

## **Hood River Outrigger Canoe Club Safety Pledge**

The Hood River Outrigger Canoe Club (HROCC) is special because of its world-class water, its gorgeous location, and the amazing people who participate as coaches, steers people and club members. Grateful for our unique combination of people and place, HROCC is committed to a culture of safety, inclusivity and support, which helps all paddlers enjoy and safely participate in the sport and community of outrigger canoe.

As an HROCC paddler, and for the safety of myself and my fellow paddlers, I commit to the following safety protocols *each and every time* I paddle with the club:

### **Preparing to Paddle**

- I dress for immersion at all times. This means I wear a neoprene wetsuit and full PFD (i.e., no belt packs or inflatables) when river temperature is below 50°F
- I have learned and understand how to recover from a “huli” (when the boat flips) including the responsibility of each seat and crew member
- I have learned what safety gear is on the canoe and I check it before I paddle
- I ask questions when I don’t understand or feel comfortable, and I know there are people at HROCC happy to help me at any time

### **On the Boat**

- I will alert the steers person of any physical limitations that may affect my paddling or huli recovery before I enter the canoe, e.g., I’m injured, I’m unsure I can get back in and may need assistance, or I don’t know how to swim
- I will follow all commands of the steers person promptly and quietly
- I know how to re-enter the canoe and am prepared to do so, whether on my own, with a partner assist, or with a huli strap. If I can’t swim 25 yards, I wear a full PFD

### **Off the Boat**

- If I feel unsafe or unsure about something, I will raise my concern with a steers person, coach, or board member
- Ideas to improve water safety and skill building are always welcome and encouraged

*Because we are committed to safety and teamwork, we do amazing things in a beautiful environment. And remember the Five P’s: proper prior planning prevents problems! Mahalo and aloha.*