



IMUA Outrigger Canoe Club

New Member Packet

2020 Season



IMUA Outrigger Canoe Club New Member Packet

Welcome to IMUA Outrigger Canoe Club (IMUA)! We look forward to paddling with you, whether you're interested in an enjoyable new experience or have a more competitive drive. Our paddling community includes a diverse group of canoe clubs and individuals that share a love of the ocean and a desire to experience and learn about the Polynesian culture and the "Aloha Spirit." Paddling is fun, exciting, and even exhilarating at times - and paddlers are surely known for having a good time!

IMUA Outrigger Canoe Club Mission

The mission of IMUA Outrigger Canoe Club is to maintain and perpetuate ancient Polynesian culture through the promotion of competitive national and international outrigger canoe paddling;

To provide resources, activities, and amenities to develop and maintain strong, healthy minds, bodies, and spirits;

To strengthen the local communities by developing an environment founded on teamwork and to foster trust and respect for each other, the Polynesian culture, the canoe, and the ocean.

Coaching Staff

Men's Coach	Mike Meyers	mikemeyers773@hotmail.com
Women's Coach	Heather Picquelle	jhbpicke@sbcglobal.net
Novice Coach	Jerry Kappel	jeroldk1@aol.com

Board Members

Co-President	Lynn Eckweiler	leckweiler@sbcglobal.net
Co-President	Shari Anderson	sharianderson69@gmail.com
Vice President	Loren Nelson	info@nelsoncom.com
Secretary	Lisa Chaves	lisa.chaves@ymail.com Lisa_Chaves@avalon-



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Treasurer	Erica Flores	travlnbrat@hotmail.com
SCORA Director	Jerry Kappel	jeroldk1@aol.com
Equipment/Maintenance Director	Michelle Hayden	karaokewithpride@yahoo.com

Club Membership

To join IMUA, you must sign a release of liability form from the Southern California Outrigger Racing Association (SCORA), the IMUA Code of Ethics and Conduct, Safety Manual, IMUA membership and Medical form. Dues and assessments and other debts shall be due and payable to the organization's Treasurer on the stated deadline to the club each year. Members may be sponsored financially or a payment plan may be arranged as agreed upon by the Treasurer/Board of Directors in case of hardship.

Dues for the 2020 Outrigger Racing Season are based on the per paddler cost to register for races, for insurance, to be a member of our parent organization Southern California Outrigger Racing Association (SCORA), and to cover all costs associated with running IMUA O.C.C. for the 2020 Outrigger Racing Season. The 2020 Season Membership Dues are \$475.00. There will be NO REFUNDS given after your dues are paid unless you have very special circumstances, and a refund is approved by the IMUA BOD. Each member will be required to purchase at least one current season racing jersey for \$30 and each member will be required to purchase or sell \$50-worth of raffle tickets in conjunction with the Noah Kalama race event that IMUA sponsors.

Practice Locations

North Star Beach:

1 Whitecliffs Drive

Newport Beach, CA 92660

We are located on the sandy beach to the southwest of the Newport Aquatic Center (NAC).

Newport Beach Harbor Patrol aka "The Cove":

1901 Bayside Drive

Corona Del Mar, CA 92625

If you get there at the right time, there is parking available in the parking lot. Otherwise, you will need to park on Bayside Drive.



Important Note Regarding North Star Beach Location:

The IMUA site at North Star Beach is located next to Newport Aquatic Center (NAC). We respect and abide by all NAC rules and guidelines in order to remain in good standing with our neighbors. There is no parking allowed in the NAC parking lot for any IMUA activities; however, IMUA members are allowed to park in the dirt parking lot adjacent to our site and in the upper left dirt lot. We do not use any NAC equipment without permission and the BOD's and/or coaching staff will address and obtain approval directly. IMUA does pay annual dues, so we may use the restroom facilities and utilize water for the cleaning of our Canoes.

