



2018 Membership Packet

Aloha! Welcome to Seattle Outrigger Canoe Club!

We are excited to have you join our paddling 'ohana. Seattle Outrigger (SOCC) is a diverse group of people from many backgrounds with many interests but we all have at least one thing in common: a love for the sport and culture of outrigger canoe paddling.

This club member handbook covers the responsibilities of members; code of conduct; information about practices and races; and other club information. All club members are expected to review and abide by these rules to create a common understanding of how the club operates and foster a fun and safe environment. Failure to abide by these rules can result in corrective action by the head coaches and/or the SOCC Board including dismissal from practice, exclusion from one or more races or dismissal from the club. In addition, all club members are called upon to actively contribute to the club's success by participating in all-club events; learning about the values associated with outrigger canoe paddling and Polynesian culture; and maintaining good sportsmanship-like conduct at all times.

Please keep this handbook and use it as a reference throughout the year. If you have any questions, please feel free to contact a Board member or coach.

President:	Bill Bungartz
Vice President:	Matt Menzer
Secretary:	Jocelyn Ritchie
Treasurer:	Kelly Mitchell
Board Member:	Bethany Fong
Men's Head Coach:	Matt Taufaasau
Women's Head Coach:	Sabine Jessel

Mahalo! Let's get ready for a fun and successful 2018 paddling season.

Section I – Membership Responsibilities & Code of Conduct

1. Payment of Dues & Waivers:

- a. Paddlers must pay membership dues after participating in four practices.
- b. Paddlers who have not paid membership dues after four practices will not be allowed to practice, race or participate in club activities.
- c. All paddlers must sign a SOCC, PNWORCA, and Paddle Sport Insurance waiver before participating in any SOCC event, including practice, even if membership dues have not been paid.

2. Insurance:

- a. All paddlers must have current personal medical insurance coverage.
- b. In addition, all current SOCC members/paddlers are automatically covered under Paddlesport Risk Management, SOCC's paddler insurance.

3. Paddling Equipment

- a. The club has paddles and personal flotation devices (PFDs) available to borrow, however, they are primarily intended for use by newcomers, novices and visitors. Many paddlers prefer to purchase their own paddle and a PFD that is more customized to their needs and preferences.
- b. If a club paddle is damaged or lost, the paddler responsible will assume any costs to repair or replace the paddle as needed.

4. Physical Ability:

- a. All paddlers must certify that they are able to swim and tread water for at least ten (10) minutes. A swim test may be required to demonstrate aptitude. In addition, paddlers must be in sufficient cardiovascular shape to participate in long, often strenuous workouts.
- b. Poor swimmers must wear a PFD at all times while in a canoe.
- c. Non-swimmers may be permitted to go out in a canoe but must wear a PFD at all times and must notify coaches and steer's people prior to leaving the beach.
- d. If a participant has a pre-existing condition that may inhibit their ability to fully participate in SOCC activities, they must notify coaches and steer's people prior to participating in any activity.

5. Safety: All paddlers are responsible to ensure the safety of the canoe and its crew. Paddlers will not be allowed into a canoe if they are under the influence of drugs, alcohol, or other controlled substances. Before every outing, each paddler is responsible for the following:

- a. Examine the wa'a (canoe) for damage, water and debris. Canoes must be completely bailed and clean before leaving the beach.
- b. Examine the rigging, iakos (support beams), and ama (outrigger). Ama-lako and lako-wa'a) rigging must be tight. Iakos must be perpendicular to the wa'a.
- c. Check that the distance from the wa'a to the ama is appropriate for the weather, water conditions and experience/capabilities of the crew.

