

# Flipping Your Single

What to do and How to do it



***There are two kinds of scullers: those who've flipped...  
and those who will...***

## **Before Leaving the Dock**

1. **Pull Cord:** ensure that the pull cord between your shoes is has minimal play so that it can be quickly accessed and pulled to ensure a quick exit of your feet from your shoes.
2. **Heel Ties:** Ensure both heel ties are sufficiently tight to allow you to pull your heels out of the shoes instantly and with minimal effort. Generally, no more than 1 ½" of play.
3. **Oarlocks:** verify that the oarlocks are properly bedded and threaded.
4. **Whistle:** did you bring one? It's a good idea.

## **How You'll Flip**

1. At the dock when pushing off
2. At the dock with unsecured oarlock
3. Striking an object – a mooring, a bridge, a rock, a dock
4. A collision with a fellow rower
5. Catching a crab
6. For no apparent reason!

## When You Flip...

1. Reach between your feet and grab the pull cord to release your feet.
2. Slide into the water while retaining hold of your boat.
3. Always remain with your boat. It acts like a life-raft.
4. If the boat has turned “turtle” (upside down), position the oars parallel to the hull, then reach underneath and spin the boat until it’s face-up.
5. Then calmly reposition both oars so that they are perpendicular to the hull.

## Re-Entry Sequence

### Step 1: Position Your Boat

1. Take ahold of the oar on your side of the hull (the “near oar”.)
2. **Feather the blade**. Look behind you and verify that the blade is flat on the water. *This is essential to stability.*
3. Position your body against the hull just forward (toward the bow) of the near oar. If the boat has a bow-mounted rigger your body is now positioned between the rigger and the hull. Your head is approximately mid-slide.
4. Now...push down on the handle of the near oar so that the handle and grip are pressing down on the seat deck. Blade is still feathered.
5. With the near oar feathered and the handle pressed down against the seat deck, you have a stable platform to re-enter your single.

### Step 2: Prepare for Entry

1. Keep a firm grip on the handle of the “near oar” to keep it perpendicular to the hull, pressed down against the seat deck and feathered.
2. With your free hand, reach across and grab the outer oar. Slowly, position it so that it is also perpendicular to the hull and feathered.
3. Secure both grips in the same hand. Verify again that the blades in the feathered position including the outer oar which is up in the air.
4. With both grips in the same hand, reach across with your free hand and grab the far side of the hull or the far rigger for leverage.

### Step 3: Re-entry

1. You are now ready to re-enter your single. Be patient; you have time.
2. Quickly check that...
  - a. Both oar grips are in the same hand with both oars feathered.
  - b. Oar handles are pushed down into the seat deck
  - c. Your other free hand has firm grip on the far gunwale or rigger.
3. When you're ready, pull your body quickly up and across the seat deck. Lay on your stomach for a moment and find your balance...
4. Now, on the count of **1-2-3**, flip over so that your butt is resting between the seat tracks.
5. Swing one foot across the hull so that both feet are straddling the hull. Oars remain perpendicular; blades feathered.
6. With both oar grips tucked into your stomach, reach behind with your other hand for your seat, and pull it up to your lower back.
7. With your hands on the gunwales and oar handles secure in your stomach, lift your hips and slide the seat under your butt.
8. Now slip your feet in your stretchers, and tuck the oar grips into the gap between your thighs and your stomach for stability. If you have a towel or an empty water bottle, bail out the water.
9. Congratulations! You're ready to go (until the next time you flip)!

### ***And if you can't get back into your boat...***

Not everyone can get back in their boat after flipping. It's challenging, requires considerable strength and flexibility, and it can be particularly difficult depending on atmospheric and water conditions. So...

1. When you end up in the water try to reenter your boat three times.
2. If you are unable to do so, roll your boat upside down, and pull your body up on the middle of the hull.
3. Spin your body and straddle the hull lengthwise so that your head is pointing forward and your feet are pointing aft.
4. Then paddle your single to shore like a surfboard to shore.
5. And remember...always stay with your boat.

## AIDING SOMEONE ELSE WHO HAS FLIPPED

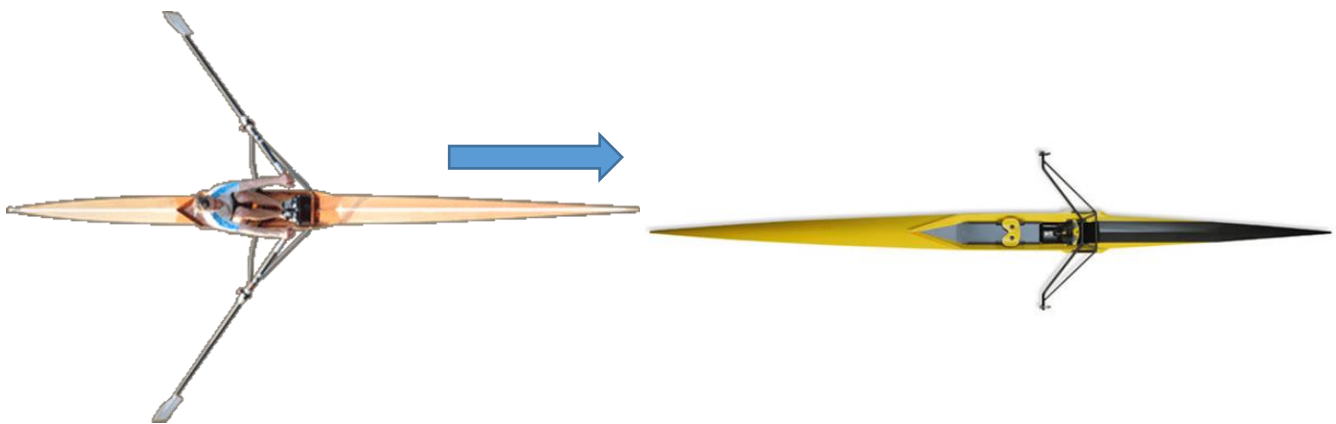
If you see that someone has flip and no one else is nearby, row directly over to the person in the water and stay there until help arrives or they are safely back in their single.

### Never leave a rower in the water!

Remember: it is quite possible that the rower in the water does not know how to get back in their single. Your job is to keep them calm, and help in any way you can. Here are a few ways to do so:

1. Remind them that they can use their single or your single for floatation. It often helps to take a few moments to calm the nerves before attempting reentry.
2. Talk them through each step of how to get back into their single...if you know!
3. If they are unable to get back in on their own, you will have to provide direct assistance through a maneuver known as an “**Inverted Recovery**”:
  - a. Positioning your single stern to their stern (opposite directions).
  - b. Then paddle your single backward until the two boats are inverted, side-by-side.
  - c. Laying their rigger & oar across your thighs to secure a stable platform.
  - d. With a stable platform, welcome them back into their boat.

1) Invert your single and paddle backward along side their hull.



2) Continue paddling backward until your stern slides under their raised rigger



3) Grab their rigger and secure it to your thighs to form a stable platform.



Hold their rigger securely so that their single is level and stable. Invite them to climb aboard. Be patient while they get properly seated and can grasp both handles. Wait while they bail out some of the water in the cockpit. When they're ready, slowly push their stern away so that both boats separate. Off you go!