What to Bring to Practice

First, wear comfortable clothes to practice. Choose Capilene sportswear or dry-weave fabric shirts over cotton. In warm weather, any shorts will do, although "padded" neoprene paddling shorts are available and are a bit more comfortable, especially during longer practices. In cooler weather, we suggest layering with additional shirts or bringing a light-weight jacket. A pair of waterproof flip-flops is essential. Shoes are typically not worn in the canoe and your feet may get wet when launching the canoes. You will probably get a little wet while you are paddling, so it's a good idea to bring a towel and a change of clothes. Although there will be a place to put your belongings while we are out on the water, you should not bring anything valuable to practice. We suggest you bring only waterproof watches and inexpensive sunglasses along with you in the canoe. Most importantly, leave your car keys at the canoe site and do not bring them with you in the canoe. You should also bring a water bottle or a hydration system to have in the canoe. You may also want to bring a hat and/or hair tie, paddling gloves, sunscreen, and snacks (powerbars, etc). Be ready to work hard and have fun.

The History of Outrigger Paddling

There are a number of traditions and customs surrounding the sport of outrigger canoeing. Many are based on Polynesian and Hawaiian traditions of aloha spirit; the expression of warmth, camaraderie and love; respect for your teammates, equipment; and the environment; and safety on and off the water.

Outrigger paddling has been around for centuries when Polynesians used it as a means of travel from island to island. This sport is rich in Hawaiian and Polynesian traditions that flow from ancient paddlers who used these fast, stable boats for everything from fishing to travel, trade and battle. About 30,000 years ago, outrigger canoes were used in the coastal culture of the Pacific Rim. Outrigger canoes also played an important role in the survival and transmission of ancient cultures. The canoe was primarily used by ancient Hawaiians for fishing and traveling between the islands. Not until many thousands of years later did it become a competitive sport. Today in Hawaii, some



canoes are still used for recreational inter-island travels, but mainly for competition racing. The first canoe race ever was held in the Hawaiian Islands in Waikiki in 1917 and it included only men. Today, males and females of all ages enjoy the ancient sport of outrigger canoe paddling.

The outrigger canoe's history originates with a voyaging canoe that once connected oceanic populations through transport. Outrigger canoe paddling was critical to the survival and transmigration of cultures. Today Outrigger Canoes connect people and cultures as a recreational activity and competitive sport. Paddlers will come to understand the unique quality of the sport that maintains a strong cultural identity and community spirit. In recent years, outrigger canoe racing has seen a rise in popularity in countries from Canada to Brazil, all over the South Pacific, Australia, New Zealand, South Africa, and in Europe. Paddling has grown rapidly here in Southern California; other U.S. clubs are located in Northern California, on the East Coast, and even in Nevada and Arizona. There have even been discussions about making paddling an Olympic event.



The Spirit of Aloha

The paddling community is like a family (*ohana*). As a family, we respect one another and help each other. In short, we try to embrace the "Aloha Spirit." *Aloha* means "Hello, goodbye, love, compassion, welcome, good wishes." It is belonging to others with a common humanity. It can be defined better as a feeling in the heart than by words.

How can you get the feeling? The "Live Aloha" website offers these practical suggestions:

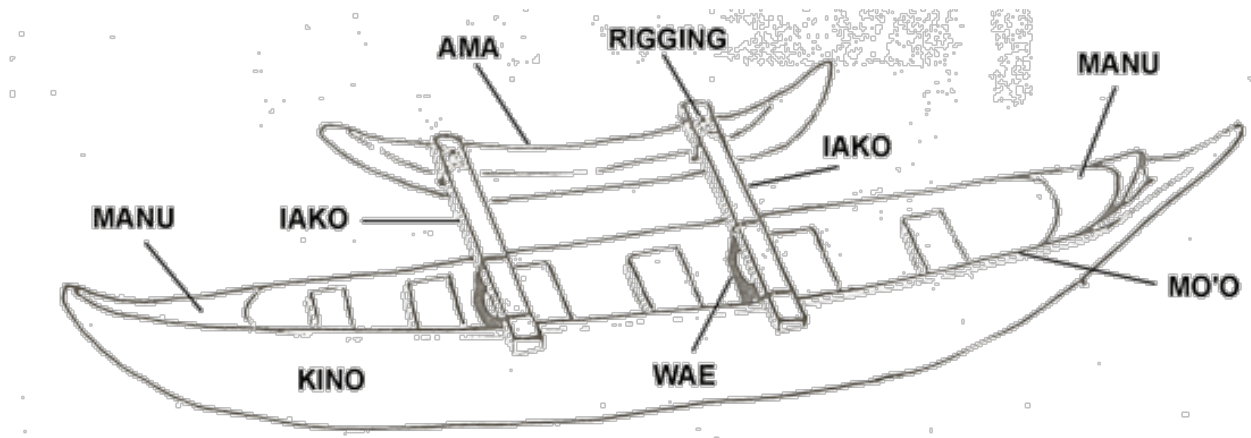
- Respect your elders and children
- Leave places better than you find them
- Hold the door. Hold the elevator.
- Plant something
- Drive with courtesy. Let others in.
- Create smiles
- Attend an event of another culture
- Return your shopping cart
- Get out and enjoy nature
- Pick up litter
- Share with your neighbors

