

2010 @ 37K

**PADDLERS'
MANUAL**



CONTENTS

I.	Welcome	3
II.	Where we are located.....	3
III.	Klab Structure & the Posakaru.....	4
IV.	History of Outrigger Canoeing.....	5
V.	Paddling Terms.....	6
VI.	Safety First.....	7
VII.	Tools of the Trade.....	8
VIII.	The Art of Paddling.....	9
IX.	Before Your First Session	11
X.	Sooner or later, you Huli.....	12
XI.	Pasin – A paddlers’ etiquette.....	14
XII.	Membership and Scholarships.....	15
XIII.	Registration, Indemnity and Consent.....	17
XIV.	Merchandise.....	17
XV.	Useful Contact Details.....	17
	Membership Application and Indemnity Form.....	18
	Parent or Legal Guardian Consent Form.....	20

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LEGAL NOTICE & DISCLAIMER

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Konedobu Kanu Klab acknowledges and pays homage to the Motu people, the customary owners of the waters on which we paddle and the traditional guardians of the sea creatures which inhabit these waters.



Geoffrey Yip and Damien Tam set up a powerful 1-2 combo.

I. ITA HEDAVARI! WELCOME TO 3K!

Welcome to **Konedobu Kanu Klab Inc**, otherwise affectionately known as **3K!** Established in November 2006 and incorporated in September 2009, our goal is to build a professional paddler-oriented club while helping to spread the sport of va'a, or outrigger canoeing, throughout Papua New Guinea.

As a not-for-profit sporting club, we welcome your interest. We look forward to sharing our sport and its rich history of Papua New Guinean culture and tradition with you.

II. WHERE WE ARE LOCATED

3K's kanus rest at the Royal Papua Yacht Club (**RPYC**), which is along Champion Parade (opposite the Sir Hubert Murray Stadium) at Konedobu in the National Capital District. We are in the process of locating an additional space where we can place one or more kanus to cater for the future growth of our club.

Sessions will, in future, alternate between the two venues. In the meantime, all sessions will depart from the boat ramp at the RPYC.



III. KLAB STRUCTURE AND THE POSAKARU

Whether your motivation for paddling is purely social or to feed that competitive drive, the Klab offers a membership structure which we hope will allow you to participate and enjoy the experience. Our annual membership fee of K120 can be paid at the beginning of the year or pro-rata'd if you join throughout the year.

The highest legislative and deliberative body of the Klab is known as the Posakaru*. Each office-bearer is elected at an Annual General Meeting in accordance with our Klab's Constitution and Rules. Your Posakaru members, and their contact details, are:-

PRESIDENT: Neil Papenfus

T: 7696 0724

E: NPapenfus@steamships.com.pg

TREASURER: Stuart Smith

T: 7696 1789

E: stuartsmith@westpac.com.au

SECRETARY: Lydia Sagati

T: 7248 9197

E: lsagati@nsl.com.pg

CAPTAIN OF BOATS:

T:

E:

WOMENS' CAPTAIN: Okaro Yogi

T: 7687 4503

E: okaroy@interoil.com

MENS' CAPTAIN: Michael Bai

T: 7684 3302

E: MBai_bnd@daltron.com.pg

MARKETING & SOCIAL EVENTS: Melissa Kivung

T: 7224 3536

E: melissa.kivung@qbe.com

**Posakaru* is a word derived from the Toaripi language of Gulf Province. Consisting of two separate words ('posa' meaning platform and 'karu' meaning people), it is traditionally used to refer to a meeting of elders.



Where we paddle... Port Moresby's Fairfax Harbour and neighbouring islands



IV. HISTORY OF OUTRIGGER CANOEING

The outrigger canoe is steeped in a rich history of culture, tradition and etiquette. Its contemporary sibling, that is va'a or outrigger canoe club racing, started in the Hawaiian Islands in the early 1900's. Different terms are used to refer to the sport, the more common of them being: va'a, waka, oaga or simply, outrigger canoeing.

The first racing association was formally established in 1950 and is known today as the Hawaiian Canoe Racing Association. The outrigger canoe is now raced throughout the Pacific islands including in Fiji, Aotearoa/ New Zealand, the Cook Islands, Tahiti, Samoa and New Caledonia. The sport has a following of over 60,000 paddlers worldwide.

