



Self-rescue

We will review the assisted rescues to finish learning the Self-rescue.

Duration

- Two hours in one session.

Content

- Familiarize yourself with the situation of capsizing. .
- That the water is not strange to us, that it does not make us nervous. .
- Underwater orientation: being inside the underwater kayak changes the spatial references to which we are accustomed. We should learn to take references of the new situation to be able to execute the subsequent exercises.
- Basic rescue techniques: embark after overturning, Eskimo rescue, emptying the water and using paddle float to rescue a companion.
- Self-rescue with Paddle float in deep water .
- Simple towed .
- Assisted towing .
- Towed in series .
- Introduction to the Eskimo Roll technique .

Price

- **65 € / person.**
- 10% discount with own material .
- Rate with VAT included .