



AUSTRALIAN OUTRIGGER CANOE RACING ASSOCIATION

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## SAFETY ALERT 2 JANUARY 2013.

### 5.3. SAFETY – PADDLER SUITABILITY (SWIM, TREAD AND HULI)

Affiliated clubs must ensure all AOCRA members undertake annual swim/tread water/canoe huli (flip) tests as detailed below and maintain a register of results in the club coaching log. Refusal to undertake any test as directed by a Club Coach or their assistant will be recorded as a “Failure”.

Swim/tread water test – the minimum standard shall be:

Seniors – Swim 400m with no external aid, and tread water for 5 minutes.

Juniors – Swim 150m with no external aid, and tread water for 3 minutes.

NOTE: Juniors competing in senior paddling events must complete the senior swim & tread water tests.

In the event that an AOCRA member fails either the annual swim or tread water test, that member must wear an approved Personal Floatation Device (PFD – Type 1, 2 or 3) at all times, whilst training or competing in any form of outrigger canoe. Failure to comply will void the AOCRA member's personal insurance coverage and negate any claims arising from an incident related to the non-wearing of a PFD. (In states where maritime regulations require all persons to wear a PFD, this becomes the minimum AOCRA standard.)

Canoe huli /flip test – all AOCRA members must demonstrate their ability to right an OC6 canoe in the event of a capsize and to independently re-board the OC6 canoe after the capsize whilst treading water and without any assistance from other paddlers. Paddlers using OC1 and OC2 craft should also undertake huli drills to confirm their competency to right and re-board the canoe following a huli. Should an AOCRA member fail to independently re-board an OC6 canoe that failure must be brought to the attention of the club's head coach, squad coaches and executive committee. The club may deem it appropriate to place restrictions upon that member such as - limiting the conditions the person is able to paddle in (ie; rolling swells in open water), limiting the number of novice or inexperienced persons to be in the same canoe, ensuring an extra safety rope is onboard the canoe to use as a rope ladder, etc. **AOCRA does not advise or recommend Huli practice at night. Should a club deem to do so it must be documented in detail in the club's Risk**



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## Management Plan.

AOCRA also recommends that all paddlers should be tested on a simulated rough water huli recovery as well.

To ensure the safety of all AOCRA members, the steerer/captains of each crew have the right to refuse entry to a canoe to person/s that they feel are unsuitable or incapable of safely completing the planned sessions. Steerers/captains are responsible for ensuring the general water safety of persons under his/her care and all paddlers in the craft should, at all times; heed the directions of the steerer/captain.

It is recommended that clubs institute deep-water resuscitation training. In addition to the club coach/s it is recommended that several club persons be competent in First Aid and resuscitation techniques.

Where marine stingers are known to be present during seasonal phases, protective clothing is recommended to be used during both training and competition events.

Canoe Specifications for floatation and other safety requirements are documented in the AOCRA Regatta & Training Rules.



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