## Contents

Welcome to the Coconuts Outrigger Canoe Club ......................................................... 1
Our History ........................................................................................................ 1
Paddling Traditions .......................................................................................... 2
Paddling Etiquette ......................................................................................... 2
Membership .................................................................................................... 2
  Fees ........................................................................................................ 2
  AOCRA Insurance/Registration ...................................................................... 2
Instructions for joining and renewing online: ...................................................... 3
Training ......................................................................................................... 3
Training Timetable ........................................................................................ 4
What to Bring? .............................................................................................. 4
Paddles ......................................................................................................... 4
Racing .......................................................................................................... 4
Club Merchandise ......................................................................................... 4
Responsibilities of Members ........................................................................... 5
Social Activities ............................................................................................ 5
Paddling Guide ............................................................................................. 5
  Seat Positions .......................................................................................... 5
  Paddling Technique .................................................................................. 6
  Paddling Terminology ............................................................................... 6
  Paddling Commands ................................................................................ 6
  Capsize (Hull) ........................................................................................ 7
Safety ........................................................................................................... 7
Welcome to the Coconuts Outrigger Canoe Club

Outrigger canoeing is one of the fastest growing water sports in Australia. The first Outrigger canoe was built in the Pacific Islands and was used as the only available form of transport between islands and to provide food from the ocean.

Outrigger racing started the moment the second canoe was built. Outrigger canoe racing in the Pacific is a part of life and as essential and prestigious as cricket or rugby is to Australians.

Outrigger Canoeing in Queensland is divided into Southern and Northern Zones. The Southern Zone extends from Tweed Heads to Fraser Island, and the Northern Zone starts at Yeppoon/Rockhampton and stretches as far north as the Torres Strait. All clubs are incorporated and part of Australian Outrigger Canoe Racing Association (AOCRA).

Our History

The Coconuts OCC was established in 1997 and was named after a location as tradition demands. Located at Innisfail’s beautiful Coconuts Beach, the club has direct access to the tropical waters that FNQ is famous for. The Coconuts is an ideal location for a club, set as it is on the mouth of the Johnstone River with direct access to the ocean and in case of bad weather the alternative training grounds in the river. The Club colours are orange, black and white.

The Club has four six person (OC6) traditional style Hawaiian outriggers that are more than 13m long and weigh over 150kg. The Club also has five two person (OC2) outrigger canoes and three one person (OC1) canoes.

The club has enjoyed much success in recent years. In 2011 our club coach Brett Gaia set the goal for the club to win a regatta. Not only did we win one regatta – we won several, going on to pick up the 2011 NQ Zone Men’s Champion Award, NQ Zone Mixed Champions Award, NQ Zone Per-capita Points Award and NQ Zone Overall Points Award.

Our club is active in the community and takes part in many community events, including Feast of the Senses and Australia Day celebrations.

So apart from a good excuse to travel, Coconuts Outriggers is a great local club to be a part of whether you are just learning about the sport or are an athlete looking for a new challenge. You don’t have to be fit (to start with!) - if you enjoy the water and the camaraderie of working together in a team towards a common goal, then paddling at Coconuts Outrigger Canoe Club is for you.

Our Mission Statement:

To promote the sport and the traditions of outrigger canoe racing in an environment that promotes personal fitness and personal development through responsibility, integrity, pride and commitment.
Paddling Traditions
Outrigging has a long tradition and the Coconuts OCC prides itself in keeping most of the traditional aspects of the sport alive. All of our canoes are blessed and named in special ceremonies. We treat our canoes with the utmost respect and care. Canoes are rigged in the traditional ways with ropes. They are the craft that carry us in the ocean’s swell and bring us back to the shore safely.

Paddling Etiquette
We do not swear or make inappropriate comments in the canoe.
Where possible we park the canoe with the bow pointing towards the water or out to sea.
We do not stand in the canoe whilst on the water.
We do not sit or stand on the canoe or step over it out of the water.
We always enter and exit the canoe from the left side – the ama side. The canoe is the most important member of the crew and is treated accordingly.