In the paddling community, we spread aloha by:

- Respecting the canoes, ocean, and fellow paddlers
- Helping load and unload canoes for your team and others
- Pitching in when you see someone needing help
- Volunteering for events that help out your team and others
- Being a good sportsman
- Cheering on other crews

Hawaiian Outrigger Canoe

A 6-man outrigger canoe (*wa'a*) weighs approximately 400 pounds.



- *Wa'a* (canoe)
- *Ama* (float /outrigger)
- *Iako* (spars, boom)
- *Kino* (hull)

- *Manu* (stern and bow)
- *Mo'o* (gunwales)
- *Wae* (spreaders)

Canoe Etiquette

It is believed that canoes have a life to them. Each canoe has a distinct and separate personality on the water. The canoe is part of the team and carries all paddlers safely onto the water and home again. We expect all paddlers to treat the canoes with respect and never take them for granted or treat them discourteously.

Never sit or lean on a canoe except in the designated seat area once the canoe is in the water. Even sitting on the seat on land can cause the canoe to crack. When canoes are lifted, be sure the ama (outrigger) and 'iako are supported and off the ground. Canoes should not be dropped, but set down lightly.

Don't step over the body of the canoe. If you need to move to the other side, walk around the canoe. It is a gesture of courtesy to the canoe to do so.

Respecting Your Outrigger Canoe

Hana Hoe Series

1. Respect every canoe as a family member. From the time a canoe is made and blessed, the canoe becomes an entity unto itself. Care for it as a loved one by maintaining it before setting out to sea and cleaning it after you return. Never sit on, or step over, a canoe (exceptions are sometimes made for dry-land training or demonstration purposes). In Hawaii, it is believed that to step over another is to cut their life shorter; therefore, the same applies to your canoe.
2. On land, the canoe always faces the ocean. This relates back to ancient Hawaii when canoes were frequently used to repel attacks from other islands.
3. Care should also be taken for the area surrounding the canoe. Pick up *opala* (rubbish) on and around your *paena wa'a* (canoe landing), *halau wa'a* (canoe house), or *auha* (canoe shed). Put things away that need to be stored without being asked.
4. Everyone helps when the canoe is being carried, covered, cleaned, or cared for. This includes loading and unloading the canoes, covering or storing them, cleaning them, and washing them down with fresh water (especially the lashings) when they are dirty or after practice, and checking all parts of the canoe before and after practice. This applies to every member of the club from the first-time novice to the president. From ancient times, whenever there was a large undertaking, everyone would help by doing whatever they could. The strong would do the work, the old would offer encouragement and advice, and the young would bring the water and food, but everyone would participate. *A'ohe hana nui ka alu'ia. (No task is too big when done together.)*



5. Customarily, a prayer is always said before every launching no matter how long or short the voyage. The prayer needn't be long and perhaps not in Hawaiian, nor does it have to be religious in nature. Doing so helps center the crew mentally and spiritually (no religious reference).
6. On water, avoid standing, arguing, and swearing in the canoe. Standing is rarely a good idea for stability and safety reasons. Arguing and swearing only serves to upset the entire crew's efforts and create animosity instead of aloha. Avoid tracking dirt and sand into the outrigger when you climb aboard. *`Ike aku, `ike mai, kokua aku, kokua mai. Pela iho la ka nohana `ohana.* (Recognize others, be recognized, help others, be helped. Such is a family relationship.)
7. Learn the particular duties that go along with the seat you sit in. Once you step into a canoe you are part of a team. Therefore every *hoa wa`a* (canoe mate) must work together by doing his share. The only way to know what is expected of each member is to have clearly defined assignments before hand. *Komo mai kau mapuna hoe.* (Dip your paddle in. Join in the effort.)
8. See to it that personal issues are put to rest quickly instead of letting them collect and fester in your mind. Remember: what happens on land, stays on land; what happens at sea, stays at sea. Show respect, enthusiasm, and commitment to your *hoa wa`a* by arriving on time to practice (steersmen, coaches, and other leaders should *always* arrive early). A leader is never on time; he or she is always early.
9. Take the time to study and learn the proper Hawaiian names and pronunciation of the things you use. On this issue, choosing to use English (usually the case), or Tahitian, etc., is fine. But if you choose to use Hawaiian terminology, take care in its pronunciation (and use) lest you be guilty of *"olelo ho`ohepa"* (idiot talk). Many Hawaiian words have multiple meanings or have different meanings if pronounced incorrectly.