Outrigger canoe club racing is in its infancy in Papua New Guinea. It started as a social venture between friends in the late 1990's and in 2005, Robert Grimwade led the move to establish the Papua New Guinea Canoeing Association (**PNGCA**) as the national umbrella body for the sport. The PNGCA's subsequent affiliation to the Papua New Guinea Sports Federation meant the formal entry of va'a into the Papua New Guinean sporting family. With help from our sponsors, 3K has been at the forefront of growing our paddling family, by establishing the Alotau Outrigger Canoe Club and 3K Gereka.

In its recent yet exciting history, the PNGCA has held selections for, and sent crews to, the XIII South Pacific Games in Samoa in 2007 and the Pacific Mini Games in the Cook Islands in 2009. In each of those national crews, 3K was well represented by male and female paddlers including Lydia Sagati in the womens' no.1 marathon seat and Gabe Rei as the mens' steerer for both the marathon and sprint events.





V. PADDLING TERMS

<i>Term</i>	<i>Description</i>
Va'a / oaga	Outrigger canoeing
Hip / huck	Take one more stroke, then change sides
'Ama / damari	Outrigger float
laku / ilava	Outrigger spar
Kanu / vanagi	Canoe
Kalo	Stroke / technique
Paddles up	Stop paddling
Paddles set	Start position. Prepare to rock'n'roll!
White Flag	Steerer will align the kanu not more than 30m behind the start line.
Red Flag	Paddles set! Steerer will take the kanu to the start line. You have from 0-90 seconds to the start of the race.
Huli	Flip
Draw stroke	Long deep slow strokes on either side of the kanu, usually by seats 1,2 and 5 only.
Check your boat	Vertically place your paddle in the water and hold firmly against the gunwale..
Gunwale	Upper edge of the boat's side





VI. SAFETY FIRST

When you arrive at the kanu

Safety is our number one priority. As soon as you arrive at the kanu, please check to ensure the following safety measures are in place:

- The crew has a VHF radio in a sealed watertight bag and tuned to channel 84,
- There are two bungs in the gunwale (forward and rear) and one in the ama,
- There are at least two bailers, secured to each iako,
- A spare paddle,
- The rigs are secure, and
- For those who require them: personal floating devices or life vests.

VHF radio

Every crew shall have on board a VHF radio to maintain communications with each other and with the RPYC. While it will usually be the steerer who is in charge of the radio, every paddler must learn to use the VHF radio in the unlikely event of the steerer becoming incapacitated.

Once you are on the water and ready to push-off, radio "PAPA YANKEE CHARLIE" on channel 84 and after they acknowledge, advise them of the following:

- The kanu's name,
- The number of Persons on Board (**POB**),
- Destination,
- Estimated Time of Return to the marina (**ETR**).

Upon your return to the RPYC marina, radio "PAPA YANKEE CHARLIE" on Channel 84 and advise of your return. Be sure to thank them for their coverage.

All paddle sessions end when the equipment are rinsed in fresh water and stored. It is a team sport from start to finish, so take initiative.





VII. TOOLS OF THE TRADE

The basic 'tools' required in va'a is a kanu and a paddle (or hode). The Klab owns six 6-person (v6), one 2-person (v2) and four 1-person (v1) outrigger canoes. The Klab also has many paddles in varying sizes for members' use. While we strive to have a sufficient number of paddles for all of our members, we encourage you to purchase your own personalised paddle. Speak to a senior paddler for helpful hints ☺



Every paddler has a role unique to her or his seat, with each seat numbered from the front of the kanu.

- Seat 1 - Sets the rate.
- At a race start, helps the steerer to line the kanu, by calling the distances between the kanu and the start line and calling "hold" when the kanu is on the line.
 - In a "turning" call, Seat 1 posts against the right side of the gunwale until the "over" is called.
 - In an "over", Seat 1 together with Seat 2, slowly jays left long and deep until the "power" is called.
- Seat 2 - Helps Seat 1 to set the rate, but on the alternate side.
- In a "turning" call, Seat 2 swings their bodies alongside the gunwale and posts against the front ama with an angled blade;
 - In an "over", Seat 2 together with Seat 1, slowly jays left long and deep until the "power" call.
- Seat 3 - May call the hucks.
- Is part of the engine room.
- Seat 4 - May call the hucks.
- Is part of the engine room.