- d. Depending on the season, ensure that each canoe is equipped with a PDF for each paddler and/or each paddler is wearing a PFD while in the canoe. **Note: Paddlers are required to wear PFDs in the winter. Coaches will determine when PFDs are required.**
 - e. Ensure there are at least two bailers and a 5-gallon bucket in the wa'a.
 - f. Ensure all paddlers are dressed appropriately for the weather and water conditions. Cotton garments should not be worn when paddling.
 - g. For night paddling, ensure that lights are in good working order and securely and correctly attached--a red/green light in the front (red on the left, green on the right) and a white light in the back. Bring spare batteries or lights as needed.
 - h. After each outing: all garbage and personal items must be removed and the canoe should be bailed, covered and secured with the lock.
- 6. Paddler Aptitude:** We welcome and encourage new paddlers. It is important, however, for safety and balance of duties that all paddlers work to become proficient in certain skills. Training will be provided throughout the year. By the end of their first season, paddlers are expected to reach basic aptitude on the following:
- a. Paddling: All paddlers must be familiar with SOCC's paddling techniques and know and be able to perform the responsibilities of each seat in the wa'a.
 - b. Waterway Rules: All paddlers should be familiar with the rules of the water. Harbor Patrol rules and regulations can be found here: https://www.seattle.gov/documents/departments/police/publications/Harbor_Patrol_Regulations_web.pdf
 - c. Race rules: All paddlers must be familiar with race rules, including being able to verbally describe PNW-ORCA race start procedures.
 - d. Rigging: All paddlers must be able to rig a canoe (ama-iako and iako-wa'a)
 - e. Huli proficiency: All paddlers must be able to verbally describe the roles of each seat in the event of a huli (capsize). **Paddlers must also participate in at least one huli drill per year.**
 - f. Steering: After two seasons of paddling with SOCC, all paddlers must be able to steer a wa'a in a straight line for 500 meters and perform a controlled 90-degree right turn, a 90-degree left turn and a 180 degree buoy turn.
- 7. Participation in Club Site and Equipment Maintenance:** Participation in maintenance and administrative duties is mandatory for all club members to keep the club running and to provide a safe and welcoming environment. Maintenance responsibilities include:
- a. Beach Maintenance: Beach clean-ups occur twice a year--spring and fall. In addition, the club holds periodic maintenance events throughout the year.
 - b. Canoe/equipment Maintenance: The club holds equipment maintenance days twice a year, typically coinciding with beach clean-up days. If paddlers notice that any part of the canoe (OC-6, OC-1 and OC-2) is broken, needs fixing, and/or is missing a part they should let a coach or board member know immediately.
 - c. Day to Day Site Maintenance: Members should pick up garbage and debris to ensure a safe and clean environment on the beach and around the wa'a/sheds.

- d. Day to Day Canoe Maintenance: All club members must help keep the canoe free of excessive dirt and debris at all times.
- 8. Loading/Unloading Wa'as:** All members are expected to help load and unload wa'as before and after races. Load/unload times will be determined and communicated prior to each race. Club members who cannot help with loading/unloading should communicate with a coach or board member ahead of time. This includes:
- a. Loading from beach to trailer before a race
 - b. Unloading (before race) and loading (after race) at race site
 - c. Unloading from trailer to beach after a race
- 9. Club officers/Committees:**
- a. Club members are expected to participate in the administrative aspects of the Club. All members should serve either as a club officer or committee member.
 - b. All-club, men's and women's meetings are held annually and during the year as needed.
 - c. Board and committee meetings are held regularly throughout the year. The majority of day to day club business is conducted at these meetings. All meetings are open to all club members and everyone is encouraged to attend.
 - d. Two (non-board member) club members are asked to chair the Da Grind committee during race years. Ideally co-chairs should consist of one male and one female paddler. All club members are required to participate in Da Grind by being part of the planning committee and/or helping with day of race activities.
- 10. Attendance & Practices:**
- a. All club members are expected to arrive on time for all practices, races, meetings and other club events. If you know you will be late or are unable to attend a club function, please inform your coach, your steersperson or a board member.
 - b. Practice frequency, dates and times can fluctuate depending on the needs of the team, the weather, the race schedule, etc... Check Team Cowboy and/or consult with the coaches for current practice information. In general practices are held 3 days a week during the race season.
 - c. Participation at all practices is strongly encouraged and is required for paddlers wishing to race with the club.
 - d. Seats at practice will be granted to club members in good standing on a first-come first-served basis unless other arrangement have been made with a coach.
 - e. Race participation and seating assignments are determined by the coaches. Paddlers wishing to participate in races must notify their coaches a minimum of three weeks prior to the event.
 - f. Paddlers are strongly encouraged to RSVP for practices on Team Cowboy by noon of weekday practices and the night before for Saturday practices. When there are more paddlers than the wa'a can accommodate, priority will be given to those who RSVP'd on Team Cowboy.

