

NOCC Swim Test / Huli Drill Requirements

As per AOCRA policy (copied below), "members (must) undertake annual swim/tread water/canoe huli (flip) tests". Basically: swim 400m, tread water minimum 5 minutes; demonstrate the ability to right a capsized canoe and independently reboard the canoe.

Members who:

Fail Swim test/ Tread water

1. To wear PFD while training or competing in any form of outrigger canoe.

Fail Huli drill – OC6

1. To wear PFD while training or competing in any form of outrigger canoe.
2. Restricted to the sheltered waters of Newcastle Harbour.
3. Safety rope to be on board, to be used as a rope ladder.
4. Has to demonstrate the ability to use the discussed safety rope to self-rescue.
5. Restricted to two non-compliant paddlers in a crew.
6. Remaining crew members must be able to assist in the recovery of the canoe and non-compliant crew.

Fail Huli Drill in race canoes (Kamanu, Mirage) with covers on

1. All rules for failing a Huli drill - OC6.
2. Entry in regattas to be determined by the forecasted swell/wind conditions, also, the race location and course; and re-evaluated on the day of the race.

Fail Huli drill – OC1/2

1. To wear PFD while training or competing on a OC1/OC2.
2. Restricted to the sheltered waters of Newcastle Harbour.

Steerers

1. Only steerers who are compliant can take charge of a canoe, outside of the sheltered waters of Newcastle Harbour.

New Members

1. Have two months after joining to complete all tests.
2. Will be counted as non-compliant, until tests are completed.

Sheltered Waters of Newcastle Harbour

- Depending on the wind this definition may change, but under normal conditions, this would be up to the end of Horseshoe Beach but may be reduced in unsafe wind conditions.
- Can be expanded outside of the harbour at the coach's discretion, if the wind is under 15 knots.

AOCRA policy: Taken from MEMBER PROTECTION & RISK MANAGEMENT POLICIES 5.3

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SAFETY – PADDLER SUITABILITY (SWIM, TREAD AND HULI)

Affiliated clubs must ensure all AOCRA members undertake annual swim/tread water/canoe huli (flip) tests as detailed below and maintain a register of results in the club coaching log. Refusal to undertake any test as directed by a Club Coach or their assistant will be recorded as a "Failure".

Swim/tread water test – the minimum standard shall be:

- Seniors – Swim 400m with no external aid, and tread water for 5 minutes.
- Juniors – Swim 150m with no external aid, and tread water for 3 minutes.
- NOTE: Juniors competing in senior paddling events must complete the senior swim & tread water tests.

In the event that an AOCRA member fails either the annual swim or tread water test, that member must wear an approved Personal Floatation Device (PFD – type 1, 2 or 3) at all times, whilst training or competing in any form of outrigger canoe.

Failure to comply will void the AOCRA member's personal insurance coverage and negate any claims arising from an incident related to the non-wearing of a PFD. (In states where maritime regulations require all persons to wear a PFD, this becomes the minimum AOCRA standard.)

Canoe huli "flip" test – all AOCRA members must demonstrate their ability to right an OC6 canoe in the event of a capsize and to independently re-board the OC6 canoe after the capsize whilst treading water and without any assistance from other paddlers. Paddlers using OC1 and OC2 craft should also undertake huli drills to confirm their competency to right and re-board the canoe following a huli.

Should an AOCRA member fail to independently re-board an OC6 canoe that failure must be brought to the attention of the club's head coach, squad coaches and executive committee. The club may deem it appropriate to place restrictions upon that member such as - limiting the conditions the person is able to paddle in (ie; rolling swells in open water), limiting the number of novice or inexperienced persons to be in the same canoe, ensuring an extra safety rope is onboard the canoe to use as a rope ladder, etc.

To ensure the safety of all AOCRA members, the steerer/captains of each crew have the right to refuse entry to a canoe to person/s that they feel are Unsuitable or incapable of safely completing the planned sessions.

Steerers/captains are responsible for ensuring the general water safety of persons under his/her care and all paddlers in the craft should, at all times heed the directions of the steerer/captain.

