

**BROMLEY CANOE CLUB**  
**SWIM TEST & CAPSIZE DRILL**



Swim Test

Enter pool at shallow end. Swim one length under the observation of the club supervisor. If asked by the supervisor, climb out of the pool and jump back in to swim another length.

Any stroke can be used. Time taken is not a factor.

Introduce paddler to the boat and spray deck. Note different types of boat available in pool. Check spray deck to ensure grab loop is intact.

Capsize Drill

Initial capsize – without spray-deck. Involves capsizing, exiting from boat using forward roll and to retain hold of boat when surfaced. Boat to be left upturned.

Re-assure that they will not hit their head on bottom of the pool.

Initial capsize – with spray-deck. Involves capsizing, release of spray-deck, exiting from boat using forward roll and to retain hold of boat when surfaced. Boat to be left upturned.

Empty the boat using the side of the pool. Allow the boat to drain slowly. Lift the boat keeping a straight back.

Repeat capsize drill if necessary until you are confident the paddler is safe.

Spend five minute with the paddler to encourage paddling and re-assuring them. Advise that they can speak to anyone at the pool if they need further assistance.

General

No newcomer is exempt from the swim test. If in doubt of anyone's ability, seek advice from a level 3 coach.