11. Intra-Club Communications

- a. All club members must join Team Cowboy, our primary means of communicating information regarding practices, meetings, races, events, etc. Contact a SOCC Board member or coach to gain access to Team Cowboy.
- b. All club members should join Slack, an online platform that allows members to quickly communicate and connect with teammates about practices, social events, Hawaiian and outrigger culture and events, etc...

12. Respect: Respect yourself, other paddlers, the wa'a and the spirit of outrigger paddling.

- a. Respect the coach or the person conducting practice (usually the steersperson in the absence of a coach).
- b. Refrain from peer-to-peer coaching. Instead, bring all coaching issues and observations to a coach.
- c. Listen to the steersperson. They are the captain of the wa'a and their instructions should be obeyed at all times.
- d. Respect the other teams and display good sportsmanship at races. Help other teams load, unload and carry wa'as without being asked. Show respect to race officials at all times during the race or event. Report any complaint to the selected SOCC representative at the race, usually a coach or a steersperson.
- e. Respect the wa'a--it is considered part of the crew! Refrain from swearing in and around the wa'a as well as stepping over any part of the wa'a.

13. Small Boat Usage: All active members have access to the club's OC-1 and OC-2 with an additional annual fee. Paddlers interested in using the small boats need to read and sign the SOCC OC-1/OC-2 Small Boat Agreement, and get a coach's signature as well to verify their eligibility.

- a. Prior to using small boats, paddlers must demonstrated proficiency in:
 - i. Huli recovery and small boat safety
 - ii. Small boat storage, assembly and transport
- b. Paddlers are encouraged to use small boats in pairs or more for safety reasons. If an individual goes out on an OC-1 by themselves, please use Team Cowboy or Slack to communicate time of departure, intended destination, and time of arrival back at the beach.
- c. Small boats can be reserved via Team Cowboy. They should not be reserved during regular club practice times as they may be necessary for overflow.
- d. Paddlers who want to use their vehicle to transport small boats must have approved racks and rigging and demonstrate proficiency in tying canoes down.
- e. If a small boat gets damaged during a paddle, the paddler responsible will assume any costs to repair or replace the OC-1 or OC-2 as needed.

Section II – Setting Race Crews

The club has maintained a policy that any club member who wants to race and attends required practices; is in good physical condition; has a good sense of teamwork; and is proficient in SOCC's paddling technique will have a chance to race.

1. Coaches have the last word as to the makeup of any race crew. Keep in mind that sometimes the strongest and best OC-1 paddlers do not make the fastest OC-6 crew. Working together, blending and pulling as a team is often more important in forming a strong OC-6 crew than a paddler's individual strength and performance on an OC-1.
2. The coaches have a good understanding of each individual paddler's techniques and abilities and how he or she would blend with other paddlers as a crew. The coaches use these criteria to decide who will race and in which crew.
3. If a paddler has an issue with the coaches' selection, the paddler should address the issue directly with his or her coach or a board member.

SECTION III – Dues and Racing Schedules

2018 Membership Dues (due by January 31, 2018 unless otherwise noted):

- Annual membership: \$225.00
- Student membership (High School and Full-time College students) \$100.00
- Family membership (two or more members in same household) \$375.00
- Youth membership (up to 15 years old) \$20.00
- OC-1/OC-2 fees (in addition to the annual membership fee) \$50.00

Sponsorship Discount:

Any paddler who brings in a paid sponsorship is eligible to receive a discount for that year's annual membership dues. Sponsorship packets are available on the SOCC website. Discounts:

- \$50 off of annual membership – Paid sponsorships of \$250 - \$999.
- Free annual membership – Paid sponsorships of \$1,000 or greater.

2018 Race Season Schedule:

For a complete racing schedule, go to www.pnworca.org.

Section IV – Acknowledgement of Receipt and Pledge to Abide by the Rules

By signing this page I acknowledge that I have received and read this Club Handbook and that I accept and will abide by the rules and policies stated in this Handbook. Please return the original signed page of this acknowledgement page to a coach or board member.

Printed Name

Signature

Date