

RoboBoat

Kayak Safety Training

Dates
February 19-24, 2026

Website
www.roboboat.org



Kayak Safety

Staying Safe on the Water

- Proper Preparation
- Heat Stroke Awareness
- Know the Weather Conditions
- Weather Protocols
- On-the-Water Safety

Proper Preparations

Be Ready



Life Jacket – worn at all times



Weather Appropriate Clothing



Sun Protection (hat, sunscreen)

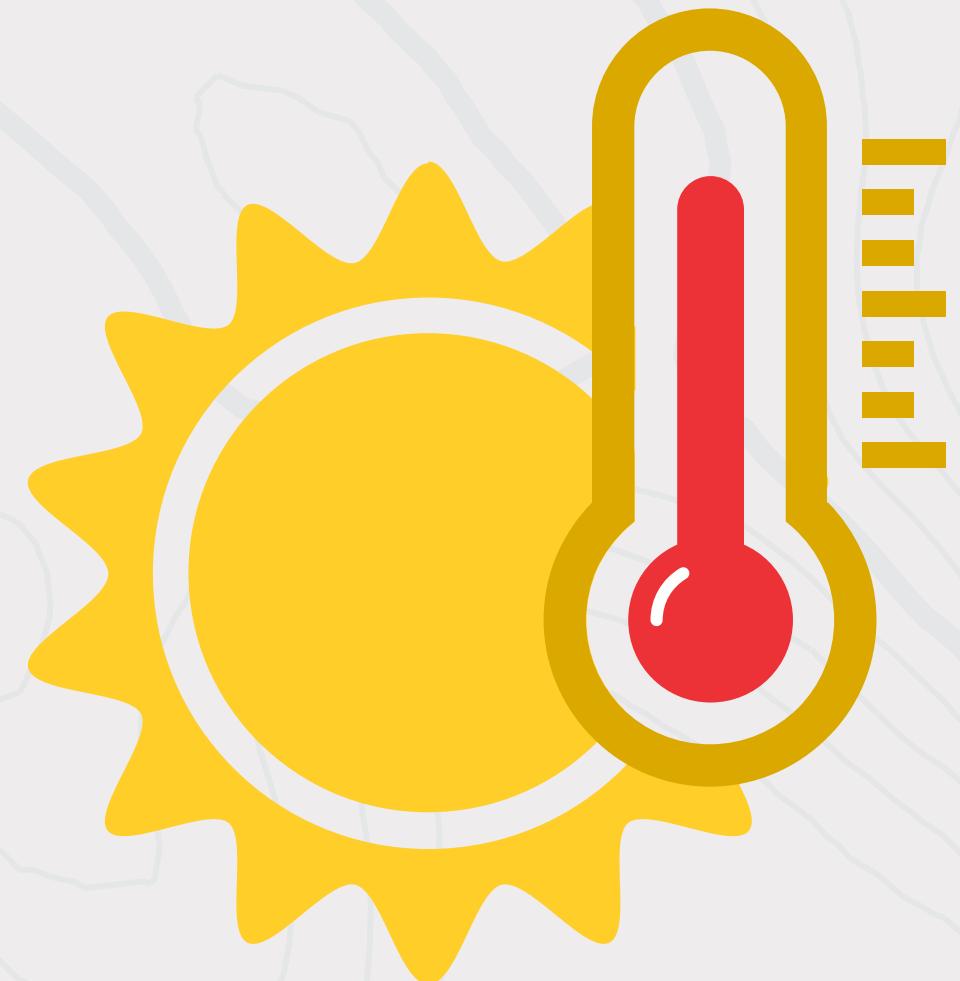


Stay hydrated and take breaks



Heat Stroke Awareness

Know the Signs



HEAT EXHAUSTION

- Headache, nausea
- Heavy sweating
- Dizziness, fainting
- Muscle cramps
- Goosebumps

HEAT STROKE

- Confusion, disorientation
- Hot skin (no sweating)
- Rapid, strong pulse
- Loss of consciousness
- Body temp $\geq 104^{\circ}\text{F}$



Contact Cheri Koch at 850.642.0536
to report any heat-related illnesses.

Know the Weather Conditions

Check Conditions Before You Go



- ▶ Weather forecast and wind conditions
- ▶ Water Temperature
- ▶ Go out on calm water
- ▶ Tides, currents, and water levels
- ▶ Watch for Heat Exhaustion / Sunburn

WEATHER PROTOCOL



RAIN & LIGHTNING

- Courses remain open during rain.
- Courses close if lightning is detected within 10 miles, until we have a 30-minute all-clear on lightning.
- All participants must vacate team village and seek shelter in their cars or off-site.



WIND

- Technical Director will stop operations if wind becomes an issue.

On-the-Water Safety Tips

- ▶ Stay visible to boats
- ▶ Stay within course boundaries (fun noodle line) at all times
- ▶ Keep a safe distance from hazards
- ▶ Know basic rescue and self-rescue techniques
- ▶ Be cautious of wildlife





Kayak Operations

Enjoy the Experience

- Launch
- Paddle
- Capsize Recovery
- Competition Operations
- Safety First, Fun Always

Kayak Launch / Exit

Don't let launching flip you out!



Sidesaddle Method

- Launch from shallow water
- Sit down leaving legs in the water
- Swing legs onto the boat



Straddle Method

- Launch from shallow water
- Stand with feet on either side of the kayak over the seat
- Lower yourself onto the seat keeping both legs in the water
- Once seated, bring legs into the boat one at a time



Getting Out

- Reverse your method
- Sidesaddle
- Straddle



How to Paddle Know the Strokes

▶ Watch “How to Kayak in 5 min.” video

- Launch / Exit
- Paddling Technique
- Safety & Balance

▶ Stroke How to Video

- Forward Stroke
- Turning Strokes
- Draw Strokes - Paddling Sideways
- Back Paddling - Stopping



Capsize Recovery

Know Your Plan



- Stay Calm / Signal for Help
- Flip the Kayak Over
- Secure the Paddle
- Kick Horizontally
- Pull Yourself Up
- Get Settled

Competition Operations

What to Expect

➤ RoboBoat Observation / Task Reporting

- Keep RoboBoats inside course and away from other boats
- Report on task completion to officials

➤ RoboBoat Recovery

- Boats break and need rescue
- Know where the shutoff is located

➤ Minor Course Adjustments

- Assist with minor course tweaks

➤ Lots of sun time!

- Hydrated, Sunscreen, Cover up!



Safety First, Have Fun!

Your Safety is Paramount!



- Take Breaks
- Stay Hydrated
- Use Sunscreen
- Communicate Your Needs
- Ask For Help
- Have Fun!

QUESTIONS?



Safety First, Fun Always