

EXERCISES FOR RECOVERY

of Swimmer and Equipment



PLAN A

If it is **safe**, hold onto all your gear and either reenter your inflatable or swim your gear to shore.

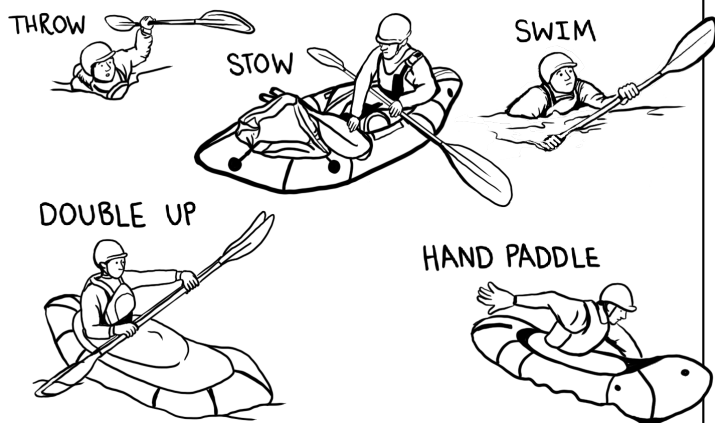


PLAN B

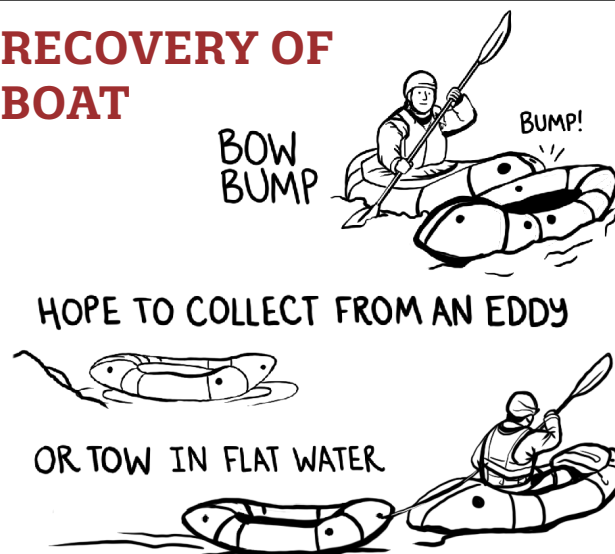
If **needed** let go and swim to shore.



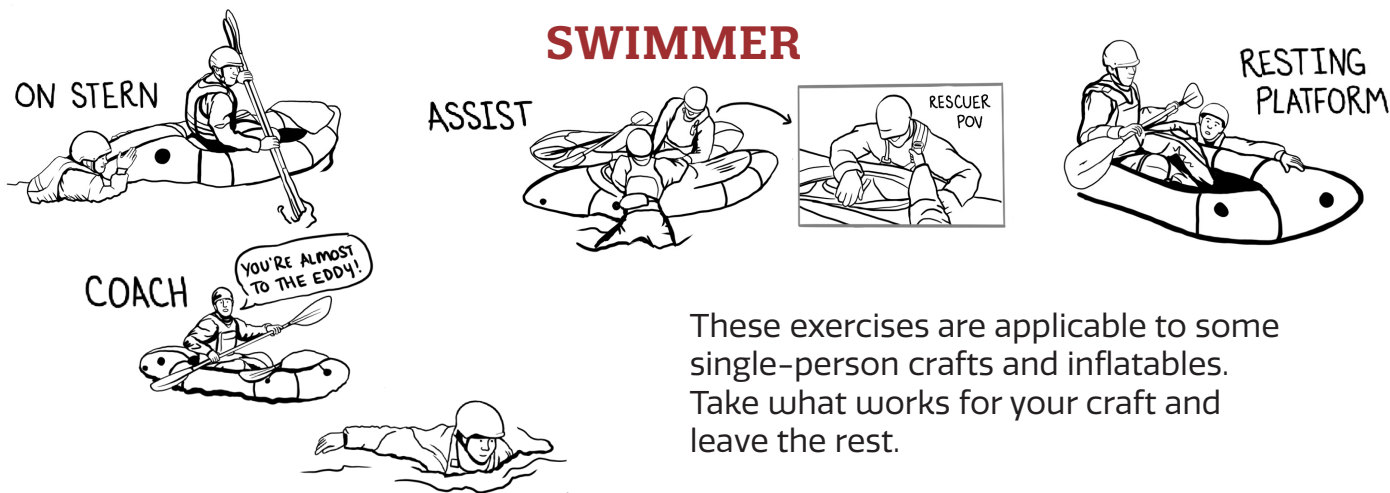
RECOVERY OF PADDLE



RECOVERY OF BOAT



SWIMMER



These exercises are applicable to some single-person crafts and inflatables. Take what works for your craft and leave the rest.