STEAMSHIPS SHIPPING

- At a race start, keeps an eye on the flag at all times. Calls each flag as they are raised and ultimately calls “Green Flag” or similar signalling the start of the race.
- Seat 5 - Is part of the engine room and is the backup steerer.
- At a race start, obeys the steerers instructions to manoeuvre the kanu so that the kanu has a perfect line ready for the Green Flag.
- Seat 6 - The steerer is the captain of the kanu. When he or she is talking, there must be silence in the rest of the kanu, so that everyone hears what they have to say.

VIII. THE ART OF PADDLING

There are various kalo (technique) in use, often depending on whether the paddle being undertaken is a sprint, marathon or social stroll. Even the type of kanu used can often dictate the type of kalo employed. To master the basic kalo for an OC6, try to visualise the following points when paddling:

1. Sit up tall and keep your body centred – use your thighs to press on the inside of the gunwale to keep you centred and use your feet to anchor your legs to the floor of the gunwale. Keeping your body centred helps create less drag on the ama and helps to balance the kanu.
2. Twist from your waist/hips, with a slight bend forward to engage the lat muscles, your shoulders and your back. Do NOT simply reach forward without twisting, but instead twist forward from your waist. Once you’ve ‘caught’ the water, you simply do the reverse in order to pull the blade back through the water. This allows you to use your stronger back muscles to control your kalo and thus permits you to sustain a better kalo for a longer period of time.
3. Be long and powerful in your stroke, focussing on the ‘catch’ or entry point at the front of the stroke.
Bury the entire blade at the catch.



5. You want the power application at the catch, when pushing the water down and then pulling (or ripping) it back. So explode and accelerate, engaging your hips, legs and feet for maximum thrust. Pushing the water down before ripping it back lifts the kanu out of the water, and helps it to skim along the surface, meaning less drag.
6. Keep a vertical paddle and pull the water alongside the gunwale. Do not flare out at an angle, otherwise that makes the steerer's job difficult if she or he has to correct that stroke in order to keep the kanu aligned with the marker.
7. Ensure you have a clean exit just past your knee at your mid-thigh. Feather the blade if need be (in windy and or rough conditions).
8. Snap the blade back on the return, or recovery, ready for your next stroke.
9. Try to keep your chin up. This will afford maximum oxygen to your lungs and will help to keep your shoulder and neck muscles relaxed. Remember to breath.
10. Drive from your leading leg.
11. Keep your concentration (that is, your eyes and ears) in the kanu. The kalo is a thoughtful application of power that makes every stroke count.
12. There is only one steerer in the kanu, so do not steer from any other seat unless so invited by the steerer.
13. Doubt, yelling, arguing and or swearing in a kanu makes for a very poor run. Have faith in every other paddler and concentrate on your own contribution.
14. Remember. Keep your top arm up, twist at your waist opening up your chest, and above all else, keep your TIMING.

Modified, with courtesy: Hong Kong Outrigger Canoe Club.



5am training session, Fairfax Harbour

IX. BEFORE YOUR FIRST SESSION

Session Times & Duration

For the latest session times, please check with the Posakaru.

DAY	TIME	CREW	DIVISION
Tuesdays	5:00am	Open Mixed	Competitive
	5:30pm	Open Mixed	Novice & Social
Thursdays	5:00am	Open Mixed	Competitive
	5:30pm	Open Mixed	Novice & Social
Saturdays	6:00am	Open Mixed	All Divisions

Each mid-week session runs for approximately 1 ¼ hours (75 minutes), while Saturday's distance/marathon session runs for approximately 2 ½ hours (150 minutes). Paddlers should aim to be at the kanus at least 10 minutes before the above times.

Protection from the sun

Some sessions, particularly the Saturday morning sessions, will mean you are exposed to the sun for a longer period of time. Even if it is overcast, wear a long-sleeved rashie, plenty of sunscreen and bring a hat/cap (with a strap) to wear. Sunnies are helpful.

Coaching

Sessions will be run by senior paddlers. If you have any questions, concerns or queries, feel free to ask them at any time. By way of courtesy, you should endeavour to inform your crew members if you are unable to make a session, preferably with ample notice. Remember, this is a team sport and others are relying on you.



Left: ADF crew training for the Va'a Challenge, Aug '09

Below: Nathan Chang & Quentin Seycbelles won a bronze medal at Hamilton Island, 2009



Swimming Ability

A huli (or flip – refer to separate heading in this Manual) can happen for a multitude of reasons and so it is important that you are able to swim. Even if you can swim, but you are not confident being in the water, please advise the Posakaru before your first paddle session; DO NOT get into a kanu unless you have first done so.

