

WAKA AMA CAPSIZE



wakaama
Outrigger / Va'a / New Zealand



**Kia Maanu
Kia Ora**
Stay Afloat Stay Alive

STEP 1. Capsize the waka in a safe and supervised environment with lifejackets on.



Don't jump out of your seat!



STEP 2.

Roll call from seat 1 to seat 6. Seat 1 and seat 6, grab 3 paddles each and swim to each end of the waka - keeping it straight.

STEP 3.

Seats 2, 3, 4 and 5 - use the kiato to get on top of the hull, grab onto the gunnel and swing your legs over.



STEP 4.

Ensure everyone is clear of the ama, lean back and re-right the waka together.

STEP 5.

Ensure the waka isn't at risk of swamping before getting back in.



**S
T
E
P
6.**

Always climb in on the ama side, hand out paddles and start bailing.