Membership
Fees
Membership fees cover registration and insurance costs, and assist the Club in paying for expenses such as equipment, maintenance, affiliation and administrative fees. The membership fee is for the 12 months of the calendar year. A pro rata adjustment will be made for people wanting to join the club during the course of the year.

Membership for the 2012 calendar year is:
Seniors - $150 + $70 AOCRA fees
Juniors - $50 + $45 AOCRA fees

Uniforms, stinger protection and regatta fees are in addition to this fee.

Preferred payment method is direct deposit. Deposit the required amount directly into the COCC account, entering your surname as a reference, then email a copy of the deposit confirmation to Club Treasurer, Tracy Darveniza (outriggers@iinet.net.au).

The account details are:
Bendigo Bank
Coconuts Outrigger Canoe Club
BSB: 633-000
Account No: 113536148
Alternatively, bring cash or a cheque to a training session and give it to our Registrar – Bart Dryden, or Treasurer - Tracy Darveniza.

AOCRA Insurance/Registration
For your protection, before you paddle you are required by the Australian Outrigger Canoe Racing Association (AOCRA) to complete an indemnity and release form. This entitles you to three paddle sessions to enable you to see if you are interested in continuing with the sport.

Following three paddles you are asked to complete the registration form and medical declaration form online (instructions below). This will cover public liability insurance and at this time you will have to pay AOCRA fees ($70 Senior, $45 Junior) and the relevant club fees. Please see a committee member if you have any questions.
NB. Before joining, please read our Risk Management Policy

Instructions for joining and renewing online:

New Members
1. Go to www.aocra.com.au
2. Click on member sign in/join as a new member
3. Click on apply to be a new member
4. Fill out the form and press proceed
5. Please note you will need a credit card to pay the fees
6. You will receive an email confirming your Member ID and Password. Please keep a note of this as you will need these details to renew your membership in following years.

Renew membership
1. Go to www.aocra.com.au
2. Click on member sign in/join as a new member
3. Enter your Member ID, if you do not know this please ask a committee member
4. Enter your password, if you do not know this click forgotten password and it will be sent to your email address
5. Press Login and follow the prompts.
6. Please note you will need a credit card to pay these fees

Training
Club days are Tuesday and Thursday afternoons at 5.15pm and all are able to attend from novice to advanced.

Early morning sessions are also held on Wednesdays and Fridays, however these sessions need to be organised to make sure enough paddlers are available to fill the canoes (call Hazel Holland on 4061 7624).

On Saturday mornings experienced paddlers go out for marathon training. Our training sessions are usually 1 hour in length on weekdays and around 2 hours on weekends. Sessions vary in structure from technique, strength training to endurance and marathon sessions.

We welcome visiting members from other clubs to come and join us for a paddle (AOCRA registration must be current).
Training Timetable

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>5pm</td>
<td>Women’s Squad^</td>
</tr>
<tr>
<td>Tuesday</td>
<td>5.15pm</td>
<td>Club session</td>
</tr>
<tr>
<td>Wednesday</td>
<td>5.45am</td>
<td>Women*</td>
</tr>
<tr>
<td>Wednesday</td>
<td>5pm</td>
<td>Men’s Squad^</td>
</tr>
<tr>
<td>Thursday</td>
<td>5.15pm</td>
<td>Club session</td>
</tr>
<tr>
<td>Friday</td>
<td>5.45am</td>
<td>Women*</td>
</tr>
<tr>
<td>Saturday</td>
<td>5.45am</td>
<td>Men/Women’s Squad training^</td>
</tr>
<tr>
<td>Sunday</td>
<td>7.30am</td>
<td>Juniors</td>
</tr>
</tbody>
</table>

^ Squad training is for experienced paddlers. Please see the club coach if you’d like to join these sessions.
*Call Hazel Holland on 4061 7624 if you’d like to attend these sessions. Men are also welcome to join these sessions.

What to Bring?
We’ll provide the canoes, personal flotation devices (PFDs) and paddles. Dress in clothing that you don’t mind getting wet (we recommend appropriate stinger protective clothing during stinger season), wear sunscreen and bring a bottle of water. There is a requirement that all paddlers can swim competently in the event of a huli (come and ask - we’ll tell you what that is!). There is a public cold water shower and toilet block at the beach for people who need to change.