IMUA Canoe Fleet

IMUA has a total of seven canoes in our fleet.

Hawaiian Name	Type	Number
Haulani	Spec	16
Kaila Kahiko	Spec	27
Kamau	Spec	19
Kekoakekai	Bradley	124
Te Aito	Bradley	11
X	Bradley	29
Huka Makani	Unlimited	888
Pomakai'i	Unlimited	7
Kakou	Unlimited	178



Learning How to Paddle

An outrigger crew is a combination of six individuals thinking together, pulling together, and supporting each other, all connected by a single canoe. It is the perfect technique and timing of the paddles through the water, not necessarily the physical strength of members, which truly makes the canoe fly.

Each seat in an outrigger canoe has a different objective. The person in Seat 1 is required to have perfect technique and timing for the rest of the team members to follow. Seat 2, paddling on the opposite side of the canoe, is required to be in perfect time with Seat 1. Seat 3 is often asked to “call” for all paddlers to switch sides in unison. Seats 3, 4 and 5 are the powerhouse positions and give feedback and energy to the members up front. Seat 6 is the steering position and critical to the flow of the canoe. Paddlers will have a chance to rotate through all positions to find the spot that is right for them. An accomplished paddler can jump into any seat in a canoe.

Seat Duties

All seats are responsible for keeping a positive attitude in the canoe, for working together with perfect timing, and for paddling. All paddlers are also responsible for calling the changes and passing messages between the front and the back of the boat.

- Seat 1 Seat 1 (stroker) sets the stroke and the stroke rate. They are responsible for helping to keep the intensity up for their teammates. The stroker may ask Seat 2 for advice on the feel of the boat or for a message to be passed back to Seat 6 (steersperson) if considering a change that the steersperson should be aware of.
- Seat 2 Seat 2 is responsible for helping to set up the stroke. Seat 2 communicates quiet encouragement to Seat 1. They are also partially responsible for setting the stroke and making sure their timing and stroke is right on with Seat 1. Seat 2 will also pass on messages sent up from the steersperson via the back of the boat.
- Seat 3 Seat 3 is responsible for calling the changeover and is considered a power seat. This seat may communicate to the steersperson that the canoe has too much water and ask to bail. They may also pass messages between the steersperson and Seats 1 and 2.
- Seat 4 Seat 4 is another power seat. Seat 4 is responsible for providing a power stroke. They are also responsible for paying attention to the ama and jumping on the rear iaku to prevent a huli. Seat 5 may call for bailing if the canoe takes on too much water. Seat 4 or Seat 3 will bail when they are directed by the steersperson to do so.
- Seat 5 Seat 5 can quietly communicate with the steersperson to assist in guarding the ama. On rare occasions, Seat 5 may be asked to steer the canoe. Five may be asked to pass on messages up the boat if the steersperson is looking to give direction in a way that cannot be heard by other crews.



Steersperson The steersperson sits in Seat 6. This is the only person in the boat other than the Coach who should be giving orders or directions. Only he/she calls timing, calls paddles up, asks for draws left and right, rate changes, etc. Respect your steersperson; they have a lot going on.

Cross Training

Having a good cardiovascular base for paddling is essential. No matter how many times a week you find yourself on the water paddling, it's always good to supplement your training with other activities. Any cardiovascular exercise will be beneficial to your training. Strength training can help increase the power of your paddling stroke. The following exercises are specifically recommended to improve your paddling: Lat Pull-down, Seated Row, Shoulder Raises, Core Exercises (lower back & abdominals), Leg Extensions, and Leg Curls. Meet with your coaches to provide you more input and/or exercises to improve your personal technique.





