

# RoboBoat

## Kayak Safety Training

Dates  
February 19-24, 2026

Website  
[www.roboboast.org](http://www.roboboast.org)



# Kayak Safety

## Staying Safe on the Water

---

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



## Be Ready

---



Life Jacket – worn at all times

Weather Appropriate Clothing



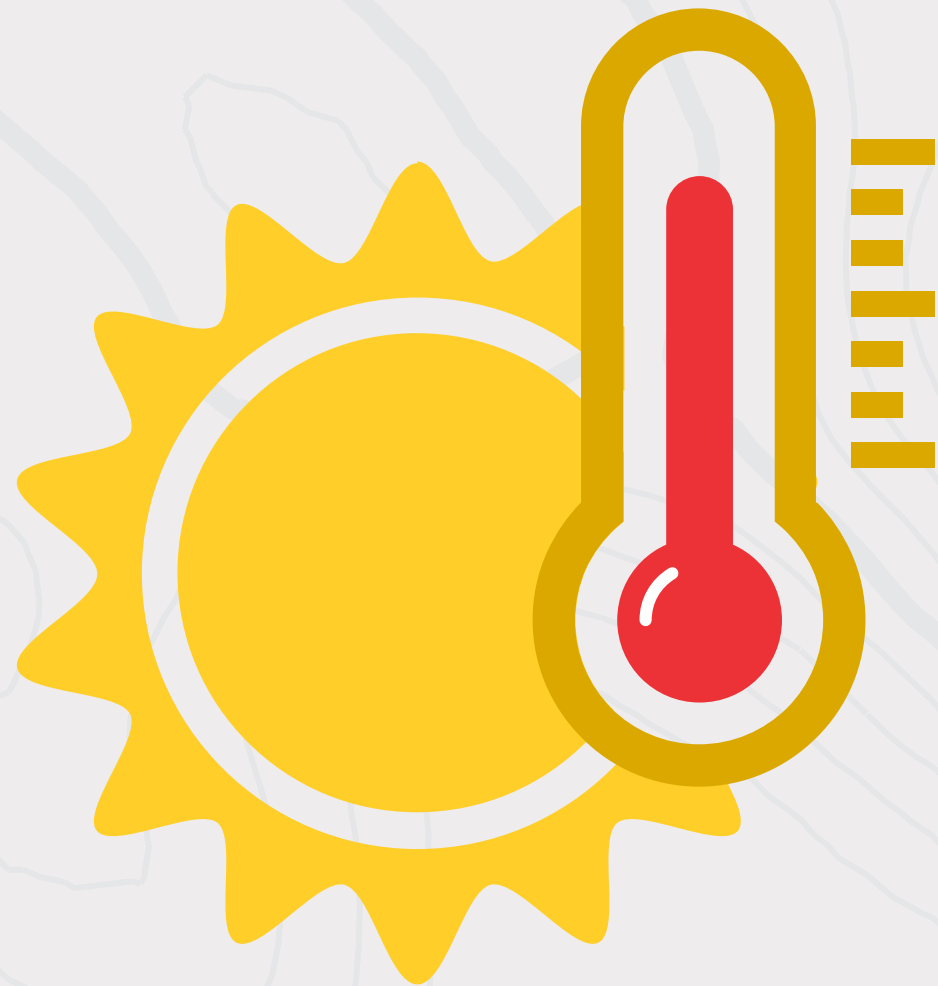
Sun Protection (hat, sunscreen)

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