

# ORGT Kayak Touring Instructor Notes

## Pool Session for Experienced Paddlers

This pool session is requisite for GT boaters with **some** experience to use ORGT gear on inland lakes (IE to become "Lake Qualed". The assumption is that these are people who have already paddled. They may have been through ORGT's Beginner / Intermediate class. They may be whitewater kayakers or people who have had prior paddling experience.

In either case, they should already have been in a boat, on a trip, and have practiced the wet exit.

Note: In order to be "Lake Qualed" (by an ORGT trip leader), paddlers should have the following additional skills / knowledge (for more details, see the Sea Kayaking Policy Document).

- Bracing
- Boat transport
- ORGT policies and procedures
- Rudders
- Preparing for cold weather and cold water immersion
- Marine hazards (IE wind, lightning, power boats)

### Conducting the Pool Session

#### Pre-Pool:

**Have van and trailer ready!**

**Paperwork** – waivers for folks who haven't paddled with us

**Optional:** Have people watch the safety / rescue film "What next?"

**Equipment** - tour of ORGT gear (boats, skirts, PFDs, paddles). Guide boat choices. Recommend use of PFDs. Bring **all** paddle floats and pumps.  
- boat fitting  
- rinse boats

**Load Boats** - demo appropriate tie-downs if necessary

#### Pool Session:

##### Before getting in the pool

Make sure rescue gear is accessible, on deck

Make sure they've done a wet exit

Make sure they get in boat/ pool properly

##### Rescue demos

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!

Loosing contact w/ your gear is failing!

Paddler swims onto rear deck from **behind** the paddle

Leg, other leg, then hand contact paddle

##### Practice!

##### Time permitting:

Using your partners bow, roll over and up again

Eskimo **save** (not roll!)- demo and practice

Introduce brace