



# Outrigger Change Logistics

CORA Off-The-Water Town Hall - April 14, 2024

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## **LEADING-UP TO A CHANGE:**

1. The escort boat will come close to the canoe and the coach will yell the seat positions that are exiting the canoe, only the steer will yell back at the coach to confirm which seat positions are changing.
2. The escort boat will then take-off ahead of the canoe to the drop zone.
3. See SCORA Escort Boat Skippers Information sheet for excellent diagrams.

**THE COACH HAS FINAL SAY ON ALL CHANGES and may adjust changes as necessary.**

## **PADDLERS EXITING THE ESCORT BOAT / ENTERING THE CANOE:**

1. The escort boat will cross the path of the canoe and stop (engine off/neutral) and the coach will tell the dropping paddlers which seats they will be entering.
2. The paddlers will line-up on the deck in the order they will enter the water:
  - Highest seat number (typically seat 4 or 5) enters the water first (closest to oncoming canoe),
  - Seat 1 enters last (farthest from oncoming canoe).
3. The coach will raise a red flag on the escort boat to signal that paddlers are in the water.
4. EACH PADDLER IN THE WATER MUST:
  - Space yourselves in accordance with the corresponding canoe seat spacing. Arms-length is about 1 seat-to-seat distance.
  - Wave one arm high in the air.
  - If there are waves, splash water high into the air, so that the steer can see you.
  - Call out the seat you will swap into.
5. WHEN THE CANOE APPROACHES:
  - Stay in line! DO NOT SWIM TO THE CANOE. The steer will adjust course and steer the canoe to the paddlers. [Note: Except in big water, where it's hard to steer. Paddlers must still stay in line together if they swim to the canoe.]
  - Try to lie as horizontally as possible to prepare for launch into the canoe.
  - Hold a hand in front of your head / face for protection if the canoe veers upon exit of paddlers from the canoe (especially Seats 1 and 2).
6. LOOK FOR THE CORRECT SEAT:
  - Use the iakos as a guide. i.e. Seats 3 and 4 are between the iakos.
  - The front of each SEAT WELL will be marked with coloured tape.
  - The front edge of each SEAT will be marked with a different coloured tape.
  - For unlimited canoes, the cockpits should be obvious.
7. ENTERING THE CANOE:
  - Approach from a 45 degree angle facing the canoe, the canoe's movement will assist entry.
  - Watch your head when passing under the iakos.
  - Grab the gunwale between the coloured tape marks.
  - Absent a skirt, grab securely (gunwale should be waxed).
  - GET IN – ANY WAY YOU CAN. See other literature on the SEAL or LEG HOOK techniques.

8. IF YOU MISS:

- If the canoe is too far away to grab - Stay in the water the coach boat will pick you up and drop you off again. Hopefully, the paddler in your target seat will not have exited the canoe.
- If you are on the wrong side of the canoe (non-ama side) and can grab at your seat – Use your discretion. Only enter if the canoe is counterbalanced by paddlers entering ama-side or someone is on the huli cord. Otherwise, there is a severe huli risk, so let go of the canoe and get picked up and re-dropped by the escort boat.
- If there is no paddle in your seat, call for Seat 5 to unlash the spare blade. Have an exiting paddler tell the escort boat.

**PADDLERS EXITING THE CANOE / STAYING IN THE CANOE:**

1. Upon seeing paddlers enter the water from the escort boat the steer repeatedly yells:

- “PADDLERS IN THE WATER!”
- The numbers of the seats that will be changing.

2. For a 1, 3, 5 seat change, Seat 3 must hand off the “hut-ho” calls to another seat well in advance of the change. “Seat 4 you have the call”.

3. CHANGE CALLS:

- The farthest seat to the back of the canoe who is changing makes the change calls (i.e. Seat 4 in a 1, 2, 4 change or Seat 5 in a 1, 3, 5 change)
- The change calls must be LOUD AND CLEAR for Seat 1 to hear.

