

Rusty Dragon's OC Program Orientation

2021 Season

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Intro to Outrigger (OC)

Online Webinar Available

- Various watercraft/ canoes featuring one or more lateral support floats known as outriggers.
- Originated in the islands of Southeast Asia for sea travel, dating back to 1500 BCE.
- Compared to other types of canoes, smaller outrigger canoes can be quite fast, yet are also capable of being paddled and sailed in rougher water.
- This paddling technique is similar to the dragon boat stroke, making it an excellent alternative for cross training.
- Useful Terms > See Below

Due to COVID – 19's group size restrictions, the OC is a great alternative to dragonboat training. It allows participants to train, while maintaining physical distance.

Outrigger Canoe Safety Orientation

Online and In Person Orientation Available

Safety is not just NOT having accidents...it is a SYSTEM of daily practices, it is an attitude, and it is a frame of mind we race and train in. When in Doubt. Don't Do It!

Safety is the responsibility of everyone. Both personal safety and the safety of the group.

Pre-Paddling Considerations – Online Workshop style

Comfort In & Around the Water

- Swim Abilities & Medical Concerns Check
- Group Attendance & Buddy System
- Water Traffic & Buoys
 - At Sunnyside Paddling Club: Westbound – Lake Side
 - At Sunnyside Paddling Club: Eastbound – Shore side
 - Green Buoys – on your port (left side) when going up stream

Environmental Check

- Site Orientation & Meeting Spot: Washrooms, lockers, boat Launch and meeting locations
- Water & Weather Conditions
 - Storm & Lightning – min 10km away (about 30 seconds lightning to audible thunder delay) and 30 mins since the last lightning strike within the 10km radius. If storm is closer than the above, all participants are to return to shore immediately.

- Wind & Waves – the OC is much lighter than a dragon boat, and thus more impacted by wind and waves.
 - Notice if the wind and current is drifting you away from your group/ outside of break walls. You should try your best to return to your group or call to your coach.
 - Waves will affect boat stability. Maintain steady strength paddling through waves. Keeping an eye on your ama, shift weight onto it to increase stability, doing so induce drag, thus reducing the boat speed.
- Fog & Visibility – Minimum visibility is 25m + maintaining sight of shoreline
- Sunset – Note Time & when it gets dark. Move practice times if needed
- Cold Water Regulations: Water Temp < 10 degrees Celsius or Air Temperature < 15 degrees Celsius. The following applies:
 - Full Size PFD
 - Protective Clothing from the weather + Full Change of Clothes

Gear & What to Bring Note: There are no locker facilities at our practice site.

- Personal Floatation Device (PFD) with whistles and Floatation Belts
- Warm Clothes / Warm Gear (i.e., Neoprene clothing, wet suit, etc.)
- Water Bottle
- Rope/ Tow on the coach's boat
- Sun & Eye Protection
- Change of clothes
- Cell Phones & Electronics – placed inside dry bags or double plastic bags to prevent waterlogging

COVID Specific

- Sanitation – All users are required to maintain personal sanitation. All participants are required to sanitize their boat after use to prepare it for the next participant. Hand Sanitizers will be available onsite.
- Physical Distance – all participants and coach will stay a minimum 6 ft apart. All instructions and coaching will be done verbally or with visual cue.
- PPE - Masks are required until the boat user is launched onto the water. They are not to be worn while on water, as they may get wet and will be hard to breathe. Face Shields optional for the duration of training while on water, but required for coaches.

Boat Rigging, Loading & Unloading – Online Workshop + In person / Streaming Options

A large part of the Outrigger experience and tradition is about team work and the care of the watercraft. This includes rigging and checking your own boat before your paddling.

Boat Rigging Steps: (Sample How to Video:) Training will be provided to all participants

1. Attach front iako to front side of ama
2. Attach front iako to front of the boat hull
3. Attach back iako to back side of ama
4. Attach back iako to back of the boat

Boat checking steps:

5. Check your boat and ama for holes and leaks
6. Check your boat and ama for water logging
7. Check your rudder and paddle connection, make sure that you can turn the rudder with the use of the foot paddles

Whenever possible, always load / unload with a team mate.

