

# 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.