4. CALL TO UNZIP:

- If there is a skirt on the canoe, the call to unzip will precede the “Stow and Go” call.
- Each paddler (sequentially from stern to bow) is instructed to unzip.
- After unzipping, the paddler yells a confirmation (i.e. “Seat 3 unzipped”) and resumes paddling until the “Stow and Go” call.
- If conditions are flat, you can decide to keep the skirt open.

5. THE “STOW AND GO” CALL:

- Each word of “READY - STOW – AND –GO” is timed to a stroke (actual words to be agreed upon).
- Without paddle clips, stow your paddle UNDER your seat blade first (blade under the seat), with blade angled upwards (to allow rocker, not crushing) or blade forward with shaft resting on the seat along one gunwale (but this could be landed on by an incoming paddler).
- All paddlers MUST exit simultaneously to prevent injury (i.e. you don’t want a 200lb paddler landing on your head).
- Time the “GO” to occur just before the first grab by any of the paddlers in the water. This takes practice. Keep an eye on the positions of ALL paddlers in the water. If paddlers are not spaced correctly, Seats 1, 2 or 3 may grab before Seats 4 or 5. All paddlers must exit the canoe simultaneously to prevent injury.

6. EXITING THE CANOE:

- Exit the canoe on the non-ama side in a head-first roll at a 45 degree angle to the bow of the canoe (you can twist during the roll so as to land on your back).
- DO NOT SIT ON THE NON-AMA GUNWALE – this creates a severe huli risk.

- DO NOT JUMP when exiting the canoe. Jumping pushes the canoe deeper into the water, and the canoe will spring up, making it harder to enter paddlers (esp. seat 1). Your feet should not hit the water first.
- DO NOT EXERT VERTICAL OR LATERAL FORCES ON THE CANOE. This may cause the canoe to veer, hit the paddlers in the water (in the chest or head) or cause a non-ama entry.
- Place a hand on top of your head when exiting to protect your head and to hold your hat and sunglasses in place.
- Don't be in a rush to surface. If exits are mistimed, staying deeper underwater avoids someone landing on you.

**7. PADDLERS REMAINING IN THE CANOE:**

- Raise your paddles high in the air with both arms to allow entering and exiting paddlers to pass and only resume paddling once the paddlers are clear. Exception for seat 1.
- DO NOT "PADDLE AROUND A PADDLER" – From the water, that is still a blade coming at your head.
- DO NOT JAB your paddle into an entering paddler's legs or feet upon resumption of paddling.
- Tell Seat 1 which side to paddle on. This duty goes to Seat 2 or 3 (whichever remaining paddler is closest to the front).
- Assist a paddler who has trouble entering. i.e. Grab his shorts and haul him in.

**AFTER A CHANGE:**

1. Paddlers wait in the water (i.e. to take a pee break) for the escort boat to approach, the escort boat driver will turn off the motor and throw a rope over if necessary.
2. The coach will usually retrieve the food and drinks for incoming paddlers.
  - Each paddler will have one large zip-lock bag marked with the paddler's name with food.
  - Drinks will be marked on the lid with paddlers' initials.
  - Paddlers should eat, drink, stay warm (blankets will be available) and cheer on the canoe.

**OTHER:**

**1. BAILING:**

- Seats 3 and 4 have bailing duty – there will be one bailer at each seat.
- The boat must be bailed when water is above your toes (1 inch).
- Place the blade of your paddle INSIDE THE CANOE between your hip and the ama-side gunwale, with the shaft extending to the front of the canoe. This will keep it clear.
- Bail very rapidly, dispersing water INTO THE AIR over your shoulder to ama side of the canoe.
- DO NOT "POUR".
- Each bailing session should be less than 30 seconds.
- Replace bailers on hooks so they do not float down the length of the canoe.

**2. HULI! - See other literature in the event of a huli.**

3. IF YOU ARE SICK, tell the coach immediately upon entering the escort boat or, if you are not changing next, tell an exiting paddler to tell the coach on the escort boat. The coach will adjust the change schedule accordingly.