Paddles
Club paddles are provided for new members to use. After six months of paddling it is expected that members purchase their own paddle.

Racing
Outrigger canoe races vary upon venue, time and type of canoe. Generally sprints range between 500m to a 1000m straight course with all entries on a start line. There are also 250m lane sprint events with numerous turns, which add a requirement for turning drills to be practised. Marathon races vary from 6km to over 40km in length, the longer races involving changeover of crew members. Racing and training is a lot of fun, different conditions require different disciplines. We have covers to help keep water out of the canoes in heavy conditions which are exhilarating when catching waves. At the Coconuts we have the best of all worlds as we can train in the river if it is rough or go to sea as deemed best by the conditions.

The regatta calendar varies each year, however regattas are generally held monthly from early in the year through to August or September. There are also a range of OC1/OC2 regattas and ‘challenges’ such as the GBROC (40km race from Palm Cove to Port Douglas) and the Marlin Coast Challenge – (35km relay race from Ellis Beach to Port Douglas). The most prestigious regatta on the Australian Calendar is held on Hamilton Island in June each year. For the current calendar please see the club website (www.coconutsoutriggers.com), or the AOCRA (www.aocra.com.au) website.

Club Merchandise
The club has a variety of merchandise available for purchase including stubbie coolers, caps and tshirts. All members who compete at regattas need to purchase a racing shirt.
Responsibilities of Members

Just like any other voluntary organisation, our club relies on fundraising, donations and sponsorship. These funds are needed to maintain our canoes, the trailer and all other equipment. As an active member you will be encouraged to participate in these fundraising activities.

As a member of the Coconuts OCC you are required to respect the rights of every other member. Any member found to be in breach of the club rules may have their membership suspended or terminated.

As part of a team of six paddlers we all have a responsibility to one another to show up for training on time.

Every paddler competing at a regatta is expected to assist with the rigging/derigging of the canoes, set up of the marquee and various other tasks prior and after the regatta. It is each member’s responsibility to find out when the rigging is happening and to be there if possible. One member of each competing team is also required to represent their team at the monthly general meeting.

Social Activities

The Club holds social events throughout the year. These include Sunday afternoon social paddles followed by a BBQ and refreshments on the beach and the annual Christmas Party. The monthly regattas are also very social events.

Paddling Guide

Seat Positions

Seat #1 Sets the pace of the stroke. Also helps steer from the front, especially during sudden changes of direction. Must be constantly alert to what is ahead; boats, swimmers, rocks, etc. Will often call a change of stroke timing, faster or slower. Must keep strokes straight back as opposed to following the contour of the canoe to avoid turning the bow. This allows the steerer to paddle more and steer less. This is NOT a power seat. An aerobically demanding seat, strokes are generally of lighter build than others.

Seat #2 Must be well disciplined in matching exactly the entry and exit phase of the stroke paddle. Any variance in timing will cause paddlers along one side of the canoe to be either slower or faster than the other. Assists by coaching #1 seat with timing. Assists turning from the front when necessary. When canoe is stationary, keeps left hand on front iako to avoid huli.

Seat #3 Part of the engine room with power. Concentrates on moving the canoe forward. Calls changes.

Seat #4 The other part of the engine room. Also concentrates on moving the canoe forward. Generally responsible for bailing of the canoe. When canoe is stationary, keeps left hand on rear iako to keep from huli. Occupied by the heaviest, strongest paddlers, seats #3 and #4 are often referred to as the power seats, the engine room.
Seal #5 Another power seat, number 5 will often bail when needed and provide some steering assistance for the primary steerer in extreme cases. Also known as the keeper of the ama, ensuring that the ama remains safe in rough waters. The paddler can choose to remain on the ama side rather than change sides on the call, and steer if needed.

Seal #6 The steerer’s role is vital to the safety and wellbeing of the canoe and crew. They are, in legal terms, the captain and therefore must take responsibility for many issues of safety in terms of the navigation and handling of the canoe. Steerers need to develop a keen sense of understanding of the nuances of the canoe and how it interacts with the ocean.

