

CHANGEOVER PROCEDURE

Bright clothing and caps must be worn

1. Support boat will inform the steerer only of the upcoming change.
2. The steerer acknowledges this (*visual nod, thumbs up or something*) and relays it through the crew.
3. The support boat moves approximately 100m ahead and as the vessel crosses the path of the canoe the steerer waves their blade above their head to indicate when to drop the replacement paddlers in the water (*a paddle is easier to see than a hand in big swells. This idea is to help inexperienced boat drivers see clearly when paddlers will be entering the water and can prepare to shut down the propeller. It can also be difficult to judge the course of the canoe.*)
4. Support boat drops paddlers and moves away (*girls must wait for the boat driver to consent for safety*). Paddlers must enter the water at the same time and space themselves in the water as they would be in the canoe and in a line. The paddler closest to the canoe must slap the water to make a high splash, or hold their hand high to aid the steerer to see them. Do not swim to canoe.
5. After the new paddlers have entered the water the steerer will call when the exiting crewmembers to start unzipping their stormcovers. Starting with the back of the canoe and one at a time, eg. a 1,3,5 change, 5 will unzip first. They should call “5 unzipping” “unzipped” and continue to paddle. When 3 has heard “unzipped” they will perform the same drill. Same for no 1. It is important that this is done quickly and not all at one time. If the weather is rough, the procedure must be left as late as possible to avoid excessive amounts of water entering the boat.
6. 3 and 4 call the hucks. Whichever of the two are remaining in the canoe where there is a change will call until they exit.
7. When the canoe bow is within 5 meters of the first person in the water, a huck will be called and the paddlers exiting the canoe should be on the left side of the canoe. No 5 remains on the left throughout change over procedure (*even if they have to paddle that side for more than one huck. This idea is to help avoid flips especially in rough conditions and when paddlers are exhausted and concentration is becoming erratic*).
8. When the first person in the water is in line with the bow the steerer calls “paddles away” and “out”. They must give 2 strokes or enough time for everyone to lock their paddles away, before calling “out”. Paddlers exiting the canoe must do so together and to roll out of the canoe rather than jump. As soon as possible, once they have exited the canoe and the fresh paddlers have entered the canoe, the remaining paddlers change over and paddle on the left (*this idea is to avoid borking the girls who have to get in.. so they don't have the extra worry of someone boinking them on the head. Also the remaining paddlers can put in a full stroke on the right, rather than missing strokes if some poor lass missed her change and is dragging along the side of the canoe.*).
9. Paddlers entering the canoe must be floating on the surface of the water with their feet away pointing generally in the direction the canoe is heading. When they grab the gunnel in front of the seat, they should attempt to pull themselves up and out of the water using the momentum of the canoe as it goes by under them. It is desirable that each paddler grabs the canoe at the same time (*if they are spaced in the water as they would be in the canoe this should happen*).
10. Paddlers entering the canoe should start paddling on the right.
11. Zipping from front to back of canoe drill is much the same as unzipping.
12. With changeovers, water will be entering the canoe with new paddlers, 3 & 5 must monitor the amount of water in the bottom of the canoe and bail when the canoe is up to speed again after a change.
13. Paddlers in the water (*stay close together*) will be retrieved and must make sure they rehydrate and refuel even if they do not feel hungry or thirsty. Support your teammates in the canoe.