



RECREATIONAL PADDLING PROGRAM 2011 SPRING SEASON

Program Overview

Kilohana's recreational paddling program is intended to provide a relaxed, fun, safe atmosphere to introduce outrigger paddling to visitors and to encourage, motivate and provide information about the sport of Hawaiian outrigger paddling.

Season duration: February 20, 2011 through May 8, 2011

Meeting times: Sunday mornings at 8:30 am, on the water 9am-10:30am. (Weather permitting)
Length of practices can be flexible pending coaches and paddlers preference.

Fees: The fee for the Rec Paddling Program is \$60 payable through the Kilohana website via PayPal



What you can expect from Kilohana's Rec Paddling Program:

- Timely sessions and staff reliability.
- To provide a positive, fun and informative session each Sunday.
- To provide adequately trained personnel for each session.
Minimum of 2 personnel – A coach to lead (and able to steer) and add'l volunteer(s).
- To provide safe equipment for each paddler guest(s)
 - > Rigged canoes
 - > Durable paddles
 - > PFD's
 - > Cart for loading and unloading canoes
- To provide a safety plan for water conditions and any equipment failure.
- To provide maximum communication for invitations and cancellations.
 - > Calendar will be posted on Yahoogroups.
 - > Coaches / volunteers / members will be invited to join the yahoogroups.
 - > Active calendar will be available for members to view for schedule changes etc.
- Session reminders – Yahoogroups
 - > Reminders of the Sunday sessions will go out every Monday (auto).
 - > Responses should be confirmed by Thursday p.m. If not enough responses received to fill canoe, Sunday session will be cancelled by Saturday pm.

What should Kilohana expect from our Rec Paddler members:

- Guests are encouraged to visit the Kilohana or NCOCA website to print out and complete a waiver to bring to their first session.
- Be mindful and respectful to volunteer staff. if you will not be able to attend on a date that you have previously committed to, please send an email to the yahoogroups. It takes 6 paddlers to fill a canoe!
- To have a positive, and receptive outlook at each session and receive critique open mindedly.
- Use no foul language.
- Have your dues paid as required
- To learn about outrigger paddling and Kilohana OCC while having fun!

Session format (remember, this is recreational)

- **Paddlers should arrive by 8:30am**

- > Always sign in on paddler sign in sheet
- > Have completed waivers available.
- > Dues may be paid by PayPal or by check to:
Kilohana Outrigger CC – Rec prog
6486 Jasmine Avenue
Newark, CA 94560

- **Sessions will start as close to 9am as possible**

- > Safety First –
 - Coaches will have at least one canoe equipped, with a cell phone
 - Swimming knowledge is not required; however, a PFD should be used if in question.
 - Huli overview by coaches
- > Dryland – basic dryland will be taught:
- > Load canoes with cart
- > Hydration and nutrition a must!
- > Learn to sit in different seats and also to call cadence.
- > End water time early enough to rinse canoes and load.
- > Return all equipment, lock sheds, remove any garbage.

Mahalo and enjoy!

KILOHANA OUTRIGGER CANOE CLUB
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