



PMMOCC Safety Rules (March 2024)

1. RISK Assessment

- **An onsite informal RA by a coach before EVERY session in consultation with steerers. If conditions change, that may put paddlers safety at risk during any session, return to shore via the quickest and safest route. If a coach is not available then the onsite steerer or Event Organiser should inform the coach of water and weather conditions and seek an RA. A formal RA must be in place prior to the start of paddling if BOM has a Strong Wind Warning in place. (see below)**
- **All canoes should have a radio on board and steerers must know which is the canoe-to-canoe communication channel, which will normally be Marine Rescue channel 72.**
- **If Strong Wind Warning is forecast by BOM, a RA must be documented on the FB event by a coach, before the event.**
- **Paddling cannot commence if BOM has issued a Gale forecast warning, or when there is local lightning.**
- **Coaches' instructions must be followed at all times.**
- **All canoes in all sessions must STICK TOGETHER with a clear line of sight when in the ocean, after first meeting at the 4 knot marker or Pilot Beach to discuss course and conditions, OR / and also have the radio on communication channel to keep in touch if need be.**

2. NOVICES

A NOVICE is anyone in their first two years of being a registered AOCRA member.

A NOVICE must not paddle East of Pilot Beach unless deemed

competent by the coaches.

3. EXPERIENCED PADDLERS

An EXPERIENCED paddler has paddled outriggers for 2 or more years, has competed or trained in the ocean, and has completed the Huli Drill / Swim & Tread Water Test OR has been deemed competent by the coaches.

4. STEERERS

- **Every club STEERER must attend an annual “radio / tide / risk assessment” info session and know the protocols of how to call in an emergency to Marine Rescue on Channel 71.**
- **STEERERS must ensure that a RADIO is taken in all canoes. (OC1 and OC2 paddlers must take a phone if not enough radios when training East of Pilot Beach. They should have the local Marine Rescue telephone number saved as a contact in their mobile.)**
- **After training, STEERERS must complete a report in Facebook Event within 24 hours of the session. (Canoe name, return time, paddler names, maintenance issues, incidents)**
- **The steerer or delegated crew member must enter maintenance requirements into the maintenance book immediately after training and alert the club maintenance officer to the entry.**
- **Beginning steerers must have an experienced steerer in seat 5.**
- **There will be no paddling at the Northern end of the back channel inside Pelican Island unless within 2 hours either side of high tide unless deemed safe to do so by an onsite coach.**
- **STEERERS must keep these MINIMUM DISTANCES – the ama 3m from rock walls; 10m from fisher-folk; 50m from ferries. All canoes are to cross the ferry cable behind a moving ferry unless the ferry is stationery and the ferry's warning light is not flashing.**

6. COACHES

- **AOCRA Level 1 COACHES take responsibly for the safety of all paddlers.**
- **In planning training events they need to consider the condition of individual paddlers as well as the weather and water conditions. As such coaches need to check-in with paddlers prior to paddling if they have injuries and know which individuals are yet to be deemed competent and be prepared to adjust their training plan on the basis of this information.**
- **Once paddlers have been consulted, all paddlers at training are required to follow the coaching plan and coaches instructions.**

7. GOING OUT TO SEA

- **Steerers must log into Marine Rescue on Channel 71 before going to sea North, South or East of Bird Rock informing MR of their vessel ID, number of craft, training location and expected time of return.**

- **OUTGOING TIDE**

Any OC6 session going beyond the end of the break wall must have at least 4 experienced paddlers per crew, one of whom must be the steerer & a coach present (who can be paddling in another canoe).

- **INCOMING TIDE**

Any OC6 session going beyond the end of the break wall must have at least 3 experienced paddlers per crew, one of whom must be the steerer.

- **OC6s going to sea must have 6 paddlers, or an onsite coach's approval when there are only 5 paddlers.**
- **OC1s and OC2s going out to sea must create a FB event if not at a club training event and a coach must be made aware.**
- **All craft going to sea must stay within sight of each other and have a pre-arranged turn around / meeting point.**

5. AOCRA REQUIREMENTS

- **Every paddler must complete an annual HULI DRILL, 400m SWIM & 5 min TREAD WATER TEST, otherwise additional paddling safety measures will be imposed as per AOCRA rules:**

<https://aocra.com.au/nswzone/innerpage.php?pageid=272>

- **All paddlers not yet assessed as competent in the annual huli drill must wear an approved, non inflatable PFD (safety vest) and cannot paddle a club OC1 or OC2.**
- **Every OC6 paddler must wear or have access in the canoe to an approved PFD;**
- **Every OC1 and OC2 paddler must wear an approved non inflatable PFD (safety vest) & carry a communication device when training in open waters.**

8. Additional Maroro Requirements.

- **Members who have not attempted a scheduled annual huli proficiency in the current AOCRA season, may not be allowed to attend training or social sessions or racing events until they have completed a huli proficiency or given an explanation to the Head Coach and is approved to paddle by her / him.**
- **Come and Try paddlers are not required to do a huli proficiency.**

March 2024