

## WAIKIKI YACHT CLUB CANOE TEAM TEAM & SAFETY RULES

While outrigger canoe paddling is a relatively safe recreational activity, it does come with some inherent risks, which can lead to serious and fatal injuries.

For the rare mishaps that have occurred, the inexperience and or misjudgment of people are found to be the responsible cause of them. For this reason we have adopted the following safety rules to help ensure that your paddling experience with the Waikiki Yacht Club Canoe Team is safe, enjoyable and without incident.

Your attention and support of the listed rules is required as a condition of your participation with the Waikiki Yacht Club canoe team. If you have any questions concerning the rules, discuss them with any coach. Your entry into any WYC canoe signals your understanding and acceptance of our rules.

### YES .

- Canoes must be equipped with personal flotation devices (PFD) for each person in the canoe.
- Canoes must be equipped with at least 2 bailers.
- Each canoe must carry a safety bag consisting of a VHS radio, signal horn, whistle, light, tubing and tow line.
- Inspect canoes before using them. Check lashings and snap rigging to be sure they are tight, ama and hull free of cracks and the iia (bilge) clear of water.
- Always enter & exit canoes from the left side. Exception allows for right side exit only when doing crew member changes during long distance races.
- Stay alert to the steersman whenever you are in the canoe. He or she is in command of the boat.
- Every paddler is responsible for the safety of the canoe and therefore should stay alert to avoid dangerous situation. Better safe than sorry.
- Remain clam, focused and controlled at all times.
- Stay alert to water traffic. Like roadways, keep to the right and give larger vessels the right of way.
- Keep clear of moored vessels to avoid unnecessary damage. Every paddler should be alert while the steersman maneuvers the canoe away from the

docks and when returning to the docks. If needed, paddlers should assist the steersman to guide the canoe safely back to dockside.

- Stay clear of surf breaks and surfers. Also stay clear of in-water hazards such as submerged rocks and pipes, shallow areas, fishing lines and divers.

- Keep canoes together during practices. Leading crews should circle around trailing canoes to ensure the team stays together.

- Finish open ocean practices before sundown. Complete workouts inside protected waters of the Magic Island basin or Ala Wai Canal.

- New paddlers must be able to swim 100 ft and tread water for 3 minutes. If a person is unable to do either of the two, they will be required to wear a PFD whenever they are in the boat.

- Paddlers must demonstrate their ability to participate in the righting of an overturned canoe.

- Know weather and water conditions before going out to paddle. Do not depend on your coaches or others to know this. If you are uncomfortable with the conditions, do not go out. DO NOT go out during lightning.

- Know the duties of each seat in the canoe. You could be placed in any seat at any time.

- Respect the canoes, the ocean and your fellow team members. Avoid the use of vulgar language whenever around the canoes or at any team function.

- Everyone should participate in carrying the canoes whenever the "carry boat" call is made. Many hands make for a light load, safe process and faster completion of task.

- It is everyone's responsibility to help keep the canoes in safe seaworthy condition. Therefore, it is important to report any damages known so that they can be repaired immediately. Don't assume that someone else already reported it.

- Participate in canoe preparation activities. If you don't know how to rig and prep a canoe for racing, take the initiative to learn. Do not depend on others to do this.

- When at the races, everyone should make themselves available to help when and where needed. Such activities include tent setup and take down,

canoe loading and unloading, volunteering at the race officials' tent, volunteering to be a boat holder, cheering for your team members and performing other duties as needed.

- Youth paddlers under 18 must be under an adult supervision at all times. Once practice is over, they must leave the Club premises within 10 minutes, as arranged by their parents.

- Always hydrate well before, during and after practices and your races to reduce your chance of hyperthermia related illnesses such as heat stroke, heat exhaustion and heat cramps.

- Report and treat all injuries immediately, no matter how minor.

- Report any safety infraction, incident or concerns to a coach or to a paddling committee member so that immediate action can be taken to correct or address the situation.

### NO .

- Paddling under the influence of alcohol, medication and judgment impairing substances shall not be allowed.

- Unless approved by the paddler's medical advisor, no woman shall be allowed to participate in training or competition when pregnant.

- Do not take unnecessary risks. If you are uncertain about a situation, ask your coach's opinion. If their explanation does not satisfy you, remove yourself from the situation.

- Do not use the PFDs (life vest) to secure the canoe to the dock. A separate line should be attached to the front and back wae (spreaders) for this specific purpose.

- Do not leave empty drink bottles and other trash inside the canoes or around the canoe (alau, paddling room, and other club areas. Dispose of these in trash containers to help keep a clean club site.

- No outside liquor is permitted on Club premises.

Revised March 2012