Governing Body

Southern California Outrigger Racing Association (SCORA)

SCORA is the governing body for outrigger racing in southern California. SCORA determines divisions, rules, and races to be included in the paddling season, and runs the races. Every team has a SCORA Director (representative) that attends meetings and votes on rule and regulation changes. The Association consists of clubs/teams up and down the coast of southern California from San Luis Obispo to San Diego and clubs/teams from Arizona and Nevada.

SCORA's mission is to encourage, maintain, and perpetuate outrigger canoe racing and to maintain and perpetuate the rich Pacific Island culture and traditions that are rooted in the sport of outrigger canoeing. The SCORA website is <http://www.socaloutrigger.org/>.

Paddler Registration ID#s and Waivers:

In order for a paddler to be eligible to race in a SCORA sanctioned event, each paddler must register as a new member and/or update their account profiles annually. Once confirmed, make note of your paddler ID, username and password information. The SCORA Paddler Registration link and Waiver link is at <http://scoraregistration.com/>. This is done prior to the SCORA race schedule and IMUA will notify their members of the specific deadline to complete.

Races

A new paddler is called a novice and will be a novice his or her first year through the sprint races. The competitive season for 6-man canoes consists of practicing and racing from March-October (SCORA races end in September). The first races of the season are the Iron races, which begin in May. Iron races are continuous races with six paddlers starting the race and working together to finish the race. Sprint races are the second part of the race season and consist of short-distance races often conducted with elimination heats that allow participation in multiple races and multiple divisions throughout the day. These races may be straight short-distance races out to buoys and back or conducted in lanes with turns. The season ends with 9-man races. These races involve nine paddlers, a 6-man canoe, and a motorized "escort boat." Six paddlers start the race in the canoe with three extra paddlers in the escort boat. Over the course of the race, the paddlers in the escort boat will switch or "change out" with the paddlers in the canoe, giving everyone short rest and hydration/refueling breaks in the escort boat.



SCORA Races*

Iron Races	May-June	<ul style="list-style-type: none"> ■ Novice races are 4-6 miles long ■ Short course races are 4-6 miles long ■ Women's, Men's, & Coed are 12-18 miles
Sprint Races	July	<ul style="list-style-type: none"> ■ Most races are 1000 meters-2 miles
9-man Races	August-September	<ul style="list-style-type: none"> ■ All races are 18-30 miles
Catalina Crossing	September	<ul style="list-style-type: none"> ■ Women's & Coed 9-man crews paddle from Newport to Catalina Island on Saturday ■ Men's 9-man crews paddle from Catalina back to Newport on Sunday

*For a copy of this year's SCORA race schedule, please see LAST PAGE of this packet.

Non-SCORA races of interest include events in Northern California (e.g., Alcatraz Challenge), New York (e.g., Liberty Cup), Hawai'i (e.g., Queen Lili'uokalani in Kona, Molokai'i, etc.), Canada (e.g. Howe Sound in Gibsons, BC), Australia (e.g., Hamilton Cup), and World Sprint Championships, which is held in various locations worldwide every two years.

Divisions

There must be at least three entries in each division to make the division official.

Adult Divisions

- Women's Novice Spec/Bradley (any age)
- Men's Novice Spec/Bradley (any age)
- Co-ed Novice Spec/Bradley
- Co-ed Novice Unlimited
- 15-19 Coed Novice Short Course (Spec/Bradley)
- 19 and Under Co-ed Long Course (Spec/Bradley)
- Women's Open Spec/Bradley (any age is eligible)
- Women's Open Unlimited (any age is eligible)
- Women's Unlimited Master (40 and older)
- Women's Masters (40 and older)
- Women's Senior Masters (50 and older)
- Women's Golden Masters (60 and older)
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- Men's Open Spec/Bradley (any age is eligible)
- Men's Open Unlimited (any age is eligible)
- Men's Unlimited Masters (40 and older)
- Men's Masters (40 and older)
- Men's Senior Masters (50 and older)
- Men's Golden Masters (60 and older)
- Men's Golden Master Unlimited (60 and older)
- Coed Open Spec/Bradley (any age is eligible)
- Co-ed Open Unlimited (any age is eligible)
- Co-ed Masters (40 and older)
- Co-ed Masters Unlimited (40 and older)
- Co-ed Senior Master (50 and older)
- Co-ed Senior Master UL (50 and older)

Coed divisions can include up to three men for Iron and up to four men for 9-man races.