When approaching the beach or docks, please ensure that the rudder fin is not dragged or damaged.

Loading

- Paddlers must ensure the rudder does not touch the beach/ rocks to minimize damage
- Beach Loading: Ama Side Approach, straddle technique, weight distribution on iako
- Dock Loading: Hull Side Approach, weight distribution on Ama side

Unloading

- Get boat ready for next user (clean, sanitize, bailing, etc.)
- Beach Unloading: Do not drag boat on sand bank, Ama Side dismount, straddle technique, weight distribution on Ama side on iako at all times.
- Dock Loading: Hull Side dismount, weight distribution on iako, slide off seat onto dock while maintaining iako weight distribution

Paddler's etiquettes

- Paddlers work together to sanitize all equipment before and after use
- Participants are a all team practicing together and must therefore help each other before and after their paddling sessions
- Pre- Paddling: Help dismounting user off their boat by applying weight on iako and stabilizing boat
- Post – Paddling: Help next user launch their boat with weight distribution and stabilizing the boat before leaving loading area
- Giving everyone space on the water
- Keeping an eye on your buddy while on water

Precautions During Paddling Session – Online Workshop style

- Float Plan – Your expected paddling route and boundaries, departure and return time
- Distance to Shore – based on swim ability, max 5 boat lengths away from shore. If applicable, inside break walls on water.
- Proximity to Coach – within sight and hearing distance.

Hulis & Falling into the Water– Online Workshop + In Person Demos

Huli is a part of the sport, and most often happens when paddler weight distribution is shifted too far away from the ama, without planting their paddle into the water.

In the event of falling into the water or Huli, all paddlers should:

- 1) Remain Calm
- 2) Call for their coach to help if required.
- 3) Keep personal items nearby or collected by team mate help
- 4) Upright their boat
 - a) On Land Turn over: If participant choses, they may walk their boat to the closest beach shore, along with their personal items and paddle. Once on land, lifting the ama overhead, slowly and gently turn over their boat. *Slow turn over will allow any water to drain from the hull, while turning*

- b) In Water Turn over: If participant is able, they may tread water and flip their boat while in the water. To Flip the boat in water:
 - i. swim to the non- ama side of the boat
 - ii. While staying close to the middle and side of the boat hull, reach over and above the boat hull and grab the edge of the boat
 - iii. Pull the edge of the boat towards yourself
 - iv. Watchout for the ama and iako as it turns over and comes from above
 - c) Cold Water Warning: If cold water conditions are in effect, participant should choose the quickest option for them. The goal is to be out of the water as soon as possible.
 - d) If all options above are not possible: participants may stay with their boat and wait for coach and site organizer assistance. Trying to keep above water as much as possible, especially during cold water conditions.
- 5) Re-Mount their boats
- a) On Land Re- launch: See Loading Section Above
 - b) In water Re- mount: If participant is able, they may remount in the water. To mount the boat in water:
 - i. Attach your paddle to the boat to free your hands
 - ii. Pull yourself up onto the boat, and straddle the hull
 - iii. Reposition yourself onto the seat while keeping your legs out as stabilizers
 - iv. When in position, hold paddle in hand and bring legs onto the boat.
- 6) Continue paddling as comfortable

Emergency Situations – Online Workshop

All participants should follow the Emergency Action Plan as per the Club and practice location. In addition:

Roles and Responsibilities:

- Participant in need:
 - Remain Calm
 - Call for help & Attention of Coach
 - Climb onto your boat, and get as much out of the water as possible
 - If need to wait in the water - adopt a “heat escape lessening position” (H.E.L.P.) by crossing arms tightly against the chest and by drawing the knees up close to the chest
- Coach: Responsible for the program coaching and safety. Ensuring that program is challenging, yet practical for all participants. Coaches should all have a phone in a dry bag for emergency.