Your ability to swim is not an option! If you have any reservations or concerns about being in the water, you should reconsider your participation in va'a.



Above: Blessing of BSP's Hurehure Matamatana, July '09

Left: Splashing about at a Gabutu regatta, April '09

X. SOONER OR LATER, YOU HULI!

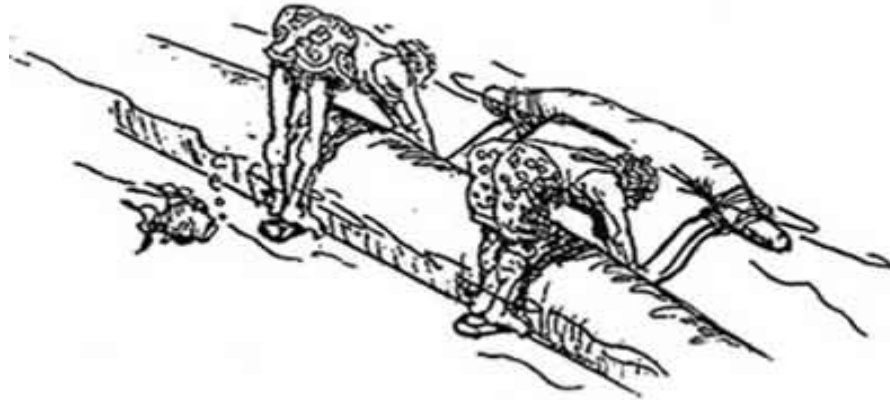
As stated above, hulis can occur for a multitude of reasons. No matter what the reason, remember: remain calm and do not panic. The steerer is in charge of the kanu, even in a huli. So listen carefully for her or his instructions and do not waste energy by talking unnecessarily. Try to follow the simple steps outlined below, and do so as quickly as possible:

1. Remain calm.
2. Go with the flow. When you feel the ama has been lifted to a point where leaning left will do nothing, then go with the flow and allow the kanu to huli.
3. Once the kanu is flipped over, push off the gunwale with your feet, surface and take a breath.



STEAMSHIPS SHIPPING

4. Locate your hode and while using it to stay afloat, check for other paddlers who may need assistance. Keep an eye out for any floating bailers.
5. The steerer is in charge and will call for the entire crew to number off from "1" to "6". Do so in a loud and clear voice so that the steerer can be certain you have surfaced.
6. Pass your hode to Seat 5.
7. Seats 3 and 4 should, as quickly as they can, get themselves to the non-ama side of the kanu and launch their bodies over the hull in line with the iakos.



Courtesy: Kent Island Outrigger Canoe Club.

8. Seats 3 and 4 will then attempt to right the kanu by reaching over the hull to pull the iako over. Seat 1 and 2, on the other side of the kanu, will help by pushing the iako up into the air.
9. Once the kanu has been righted, the steerer will instruct one or two paddlers to climb in and to start bailing. Do not hang on the kanu while it is being bailed.
10. The steerer will, at their earliest, radio the RPYC to advise of the huli and the status of the crew.
11. Remember: listen for the steerer's instructions and try to remain calm. With five other people nearby, there is no reason to panic.
12. Enjoy the swim! ☺



XI. PASIN – A PADDLER'S ETIQUETTE

Va'a is a team sport and requires each paddler to act for the benefit of the crew
THEREFORE each paddler embraces, as their own, the following:

A. PRINCIPLES OF ETIQUETTE

- (i) Respect,
- (ii) Selflessness,
- (iii) Integrity,
- (iv) Objectivity,
- (v) Openness,
- (vi) Honesty and,
- (vii) Non-discrimination.

THEN these Rules of Etiquette are, by way of common sense, ADOPTED:

B. RULES OF ETIQUETTE

1. In keeping with our *pasin*, or Papua New Guinean way, each paddler should be mindful of the following:
 - a. Respect the kanu. The kanu is a member of the crew and must be treated as such. It is the kanu that brings crews together, offers them the challenge and brings them home. Every part of the kanu is sacred and any disrespect shown to the kanu is taboo.
 - b. Respect the paddle,
 - c. Respect the coach,
 - d. Respect the steerer,
 - e. Respect other paddlers,
 - f. Respect the sea,
 - g. Respect the creatures of the sea,
 - h. Respect other water users,
 - i. Respect other sports persons,
 - j. Respect our hosts,
 - k. Respect our sponsors.
2. Do not step over a kanu or paddle.
3. Do not sit in or on a kanu whenever it is not on water.
4. Enter and exit a kanu from the 'ama side only.
5. Mind your language when you are in the kanu.
6. Whenever it is not on water, the kanu must always face toward the sea.
7. Do not drag a kanu when moving it; always lift and carry.
8. NO ALCOHOL in or near the kanu or paddle.
9. NO CHEWING buai/betelnut/buatau in or near the kanu or paddle.





