



Self-rescue and pack down eCourse



IKO Kiteboarding

Self-rescue and pack down V2.0

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Self-rescue and pack down

Being able to perform a complete self-rescue and a pack down in deep water is a key step every kiter should learn in his progression to become a safe, independent kiter. It allows you to get back to the shore when things go wrong. You may use this technique when the wind has died, when a line has ripped off, if you are unable to re-launch your kite, or in any other situation in which you cannot body drag or ride back to the shore.

Before you practice this in any 'real' conditions, you must first practice in light, steady wind on land or in shallow/flat water together with an Instructor to be sure you can manage all the steps. Once you are ready, you will practice in deep water under the supervision of your Instructor.

Be sure to stay calm throughout the whole procedure. Do not rush; it is not a race, and going too fast will make it more difficult and less safe.

Each step includes 1 (or more) picture(s) representing the simulation on land and a real situation in the water. There is also a brief explanation telling you why it is important and some tips to make it easier and safer!

This technique will only work with 4-line re-ride and 5th-line safety systems. A mini 5th-line system is not safe and will not allow to use this technique.

Do not use this system.

Enjoy! This safety procedure will even make you become a safer rider!

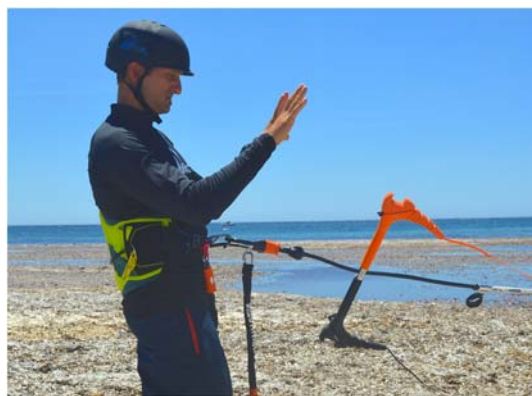
Steps Reminder

- Steps 1 to 6: Securing the bar for self-rescue is also useful when self-landing a kite in shallow water.
- Steps 7 and 8: Kite sailing.
- Steps 9 to 13: Pack-down procedure.
- Steps 14: How to cross the shore break.

For on-shore wind conditions (on-shore, side-on-shore and side-shore)

You are probably not in a hurry when starting a self-rescue procedure, so be sure the drop zone is clear before starting.

1. Let go of the bar. This will depower the kite, making it drop.



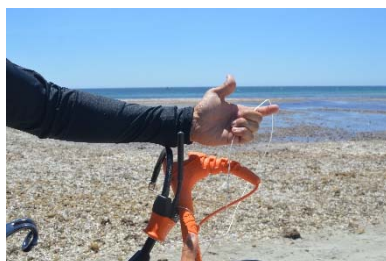
2. Activate the chicken loop quick release. This will fully depower the kite and make it flag out. You will then, only be connected to the safety line.



3. Climb the safety line (the one attached to the kite leash), hand over hand, until you reach the bar. Always have hands facing down, thumbs up and never wrap any line around any part of your body. Lay on your stomach with your feet up to make it easier (less line tension).



4. Lock the safety line with two half-hitch knots around the end of the bar. Then wrap the loose part of the safety line in a figure of 8 around the bar back to the leash and lock it again with two half-hitch knots. If this is done correctly, the kite should no longer be able to power up as the safety line will stay shorter than the other lines.



5. Pick up all the other lines and continue wrapping in a figure of 8 while moving towards the kite. Lay on your stomach to minimize the tension on the lines and make it easier.



6. When you are at about 3 meters from the kite, swim to the kite and grab it. Hold it from the leading edge putting your arm around so it stays under your armpit (or use one leg), so it will be easier and safer to lock the lines to the bar with two half-hitch knots because there will be no line tension. You can now let go of the bar. Remember to always keep the leash connected.

You can also use this technique (all the previous steps) to self-land your kite in shallow water.



7. If the intrados of the kite is not facing upwards (the smiling or 'U' position), you will need to flip it over. To do so, fold in one wing tip underneath then, push the leading edge up with your shoulder. The wind and the pressure in the leading edge will help you flip the kite over.



- For self-rescue go to 'step 8'.
- For pack-down without self-rescue when a rescue boat is waiting near you, directly go to 'step 9.'
- If self-rescue is not an option because the wind is offshore, wait inside the kite inflated and in a smiling (U) position until a rescue boat arrives (more information at the end of this eCourse).
- If the water is shallow enough for you to stand, then carry the kite out of the water.

8. Fold the kite by pulling one tip over the other one using either its front or back line, or the bridle. Use the self-rescue handles or bridle to control the kite and sail back to shore. You can either put one leg or arm out to help you control the sailing direction, the same as when you stretch out one arm to body-drag upwind. If your kite is large, you can fold the wing tip just half way and lay on the leading edge. While sailing with the kite, remember it still has the same aerodynamic properties. Change your hands and body position to go faster/slower/more upwind/more downwind.



9. Once you are absolutely sure that the boat has seen you and is coming to rescue you, or you are getting close to the breaking waves, you can start the pack-down procedure. Put the kite intrados upwards and open the deflate valve, fold the kite over and take hold of the 2 wing tips.

On one-pump systems, close the struts' hoses before starting the procedure.



10. Roll the kite until you reach the center strut. Squeeze out the remaining air with your hands.



11. Close the deflate valve to prevent the water from getting inside.



12. Place your bar over the center strut of your kite and secure it by putting your harness around it and tight it so it stays tightly packed. You could swim over a short distance using this pack as a surf board.



- If you are being rescued by a boat, go to step 13.
- If you reach the shore and need to pass the shore break, go to step 14.

13. Make sure you hand the kite up to the boat, leading edge first. This will allow the water trapped in the kite to drain out, making it lighter to lift. It also prevents the wind from catching the trailing edge and opening the kite up again. Finally get on the boat.



14. When reaching the shore break, release your leash but stay with your equipment until you reach the breaking waves. Once the waves break, push everything away from you and into the waves and swim back to the shore. The waves will bring your packed-down equipment to the shore.

For off-shore wind conditions (off-shore and side-off-shore)

If you ride in off-shore wind conditions, remember the first safety rule: only go kiting if there is a boat already in the water with a pilot trained for deep water rescues and somebody on land aware that you are in the water kiting. If there is no one, do not go kiting.

In these conditions, the beginning of the procedure is the same until you reach the kite with the bar secured (step 6). Then you must wait for the boat to come for you to deflate the kite and proceed with the pack-down procedure. If there is no boat around, or it is far away, the best thing to do is to calm down and save your energy as shown in the picture and wait for the rescue team to come. If you do so, be very careful with your harness' hook when you get in your kite or you may damage it. The best way would be to proceed as shown on the first two pictures below.

Never deflate your kite before you are sure to be rescued. In deep water, an inflated kite will be your rescue buoy. It will also help the rescue team to see you from very far away.



To validate your knowledge, take the short quiz 'Self-Rescue and Pack Down'. Ride safely,
The IKO Team.