

Huli And Recovery – The System

Terms:

Ho'olana: to float /righting

Luma'i: Capsize

A Matter Of Survival:

*Peace of Mind

*Know your paddlers' capabilities.

*Non-swimmers/strong swimmers.

*Panic/Fear Factors

Dryland:

*Lifevest/ PFD: practice putting it on.

*Safety equipment and check rigging. Buckets, scoops flares, communication devices.

*Teach the "Buddy System" (pairing up)

*Seat assignments: What to do in the event of overturned canoe.

The Capsized Canoe (Luma'i):

*Head Count: Get confirmation of all 6 paddlers! After this no one will ever have to submerge again.

*Put the paddle under each seat in the canoe.

*Calm your crew and ask them to put on a lifevest if having difficulty staying above water!

*Give command to get everyone into positions (see attached illustrations)

*Seats 1 and 6 will swim to the end of their manu and hold on.

*Seats 2 and 5 will swim to the iako between canoe and ama and hold on. (Do not touch Ama! You might loosen rigging.

*Seats 3 and 4 will step on the inside iako and sit on the hull facing each other and wait for instructions. (See illustration)

*If water challenges such as waves hit the sides, 1 and 6 will kikaha (position the canoe onto incoming waves) as to prevent more water from entering once the canoe is righted.

Ho'olana (float/righting):

*On the Steersperson's call/ instructions: Ready! Set! Flip the Canoe!

*Seats 3 and 4 will get on their belly lying on the hull of the canoe to grab the gunnel on the ama side, then pull back to flip the canoe and continue holding on to the gunnel during the bailing process.

*Seats 2 and 5 will push up the iakos and stay clear. Do not swim underneath to the other side!

*Seats 1 and 6 will grab the manu and to prevent the ama from hitting the water hard.

*Seats 1 and 6 will then swim to the iakos between the canoe and ama and continue to hang on while seats 2 and 5 get in from the non-ama side and start bailing fast.

*Seats 3 and 4 will help bail once they are inside the canoe.

*Seats 1 and 6 continue to hang on to iakos until it is safe to get in and all continue on paddling.

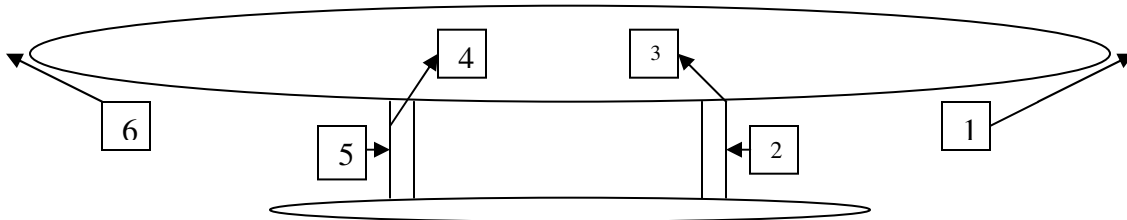
Performing this Ho'olana fast means less bailing!

Safety is Priority #1. Use good judgment and practice this over and over until each paddler understands not just their part but others as well.

Note: Frequent drills help reduce fear and anxiety. Start in calm waters first. Be patient with others and continue to share this method.

Illustration 1

Paddlers in position after the canoe has been capsized.



Paddlers in position after the canoe has been flipped back up.

