

A Non-Exhaustive List of Paddlesport Rescues to Familiarize Yourself With

General Rescue Techniques (Applicable to All Paddlecraft)

- **Self-Rescue:** Techniques that allow paddlers to re-enter their craft independently after capsizing. The ACA emphasizes the importance of self-rescue skills across all disciplines.
[American Canoe Association](#)
 - **Assisted Rescue:** Methods where fellow paddlers assist in the recovery of a capsized individual. This includes T-rescues and boat-over-boat rescues.
[American Canoe Association](#)
 - **Throw Bag Techniques:** Utilizing a throw bag to reach and pull a swimmer to safety. Proficiency in this skill is crucial for swiftwater environments.
[American Canoe Association](#)
 - **Towing:** Using towlines to assist fatigued or injured paddlers. The ACA's Level 4: Swiftwater Rescue course covers advanced towing techniques.
[American Canoe Association](#)
 - **Hypothermia Management:** Recognizing and treating cold water immersion and hypothermia. The ACA provides guidelines on managing cold water conditions.
[American Canoe Association](#)
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Craft-Specific Rescues

Kayak Rescues

- **Eskimo Roll:** A technique to right a capsized kayak without exiting. The ACA's curriculum includes instruction on rolling techniques.
[American Canoe Association](#)
- **Paddle Float Rescue:** Using a paddle float to stabilize the kayak for re-entry. This method is part of the ACA's self-rescue training.
[American Canoe Association](#)
- **T-Rescue:** Assisting a capsized paddler by positioning another kayak perpendicular to the overturned one, allowing the swimmer to use the bow for support during re-entry.
[American Canoe Association](#)

Canoe Rescues

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- **Boat-Over-Boat Rescue:** Emptying a swamped canoe by leveraging it over another canoe. The ACA's Level 3: River Safety & Rescue course covers this technique.
[American Canoe Association](#)
- **Side-by-Side Rescue:** Stabilizing two canoes side by side to assist a swimmer in re-entry. This method is included in the ACA's rescue skills training.
[American Canoe Association](#)

Stand-Up Paddleboard (SUP) Rescues

- **Lateral Re-entry:** Climbing back onto the board from the side after falling off. The ACA's SUP curriculum emphasizes self-rescue techniques.
[American Canoe Association](#)
- **Paddleboard Tow:** Towing an injured or fatigued paddler by having them lie on their board while another paddler tows them to safety. This technique is part of the ACA's SUP rescue training.
[American Canoe Association](#)

Raft Rescues

- **Flip Recovery:** Righting an overturned raft using coordinated team efforts. The ACA's Swiftwater Rescue courses provide detailed instruction on this technique.
[American Canoe Association](#)
- **Swimmer Recovery:** Pulling swimmers back into the raft safely. The ACA emphasizes the importance of effective swimmer recovery methods.
[American Canoe Association](#)

Packraft Rescues

- **Self-Rescue:** Re-entering a packraft after capsizing. The ACA's curriculum includes self-rescue techniques tailored for packrafts.
[American Canoe Association](#)
- **Assisted Rescue:** Using another paddler or equipment to aid in re-entry. The ACA provides guidelines on assisted rescues for packrafts.
[American Canoe Association](#)

Surfski Rescues

A Non-Exhaustive List of Paddlesport Rescues to Familiarize Yourself With

- **Re-mounting:** Techniques for climbing back onto a surfski in deep water. The ACA's surfski curriculum covers re-mounting methods.
[American Canoe Association](#)
- **Wave Handling:** Rescuing paddlers in surf or high-wind conditions. The ACA emphasizes safety in challenging environments.
[American Canoe Association](#)

Universal (Adaptive) Paddling Rescues

- **Stabilized Re-entry:** Using adaptive equipment to aid paddlers with limited mobility in re-entering their craft. The ACA promotes inclusive rescue techniques.
[American Canoe Association](#)
 - **Buddy System Rescue:** Assigning partners to assist paddlers with physical or visual impairments. The ACA encourages the use of the buddy system for safety.
[American Canoe Association](#)
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Safety Considerations During Rescues

- **Scene Safety:** Always assess the environment for potential hazards before initiating a rescue. The ACA's courses stress the importance of scene safety.
[American Canoe Association](#)
- **Communication:** Use clear signals or calls to coordinate with the victim and other rescuers. Effective communication is a key component of the ACA's rescue training.
[American Canoe Association](#)
- **Use of Safety Gear:** Ensure all participants are equipped with appropriate personal protective equipment (PPE), such as life jackets and helmets