**  
**Re-enter and assisted roll**  
**Re-enter and paddle float roll**  
**All-In**

**Demo and "talk up" Eskimo Roll**