Keiki (Kids) Divisions

- 12 and Under Girls
- 12 and Under Boys
- 14 and Under Girls
- 14 and Under Boys
- 16 and Under Girls
- 16 and Under Boys
- 19 and Under Women
- 19 and Under Men

Preparing for a Race

The best way to prepare for a race is to make it to practice consistently. The Coach determines crews and seat placement for races by observing practice. Attendance and attitude are important. Supplement your paddling with cross training, plenty of water, and a healthy, balanced, clean diet.

One or two days before the race, the men's team will load the canoes onto the trailer for transport to the race. Many hands make light work, so please show up to help. A dedicated member of the team will transport the canoes to the race. The individuals towing need to check their own personal auto policy/insurance to see if they would be covered and if their limits/coverage is appropriate. IMUA has hull insurance that covers the canoes and trailer in case of an accident(s).

Race information can be found on the SCORA website: <http://www.scora.org/> (you can also find links to race results, race photos, member clubs, etc., at this site). Each race packet will provide you with information such as: directions to the race; parking instructions; whether or not alcohol, glass, and/or animals are allowed at the race site; schedule of events; hotel information; and financials (parking fees, lunch costs, etc.). For races that are further away from home, you might consider staying in or near the host city the evening before and/or after the race. You can always carpool and share hotel rooms with your teammates.

When traveling to a race, you may want to bring:



- paddling clothes
- paddle
- water, sports drinks, hydration system, etc.
- towel
- change of clothes & shoes
- snacks and drinks to share (please do not bring glass to the race sites)
- beach blanket
- chairs
- sun block
- sunglasses
- money for race fees, paddle gear shopping, and/or food
- sun shower with soap, shampoo, etc.
- hat
- paddling gloves



What happens on race day?

Race days are fun. Plan on spending your day at the beach racing, cheering on your fellow paddlers, eating, drinking, and soaking up the sun!

On the day of the race, show up early and practice the Aloha Spirit. The Aloha Spirit includes helping not only your own team but others as well. Practicing Aloha is part of what the sport is based on and transfers to having good *mana* (juju) in the canoe.

The canoes will need to be unloaded and rigged at the competition site. Everyone is needed and required to help with this process.

The team will pick a spot on the beach to gather, store gear, and socialize. People usually bring drinks and food to share with their teammates. Please follow regulations regarding whether or not alcohol, glass, animals, etc., are permitted on the host beach. Beaches are patrolled and paddlers have been ticketed.

The Kane and Wahine Coaches will finalize crews prior to race day and provide to the members in a communication via IMUA group e-mail and/or on the day of the race. The Kane and Wahine Coaches will attempt to make the crews as competitive as possible while ensuring that no paddler is left behind and that everyone is in a crew capable of completing the race safely. Although the Kane and Wahine Coaches have set the crews before race day, there are often last-minute changes due to unexpected circumstances (e.g., a paddler may get sick or called into work). *Do not* ask the Kane and Wahine Coaches prior to race day about what crew you are in. Be patient and know that the coaches have the best interest of all paddlers and the team in mind. Novice men, novice women, novice coed, and short course racers are generally the first divisions to compete on race day, with races starting between 8:00-8:30 a.m. The next race combines the women and coed divisions, generally starting between 9:30-10:30 am. The men's division competes in the last race of the day, beginning between 12:30–1:00 pm. At practice the week before the race, the Coaches will tell you what time to be at the race site (usually around 6:00 am). If you know you will be late or are running late the morning of the race, let the Coaches know ahead of time or call a fellow paddler. The Coaches cannot register final crews until they account for all paddlers expected on race day.

There will be a steersperson's meeting about 30 minutes before the race. The race course is explained and important safety and weather information is discussed. If you are the steersperson, this meeting is *mandatory*. It's a good idea to have your Seat 5 crewmember attend the meeting with you. If you are not the steersperson or Seat 5, take this opportunity to use the restroom one last time. Immediately following this meeting, crews will meet at their canoes and paddle out to the race start. This is your warm-up time.

At the race start the canoes will line up. There will be a SCORA motorized boat on the water that will attempt to line up the canoes for a fair and even start. A SCORA official on the boat will hold a red flag in one hand and a green flag in the other. The race starts when the green flag is raised. All team members should be watching for this green flag.



