



KAI IKAIKA PADDLING CLUB Outrigger Huli Recovery Guidelines

The following comprises the Kai Ikaika Paddling Club's Outrigger Huli (capsize) Recovery Guidelines. The Huli Guidelines may be amended from time to time by order of Kai Ikaika's Board of Directors. All Kai Ikaika members are required to familiarize themselves with and act in accordance with these Guidelines, as amended:

OC-6 Huli Recovery

When you huli for the first time it can be a traumatic experience, but you must remember to stay calm and follow the recovery training guidelines. In cold water, you do not always have time to regain your composure because the initial shock of hitting the water will take your breath away (especially in PNW winter conditions). When you huli in rough water waves constantly crash down on you every 5-10 seconds. In these circumstances time is of the essence and you must act quickly, calmly and efficiently. Obviously there are things dry land huli drills can not prepare you for without you experiencing it first hand in water, but below we will do our best to explain what to do when you huli in cold water as well as both flat or rough water:

1. HOLD ON

- Once you come up for air, catch your breath and hold onto the upside down canoe. Remember the current and/or waves create treacherous conditions that could result in you becoming separated from the canoe, so you must hold on!

2. CREW CHECK

- Entire crew - Locate and keep track of or call out names of each crew member in the water
- Team captain (typically steersmen) - If a crew member is injured, assign another crew member to help and stay with him/her

3. PUT PFD's ON

- Try to locate PFD's and put them on

4. SEAT RESPONSIBILITIES

- Seat 1 (or your best swimmer) collects the paddles
- All others, 'swim' the canoe so that the bow heads into the current or waves
- Seat 2 and seat 4 stand on the iako tongues; lean over the canoe; grab the iako
- Seat 3 lifts the iako; seats 2 and 4 rock then lean back to roll the canoe upright
- Seat 5 catches the ama then lays over it to stabilise the canoe

5. RIGHTING THE CANOE

- Try to right the canoe slowly so that the water dumps out. If you can right the canoe and see an inch of the hull above the water's surface you have a fighting chance. Continue to pay attention to waves that are bounding down on top of you. If you continue to have



waves come down into the hull, huli the canoe again, and again, and again or swim boat upside down to a safer area and continue to try to right the canoe

- When the canoe is righted do not hold onto the hull as this pushes the canoe down into the water – swim around and hold onto the iakos or the ama
- At this time, take a moment to have everyone look around for personal belongings in the water
- Crew members should continually try to ‘swim’ the canoe into the current or waves and keep it steady

6. BAILING

- All crew members should help to bail from outside the hull to start out
- Once you get about 6 inches of water out of the hull, one person (smallest person) gets in and bails like crazy
- The remaining crewmembers continue to bail from outside the hull, but stay within the safety of the iakos and ama and do not let go. In rough water conditions, the water is strong and it will break your grip or toss you over the iakos or ama
- As the canoe empties other crew members should enter the canoe and start bailing

7. START PADDLING

- When the water level becomes half-empty all crew members should be on board and the steersperson will give the call to start paddling
- Seats 3 and/or 4 remain bailing while the other crew members paddle

OC-1 Huli Recovery

On an OC-1, the huli recovery is a little different than an OC-6 since you may not have anyone looking out for you, under these circumstances it is extremely important to execute the recovery training guidelines below in a calm and efficient manner:

- Once you come up for air, catch your breath and hold onto your paddle and the upside down canoe
- Check your surroundings and take stock of the situation, check that you are okay. Look around for personal belongings in the water, sometimes your seat may become detached. DO NOT remove your leash and swim after your paddle, water bottles or your seat, remain with your canoe
- If you are not wearing a PFD, try to locate it and put it on



- Firmly hold onto or place your paddle securely on your canoe
- Flip the canoe over by reaching under the hull with one hand while at the same time PUSHING the iako up over your head with your other hand. Be gentle with your canoe. Do not slam the ama down. Climb or 'jump' onto your canoe from the non-ama side
- If the above method becomes too difficult to execute then swim under the canoe, reach over the hull and PULL the iako over your head. Climb onto your canoe from the ama side
- Once you are straddling your canoe leave your left foot dangling to shift weight onto the ama side
- Remove your leash and quickly secure it back to your leg (it would have become tangled under the hull if you swam under)
- Do a second check of yourself and all your gear, if you lost your seat then now is the time to paddle after it, if you lost your paddle and did not take a spare, try to locate your paddle in the water and 'swim' your canoe over to it
- Note: You MUST do your best to locate your paddle as it will be extremely difficult to get back to shore without it! If you can not find your paddle, then kneel or lay flat on the canoe deck and 'swim' your way to shore