Kanus lined up at the Va'a Challenge at Ela Beach

XII. MEMBERSHIP & SCHOLARSHIPS

The RPYC has generously provided up to 10 scholarship places to paddlers who demonstrate commitment to the sport, to the Klab and a potential for paddling greatness.

The RPYC scholarship does not, however, include Klab membership; so if you are selected, you will be expected to become a financial member of the Klab, like any other paddler.

If you have any concerns, please talk with the Posakaru and we'll be happy to tailor a payment plan to suit your circumstances.

What are the RPYC Scholarships?

The RPYC Scholarship program aims to provide the best on and off water training facilities in Papua New Guinea to paddlers who demonstrate potential and commitment to the sport and the Klab. It entails full access to the RPYC facilities, including vehicle pass, complimentary access key to the Club House and all amenities, as well as annual gym membership. Each scholarship is worth over K1200.

For the purposes of the RPYC scholarships, your coaches will be joined by the Klab President to constitute the Selection Panel.



Scholarship Revocation

The scholarships are transferable, so if at any time a recipient has fallen short of the standards expected of her or him, they may have their scholarship privileges revoked and will be requested to return their vehicle pass and access key. Depending on the circumstances, revocation of ones scholarship does not necessarily mean their expulsion from 3K.

Selection Criteria for 3K/RPYC scholarships

Anyone can become a member of the Konedobu Kanu Klab. However, for the purposes of the RPYC scholarships, the following criteria will be objectively applied by the Selection Panel, whose decision is final:

- ☑ Attendance at paddling sessions.
- ☑ Commitment to the Klab, on and off the water.
- ☑ Enthusiasm for and at Klab activities, on and off the water.
- ☑ Pasin/Respect for Etiquette (refer to separate heading in this Manual).
- ☑ Fitness and or potential for fitness.
- ☑ Technique – twists, top arm, use of feet, bottom arm bend, flipping, rigging, timing etc.
- ☑ Ability to lift own body weight out of water and into the kanu.

*One crew,
one catch!*





XIII. REGISTRATION, INDEMNITY & CONSENT

Please complete the Membership Application and Indemnity Form and return it to the Posakaru **before** your first paddle session.

If you are under the age of 18, you must also ensure that one of your parents or legal guardians reads this Manual and, if they consent to your participation, signs the Parent or Legal Guardian Consent Form.

XIV. MERCHANDISE

Lets face it, everyone rates va'a paddlers ☺ and at Konedobu, we pride ourselves on our trendy merchandise, which we've designed specifically to suit our members and supporters. See our Marketing Officer to check out the latest 3K merchandise, including paddling rashies, training singlets, caps, board shorts, polo shirts and laplaps.

XV. USEFUL CONTACT DETAILS

ROYAL PAPUA YACHT CLUB

VHF: Channel 84 "PAPA YANKEE CHARLIE"

T: 321 1700 or 321 1723

F: 321 4935

E: admin@rpyc.com.pg

NATIONAL WEATHER SERVICE OF PAPUA NEW GUINEA

T: 324 4587 F: 325 5201

AMBULANCE EMERGENCY

T: dial 111 or T: 326 2211 (St John Ambulance, Taurama)

POLICE EMERGENCY

T: dial 110 or T: 321 3468 (Port Moresby Police Station, Town)





MEMBERSHIP APPLICATION AND INDEMNITY FORM 2010

NAME:

ADDRESS:

TELEPHONE:
Home Work Mobile

DATE OF BIRTH:

EMAIL:

NEXT OF KIN:
Name Relationship
.....
Address
Telephone(s).....

ROYAL PAPUA YACHT CLUB MEMBERSHIP NUMBER:

ARE YOU A COMPETENT SWIMMER? Yes No

(If 'No', it is your responsibility to discuss this with a member of the Posakaru as soon as possible)

DO YOU SUFFER FROM ANY MEDICAL CONDITION(S)? Yes No

List any and all pre-existing medical condition(s)

.....

