

## SARP Training Sat 28<sup>th</sup> Oct., 2023- Lyn Dean/ Janelle Ellwood.

Saturday SARP training went ahead in strong SE winds. The venue changed to Scarborough boat harbour beach. After a briefing on the beach at 8am we did a demonstration of what was expected to be trialled on the water.

24 participants (including 3 as “eyes on shore”) and took part in rescue/re-entry training.

After splitting the groups into 5 pods under the supervision of an ESG- Susan Doel, Warren Jeffries, Kaye Watson, John Blackley and Bill Mansell all experience paddlers.

The leaders took their respective groups through low and high braces to establish the point of balance of their particular kayaks. This was an interesting lesson for some in how far they could actually edge their kayak before tipping in.

Once wet the first re-entry practiced was a T rescue – seeing if they could get back in, in 30 seconds. With some practice many cut their time in the water considerably.

After the T-rescue, each pod moved on to practice a re-entry using a stirrup (supplied by us). This was a good experience to show how a possibly injured or tired paddler could re-enter with less effort.

We did have a couple of less experienced paddlers who after some coaching were more comfortable tipping over and being in the water. Once their confidence was established they felt they gained a lot more skill and abilities in these areas.



A few of the more experienced paddlers were able to practice some more advanced re-entry techniques.





The day concluded around 11:30am as the wind chill factor was significant for a number of those in the groups.

We finalised with a debrief on the beach - Followed by more discussion with those at the nearby cafe.

Lyn Dean/ Janelle Ellwood



