

## FLIP PROCEDURE

- Always stay with the canoe (*it is easier to spot a 40ft white canoe in rough seas than 1 or 2 paddlers and a few paddles*)
1. As canoe rolls over, stay seated and go with the canoe.
  2. Once inverted, push yourself out of the covers by straightening your legs, pushing off the bottom of the canoe with your feet.
  3. Try to surface (with a hand above your head) to the same side (to your left or right or ama or off ama side, crew's preference). With everybody on the same side it is easier to do a head count. One idea is for each crew member to yell out their position number in order 1 – 6.
  4. Once everybody has been counted, 1 and 6 take 2 & 5 paddles (and hold onto canoe. 2 and 5 go to off ama side and climb onto iako's overhand.
  5. Whilst 2 and 5 are taking their positions, 3 and 4 with their paddles go to the iako's close to the ama (one each).
  6. 2 and 5 reach over the bottom of the canoe and hold the iako on a count or queue, right the canoe. To do this 3 and 4 (using their blades as aids) push up their iako and ama at the same time 2 and 5 pull the canoe over.
  7. Once the canoe has been righted, 3 and 5 bail. The rest of the crew stay with the canoe. As soon as it is possible the crew climb aboard and paddle while 3 and 5 continue to bail until all or most of the water has been emptied. (*If the boat has covers, the amount of water in the boat should be less and so the crew may be able to paddle straight away*).
  8. The aim is to right the canoe quickly, not only to return to racing asap, but also to avoid scooping loads of water into the canoe. The slower the canoe rolls upright, the more time water has to rush into the boat. Using lighter people to climb onto the iako's to pull the ama over will help avoid the canoe sinking down as they stand on the iako's, scooping more water into the canoe. The less water we have to bail out, the better.