Once the flag drops, it's all-out paddling until you hear the horn that signifies that your boat has crossed the finished line. It's a nice gesture to demonstrate the Aloha Spirit by congratulating teams finishing near (ahead and behind) you.

Once you finish the race, *smile* (there will be plenty of cameras watching you!) and look for your Coaches and other team members, the IMUA Tsunami, on the shore. They will be cheering you on and helping you bring the canoe in. Hugs and congratulations will abound! After the novice race, the women and coed crews will be waiting on the shore to get into the canoe and head out to their race start. Help them to make an easy transition by gathering your paddle and any personal gear (e.g., hydration system, water bottles, etc.) from the canoe.

After your race, pat yourself on the back, congratulate your teammates, and relax. Stick around, enjoy the day and the atmosphere, and cheer on your fellow teammates as they finish their races. There are often vendors selling paddles and paddle gear (paddle shorts, hydration system accessories, etc.) and other paddling-related items. The host team will be selling a hot lunch, race shirts, and raffle tickets. These are fundraising events for the host team. There will be an awards ceremony after all races are finished (usually around 3:00 p.m.), followed by the raffle. After all festivities are completed, please stay to help load the canoes onto the trailer. If you cannot stay because of family or other obligations, please let your Coaches know in advance. Many host clubs plan an after-party at a location near the race site. After-parties are not required but are great ways to meet paddlers from other teams. All paddlers are welcome and information is made available in the race packet and on race day.

Code of Ethics and Conduct

Each member has the responsibility to act in accordance of the upmost integrity and build and sustain trust based relationships. When you wear the IMUA team jersey, you are representing IMUA, a SCORA affiliated club. We address issues objectively and candidly. We do the right thing and treat each other with dignity and respect, whether right or wrong. For detailed outline of your commitment to IMUA, all paddlers need to read and familiarize yourself with the IMUA Code of Ethics and Conduct form and return a signed copy to the secretary each year.

Safety

There are several safety considerations when taking out an outrigger canoe.

- Check the condition of the boat, rigging, ama, etc. before putting it on the water.
- There should be an experienced paddler(s) in the canoe or in surrounding canoes.
- Before going out, check the ocean conditions. If there is a high surf/small craft advisory, stay in the harbor.
- Know the experience level and health of the other paddlers in the boat. The steersperson, especially, should be aware of any paddlers that are not good swimmers, have allergic reactions, or other medical conditions.



- Make sure every paddler knows what to do in case of a huli (flipping the boat). For detailed instructions/illustrations, please see the *IMUA Outrigger Canoe Club Safety Manual*.
- Make sure there is always someone out on the water with you who knows First Aid and CPR.
- Every outrigger canoe should be equipped with the following items before it's taken out:
 - VHF Marine Radio (handheld, submersible) and/or cell phone in dry bag
 - Marine signal kit
 - Personal flotation devices (PFDs) for all paddlers onboard
 - A minimum of two bailers per canoe
 - An extra paddle
 - Drinking water (please bring your own)
 - Extra rigging tubing

All IMUA paddlers are required to read and be familiar with the IMUA Safety Manual and Code of Ethics and Conduct form. The signature pages must be returned to the club secretary each year along with the SCORA Release of Liability form.

SCORA Race Schedule – 2020

Date	Race	Location	Host
May 09	Crystal Pier	San Diego, CA	Hanohano OCC
May 16	Rig Run	Santa Barbara, CA	Ka Nai'a OCC
May 23	OFF		
May 30	Kahanamoku Klassic	Marina del Rey, CA	Marina del Rey OCC
June 06	Ventura Outrigger Challenge	Ventura, CA	Hokuloa OCC
June 13	Kahakai Iron Challenge	Long Beach, CA	Kahakai OCC
June 20	OFF		
June 27	Iron Outrigger Championships	San Diego, CA	Kai Elua OCC
July 4 and July 11	OFF		



July 18	Kahakai 9-Man Sprint Relay Long Beach, CA		Kahakai OCC
July 25	Noah Kalama State Sprint	Long Beach, CA	
August 01	OFF		
August 08	Whitey Harrison 9-man	Dana Point, CA	Dana OCC
August 15	OFF		
August 22	Pao Pao 9-man	Oceanside, CA	Oceanside OCC
August 29 & Sept. 05	OFF		
September 12-13	Catalina US Championships	Newport Beach & Avalon, CA	SCORA