

Headington School Oxford Boat Club Swim Test and Capsize Drill:

Coaches teaching the capsize drill, in addition to following this, should have read the ARA's guide to the capsize drill and have taken note of its recommendations.

ALL MEMBERS OF HEADINGTON SCHOOL OXFORD BOAT CLUB MUST UNDERGO A SWIM TEST AND CAPSIZE DRILL (This includes coaches who are rowing).

The ARA states the following:

Why should participants carry out a capsize and immersion drill?

Performing a capsize and immersion drill in a safe environment, such as a swimming pool, is important so that participants know what to do should a capsize occur outdoors, and they find themselves immersed in cold water.

One aim of practising the drill is to increase individuals' confidence in a controlled environment, and to educate them on what they should do, in the event of a capsize. Coaching individuals to perform a capsize drill and be immersed in water, also gives you as a coach, an indication of their competence and confidence in and under the water. Gaining confidence through practice in a safe environment can reduce any feelings of panic should a capsize occur.

If girls do capsize and do not manage to remain calm under water (tap boat 3 times) then girls will not pass their capsize drill! It is important for them to "keep their head".

Swim test:

- 1) 50m in the Headington Pool in light clothing (ARA states 25m).
- 2) Needs to be able to swim at least 5m under water in light clothing.

Capsize Drill:

What is required:

- 1) At least 2 members of staff need to be present.
- 2) One member of staff in the pool.
- 3) One member of staff out the pool (Must be the female member of staff).
- 4) A throw line.

Protocol running the test.

- 1) Explanation of Heal restraints and their importance.
- 2) Explanation of Hatch covers and their importance.
- 3) What else is important of the boat (but may not relate to capsizing (Bow Ball).
- 4) Explain what to happen:
 1. Cold Shock (when they capsize).
 2. What to expect.
 3. Water up the noise?
 4. Tap boat 3 times and remain calm.
 5. Lift heels and feet should slip out easily (Heal restraints).
- 5) Rower gets into single scull (assisted by both staff).
- 6) Rower to perform task.
- 7) Rower to then **stay with the boat.**
- 8) Instruction to be given as to how to swim boat to the bank.
- 9) IF VERY COLD then rower to climb on top of over turned single scull. **Get body out of the water.**

Feedback to be given.

Emphasise that rower should always stay with their boat. It is their flotation device.