

EXERCISES FOR RECOVERY

of Swimmer and Equipment



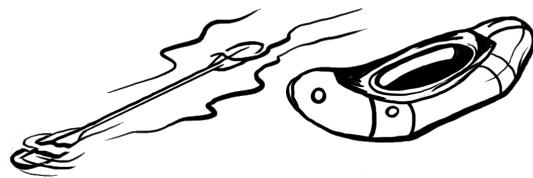
PLAN A

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



PLAN B

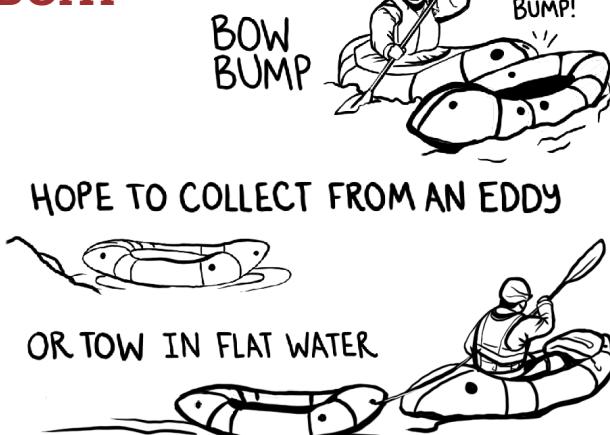
If needed let go and swim to shore.



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.