Paddling Technique
The most fundamental understanding you need to firmly establish in your thinking is that you will not be pulling the paddle through the water towards you. You will be pulling your hips up to the blade and, with it, the canoe. Like most things, there are efficient ways to do this and not so efficient ways.

In terms of creative visualisation, think of your canoe on rails and the paddles are a series of poles cemented into the seabed. You are going to reach out, grab a pole and pull yourself up to the pole, pulling the canoe along with you.

Key Phases of the Forward Stroke:
- Set Up - Maximum rotation and reach prior to blade entry.
- Entry – Placement of blade in water.
- Catch – Loading of the blade.
- Pull Through / Power Phase – Pull applied to the blade.
- Exit – Removal of the blade from the water at the end of the stroke.
- Recovery – The swing through to set up.

Paddling Terminology

- Wa’a – the canoe
- Mana – Spirit of the canoe
- Manu – Pointy bits at bow and stern of canoe
- Ama – Float device attached to left side of canoe
- Iaku – Struts that attach the ama to the canoe
- Gunnels – The rim of the canoe
- Huli – Capsize

Paddling Commands

Key Commands:
- Paddles set – Get ready (set up)
- Paddles Up – Stop paddling
- Push – Paddle hard
- Back Paddle – Reverse paddle
- Hold Water – Brake stroke
- Draw Left/Right – Draw stroke (commands usually given to 1 and 2)
‘Hut’

Paddlers alternate sides to alleviate fatigue and keep their arms fresh. The call of 'Hut' is the cue to switch paddling sides. The sound is easy to make and takes little effort on the part of the caller. Calling the 'Hut' is a skill. An experienced paddler and caller relies more on a time frame as opposed to counting strokes. You instinctively know when the time has come to call and you also know that calling on a set number is to be avoided. Call the 'Hut' in a strong voice and consistent manner.

In summary, don't underestimate the importance of calling the hut. It takes practice to learn to call 'instinctively' rather than 'mechanically'. Vary your calls to suit the canoe and its interaction with the ocean and the limits of your crew to get the best from both.

Capsize (Huli)

Capsize is more often than not due to error on the part of the paddlers and/or the steerer than simply because of rough water. An outrigger canoe can withstand extremely rough waters and in the hands of an experienced crew, the canoe generally remains safe and stable. The only real risk is one of swamping where the water pours in over the gunnels or over the splashboard. In many strange and unpredictable ways, a canoe is often most unstable when stationary.

Capsize drills provide an opportunity to appreciate the limits of the stability of the canoe and how to carry out a self-rescue technique - to right the canoe and empty the water from the hull.

One of the most common causes which leads to capsize is the hesitation of the paddlers to take the next stroke following the ama lifting. If, without hesitation, you commit fully to the next stroke and bury the blade as if your life depended on it, the crew's combined forces will compress the ama back down - most of the time, and in combination with seats 3 and 4 nudging their hips left to prevent the ama rising further - and bracing right.

Speed of recovery is the key element. The longer the recovery takes, the more likely the hull will be full of water as air trapped in the hull escapes and is replaced by water. The rougher the water, the quicker this process occurs.

As part of club policy and exercising a duty of care and risk management approach to the sport, carrying out a capsize drill should form part of a logical sequence of being introduced to the sport. The coach can access the paddlers’ confidence in the water and their swimming ability.

Safety

Covers

Covers are an essential part of safety equipment. Covers should be used at all times in rough open sea conditions which present any threat to swamping or capsize.

Rigging

Checking the rigging prior to paddling is crucial. Quality rigging materials will not make up for poor rigging techniques and visa-versa.
There are many different lashing configurations to secure the iako to the ama and the iako to the canoe. Whether rubber, cotton or webbing is used, the primary objective remains the same - to keep it all together.

Rigging should ultimately be a 'team' effort, not left to a few individuals with the 'know how'. There's a task for everyone and everyone should know all the tasks.

**Bailers**

Bailers are an essential item and a canoe should never be on the water without them. A minimum of two with at least a 2 litre capacity, scoop shaped with a handle. These should not be rolling around on the floor. They should be secured so that in the event of a capsise they remain with the canoe.