.....

WOULD YOU LIKE TO RECEIVE EMAIL UPDATES ON KLAB ACTIVITIES? Yes No

(PLEASE CONTINUE OVERLEAF)

DECLARATION:

- I the undersigned certify that I am a competent swimmer, confident in being in the water for any period of time;
- I the undersigned agree to abide by the Rules, Directions and Constitution of the Konedobu Kanu Klab Inc (**the Klab**), its officers, representatives, agents, volunteers, instructors, members, or servants, successors or assigns;
- I the undersigned certify that I have provided true complete and correct information with regards my health, to the best of their knowledge, to the Klab and that nothing has been withheld that could affect my health and or safety during participation in any Klab activity or associated activities;
- If, during participation in any Klab activity or associated activity(s), there is any change that could affect my health and or safety, I the undersigned undertake to immediately and clearly bring it to the attention of the Klab;
- I the undersigned understand that the decision as to whether they participate in any and all Klab activities and or any associated activity, on any particular day and under any particular condition (natural or man-made), is my sole and inescapable responsibility to the detriment of no other person or organisation,

Therefore:

INDEMNITY:

- I the undersigned agree to indemnify and forever keep harmless the Klab and its officers, representatives, agents, volunteers, instructors, members, or servants, successors or assigns from any claim, action, liability, loss, damage or suit, arising from the use of any vessel, equipment, apparatus or instrument by me or any other person which is used for competition, training, demonstration, trial, exchange, trade, gift, or is offered for sale, and which does not conform in every respect with the requirements and specifications as from time to time are required by the Klab or its duly authorised agents,
- I the undersigned agree that I shall not allow any person to use, in any way, any vessel, equipment, apparatus or instrument which is owned, leased or under their control which does not conform in every respect with the requirements and specifications from time to time as required by the Klab or its authorised agents, without such person or persons having first executed an indemnity in favour of the Klab on the same terms and conditions as contained in this here Indemnity,
- In the event of any claim, suit or action being made against the Klab, the Klab shall provide me with notice of such claim at the address provided below. The Klab shall in its absolute discretion defend, compromise, settle and deal with any such claim as it deems fit and the undersigned shall indemnify and save harmless the Klab against the said claim and any loss or liability arising from the same,
- This indemnity shall not in any way be deemed or construed as a subrogation of any of the rights of the Klab with regard to the defence and or settlement of any claim made against the Klab,
- This agreement shall be binding upon and inure to the benefit of the parties, their successors, administrators, assigns and personal representatives.

Signature

Date

IF YOU ARE UNDER THE AGE OF 18, YOU MUST ENSURE THAT A PARENT OR LEGAL GUARDIAN SIGNS THE PARENT OR LEGAL GUARDIAN CONSENT FORM.

<u>KLAB USE ONLY:</u>			
AMOUNT PAID:	RECEIPT NO.:	DATE:	KLAB OFFICIAL:
METHOD OF PAYMENT:			



PARENT OR LEGAL GUARDIAN CONSENT FORM 2010

NAME:

ADDRESS:

TELEPHONE:

Home Work Mobile

EMAIL:

CHILD'S DETAILS:

Name Relationship

.....

Address

Telephone(s).....

RPYC Membership Number:

Is your Child a competent swimmer? Yes No
 (If 'No', it is **your** responsibility to discuss this with a member of the Posakaru as soon as possible)

Does your Child suffer from any medical condition(s)? Yes No

List any and all pre-existing medical condition(s)

.....

DECLARATION AND INDEMNITY:

- I am a parent and or legal guardian of the above-named person (**Child**) and I have read the Paddlers' Manual and I understand it and hereby consent for my Child to participate in any and all activities of the Konedobu Kanu Klab Inc (**the Klab**).
- I hereby agree for my Child to abide by the Rules, Directions and Constitution of the Klab.
- I certify that the information above is complete and correct to the best of my knowledge and that nothing has been withheld that could affect my Child's health and or safety during participation in activities organised by the Klab.
- I hereby release and indemnify the Klab and any persons who run or assist in running the Klab against any claim arising from loss or injury, including death (and including any claims or demands for compensation) that may occur for whatever reason, including negligence, as a result of my consent herein for my Child's participation in any and all Klab activities.
- I understand that the decision as to whether my Child participates in any and all Klab activities, on any particular day and under any particular condition, is my sole and inescapable responsibility to the detriment of no other person or organisation.

Signature

Date