In case of emergency, they are responsible for:

- Head Count to ensure all paddlers are safe and above water
- Whistling for help
- Accompanying their group to the nearest shore/ point of safety
- If medical attention be required - Activating emergency medical services immediately
- If medical attention be required - appointing a group member to contact site organizer (SPC or OH) and Rusty Dragon’s Sport Club personnel ASAP
- Take attendance of all group members, ensuring all members are accounted for on shore
- Calling emergency phone numbers to notify club organizer and location managers as needed.

- Group members: If an emergency occurs while the group is practicing, remaining group members are responsible for:
 - Staying calm and maintaining personal safety
 - Immediately head to the closest shore/ point of safety
 - Help coach and victim gather personal items and bring to Rusty Dragon's Club Meeting Spot
 - Provide assistance as directed

Rusty Dragons Sports Club OC Program Overview

Program Details

- Season Duration: June – August (12 weeks)
- Date & Start Times: Wednesday (7pm, 7:20pm, 8pm), Thursday (7pm, 7:20pm, 8pm)
- Location: Sunnyside Paddling Club (SPC) - West of the Pavilion Building, behind Pizza Pizza Shack
- Format: 40 mins coached paddling + 20 mins guided land training
- Participant Arrival Time: 15 mins prior to their program start time
- Cost: \$24 per session -includes:
tax, boat rental, coaching, multiple sizes of paddles & life vest

Activity Transition

- Upon registration each participant will be given a check in time, start time, and boat color
- Land activities will be conducted while maintaining strict physical distancing, interaction between participants will be minimal to none.
- To minimize contact, participants will only be loading and unloading with their boat color partners, while keeping masks on. See: Loading / Unloading.

Registration + Cancellations

- To adhere to public health measures as provided by the government health officials and to help coaches prepare for each session, all participants must register in advance
- Registration Form available: (Google Link on Rustydragons.ca)
- Participants will register and pay for their paddling session 2 weeks in advance. Confirmation email will follow.
- Should participants need to cancel their registered session, they must inform the coordinator 72 hours in advance. Less than 72 hours, paddlers can:
 - Look for someone else to take over their paid spots – payment transfer arranged by paddlers personally. For liability, participants must email coordinator to inform of changes.
 - If no replacements can be found, they will be responsible for the registered paddling session.

Assistive Gear – Provided by Rusty Dragon's Sports Club

- | | |
|----------------|------------------|
| • Ama Weights | • Sanitation Kit |
| • Boat Flags | • Warm Kit |
| • Boat Leash | • First Aid Kit |
| • Face Shields | • Safety Lights |

Site Map & Practice Location

Program Location: East most section of Sunnyside Beach. Behind Blndr Cafe

(1575 Lake Shore Blvd W, Toronto, ON M6K 3C1)

Driving and Parking: Get on Lake Shore Blvd. Westbound, after Parkside dr. Enter East Parking Lot at Sir Casimir Gzowski Playground (Dinosaurs) , park on the east most side of the lot.

TTC Instructions: # 1 Arrive at The QueensWay at Roncesvalles Ave. stop and walk across the Roncesvalles Pedestrian Bridge, head west towards practice site. # 2 Arrive at Keele Station and take the Parkside bus southbound, get off at the Queensway. Cross Lake Shore Blvd towards Sir Casimir Gzowski Playground (Dinosaurs). Walk along Martin Goodman Trail Eastbound to practice site.



Useful Terms

- Personal Flotation Device (PFD) – Appropriately sized flotation devices approved by the Government of Canada, Transport Canada Regulations.
- Ama - the outrigger part of a canoe to provide stability, often rigged parallel to the seats.
- iako - arched cross beams which fastens the floater (ama) to the hull in an outrigger canoe.
- Huli – refers to a canoe flip

Reference Material:

- Canadian Outrigger Racing Association Publications and Resources – Last Updated: June 2020
 - Junior Safety Guide
 - Safety Tips & Huli Recovery
 - Canadian Outrigger Racing Association Safety Manual <https://canadianoutrigger.ca/wp-content/uploads/2019/05/MasterCORASafetyManualNov2009-1.pdf>
- Ontario's COVID – 19 Public Health & Safety Measures – Last Updated: April 2021