

Begeleiding van zwemmers met de kajak

<http://marathonswimmers.org/forum/discussion/644/kayak-rescue/p1>

We don't use kayaks in official Dutch swimming federation swimming events in the Netherlands.

We don't believe it's possible for a kayaker to rescue an uncooperative swimmer.

Sometime we use kayaks as directional and as support for the swimmers and as markers for the motorized rescue squad.

<http://www.kayarchy.co.uk/html/02technique/004deepwaterrescue/001introduction.htm>

Kayaker-to-swimmer rescue

Sea kayakers occasionally encounter a swimmer who is having trouble getting back to shore. A sea kayak makes quite a good rescue tool if you have only one swimmer to deal with. If there are two swimmers, either rescue them one at a time or stay where you are and let them hold onto your kayak until help arrives.

If the casualty seems calm, go straight towards him so that he can grab the end of your kayak. He can support himself and you can talk to him, but he will not easily be able to capsize you. If the casualty seems to be panicking, consider waiting for another kayaker to raft up with you before approaching the casualty.

If there is another kayaker present, ask him to raft up with you. The casualty can climb onto the raft while you discuss what to do. You can also use a raft as a platform for resuscitating an unconscious casualty. If you are alone with an unconscious casualty, it is possible to get out of your kayak and carry out expired air resuscitation (EAR) in the water but that is beyond the scope of this website.

As for transporting a casualty, if you are only a short distance from the beach you could go straight there while he hangs underneath your bow. This is easy in the sense that you are not going to capsize, but pushing the casualty through the water is very hard work and very, very slow.



If you have good support strokes and a reliable roll, there is an alternative which is faster, although still hard work. Invite the casualty to climb onto the rear deck of your kayak while you use your paddle to keep upright. See [Sculling For Support](#).



The casualty's head should be alongside your hip and his feet towards the rear of the kayak. The casualty's weight will press down the back of your kayak down and lift the front, making your kayak unstable and causing it to weathercock downwind. Unless the casualty's head is as far forward as possible, you will find it hard to balance.

Whatever method you use to transport a swimmer, you can never go very fast. If you have to make progress against a current which is flowing the wrong way, you need some subtlety. See [Going Against The Current](#).

The most likely place for you to be rescuing a swimmer is at a beach, and at a surf beach the most likely place is in a rip current where water brought in by the waves is flowing back out to sea like a river. Usually you can recognise a rip from afar because the surf does not break there. Trying to go directly against the current while carrying a casualty would be like trying to run up a "down" escalator. Take him straight to the edge of the rip, where there is less current.

If you have to bring a swimmer into a beach through big surf, don't come in with the swimmer on the landward end of your kayak. His or her weight will drag down the leading end of your kayak and probably make you loop end-over-end, which won't please either of you! You may be able to avoid the big breaking waves. See [Getting Back To The Beach](#). If not, ask the casualty to go to the seaward end of your kayak and hold onto your decklines. In most kayaks it is best for the casualty to hold the front end of the kayak while you go towards the beach backwards. Then you can talk reassuringly to the casualty, see big waves coming, and paddle powerfully seawards to avoid being surfed towards the beach minus the casualty.

<http://tsunamirangers.com/2011/10/17/how-to-rescue-a-swimmer-who-has-lost-his-kayak-in-surf/>

<http://kemahtriathlon.com/volunteer/lifeguards/>

Kayaks will serve as both rest and rescue vessel for those swimmers in need. Dual capacity boats are preferred and will have a lifeguard onboard. Kayakers must be experienced and bring their own kayaks.

<http://www.seidiving.org/clientuploads/Drowning%20Prevention%20for%20Water%20Race%20Events%20by%20Tom%20Leaird.pdf>

6. Kayaks are the absolute best vehicle for swim safety. Having a trained lifeguard on each kayak would be preferred; however a person that is very familiar with their kayak can be coached to provide a lifeguard-like service. I recommend two pieces of equipment to be taken along. First, every kayak should have a separate throw-able floatation device that can be handed to a struggling swimmer. Second, a "throw bottle" should be on board to mark the spot of a suspected submersion. These items

will be described at the end of this article. Kayak paddlers must be advised to maintain a close distance to the line of swimmers. See the suggested briefing notes later in this article. Kayaks are very maneuverable and can be paddled right in among the swimmers when necessary without disturbing the progress of those that are OK, to reach a struggling swimmer. Either sit-on-top or sit-inside kayaks will work. However, my preference is the sit-on-top style. Wearing a floatation jacket and carrying a cushion float between my knees, I can easily provide assistance – even roll off the kayak if needed to help an actively drowning swimmer. Kayakers must wear a PFD.

It is advisable to have one kayak at each major turn in a position so that swimmers that miss the turn will run into the kayak. This paddler will also be in a position to verbally try to redirect these swimmers before they run into the boat.

3. Briefing for kayakers (separate group after general briefing)

“You are the backbone of our entire effort for swimmer safety. Your eyes must be continuously scanning the athletes as they pass.” Additional points to cover:

- a. Position in relation to swimmers – not more than 30 feet
- b. Go to and redirect a swimmer heading off course
- c. Describe the method of visually scanning used in lifeguard training
- d. List objective for the turn kayakers
- e. Watch for swimmers cutting corners
- f. Hand off a float if needed and pick it up later
- g. Make no forward progress with a tired swimmer
- h. After brief rest, tired swimmers can continue the race
- i. Approach a struggling swimmer with the bow not the side
- j. Be aware of an “actively drowning” swimmer – quick action is needed
- k. Describe use of the throw bottles
- l. Go over specific hand signals used to pass a swimmer from one quadrant to another.

4. Briefing to roving power boats (separate group after general briefing)

- a. Be kind to the athletes – exhaust, smoking, wake action
- b. Be constantly alert within your sector for emergency signals
- c. Swimmers brought aboard are not taken to shore. You would vacate your position. These swimmers could be transferred to a pontoon.
- d. Assign roving quadrant
- e. Assign scuba divers and perhaps a lifeguard as crew
- f. If a diver is deployed, stay as surface support or send in a pontoon