

## Headington School Oxford Boat Club Swim Test and Capsize Drill:

Coaches teaching the capsizing drill, in addition to following this, should have read the ARA's guide to the capsizing 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 capsizing and immersion drill?**

Performing a capsizing and immersion drill in a safe environment, such as a swimming pool, is important so that participants know what to do should a capsizing 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 capsizing. Coaching individuals to perform a capsizing 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 capsizing occur.

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

### **Swim test:**

1) 50m in the Headington Pool in light clothing (ARA states 25m).

### **Capsizing 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 Heel 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 (Heel 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 overturned 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.**