**Kayak Capsize Recovery Methods**

**Assisted Rescue**

No Exit/T-Rescue using bow of rescuer’s kayak:

[How To: Do a Kayak T-Rescue - YouTube](https://www.youtube.com/watch?v=OiBd2RnXu7g)

No Exit side rescue/Hand-of -God Rescue: [The Hand of God - Sea Kayak Rescue Technique - YouTube](https://www.youtube.com/watch?v=goqjoNu2aek)

Paddler re-enter from back deck/no paddle float From Power of Water:

<https://www.youtube.com/watch?v=cap1wHLDOW4>

Using Heel Hook:

[Sea Kayak T-Rescue: Deep Water Rescue / How to get back in your Kayak with help - YouTube](https://www.youtube.com/watch?v=YSRCAdCSj8Q)

**Self-Rescue**

Paddler wet exits

* Using Paddle Float from rear deck: [Kayaking | How to Self-Rescue || REI - YouTube](https://www.youtube.com/watch?v=IUHYtQR79Z4)
* Scramble or Cowboy Re-entry:

[Capsize Recovery - YouTube](https://www.youtube.com/watch?v=sRfGAJb5oL0)

[Sea Kayak Self Rescue: Cowboy Rescue / How do I get back into my kayak alone? - YouTube](https://www.youtube.com/watch?v=t4-TEw3D-sE)

Rolling the Kayak

Paddler remains in boat (no draining required!)

* C to C and Sweep Stroke Rolling Techniques: [How to Roll a Kayak - YouTube](https://www.youtube.com/watch?v=v-riOC8poAs)

Paddler wet exits but does not drain until after re-entry and rolls

* Paddler re-enters capsized boat and then rolls uses paddle Float: [Kayak Self Rescue: Re Enter and Roll - YouTube](https://www.youtube.com/watch?v=draZdyX4l-g)

Towing <https://www.youtube.com/watch?v=PwyYrr7NO7A>

* Reasons for towing
* Type of tow line
* Short Cow tails
* Longer leashes
* Out of Boat Paddler
* Risks