

HROCC Orientation question sheet

CLUB HISTORY AND FACTS

1. Where can you find (and read) the club's non-profit mission?
2. What platform do we run scheduling for practices?
3. What does HROCC stand for?
4. In what part of the world did outrigger canoeing originate?

LANGUAGE AND CULTURE

1. What is an Ama?
2. What are the 'lakos?
3. Why do we try not to step over the Ama?
4. What is Ohana, and how is it important for our club?

CLUB BOATS 101

1. The names of our unlimited boats are Makani Huli, Lokahi and Kuakea?
2. What do those names mean?
3. What are the names of the traditional canoes on Nichol's Beach?
4. What side is the Ama on?
5. How long are the canoes in feet?
6. How much does a Malolo or Unlimited Canoe weigh?
7. What material are our Malolo or Unlimited canoes made of?

PADDLING 101

1. What size paddle do you use in inches?
2. Which seat calls switches?
3. What does the phrase "paddles up" mean?
4. What does the phrase "let her run" mean?

SAFETY AND CARE

1. Wearing a PFD is mandatory everytime you paddle, why is this so important?
2. Which seat(s) watch the Ama in high wind conditions?
3. Why do we not wear cotton clothes on the water?
4. What is the approximate water temp of the Columbia in the spring?
5. Which direction does the river current run?
6. Which side of the boat do we always enter/ exit from?
7. What body part enters the boat first- butt or feet? Why?
8. How do we always thank the canoe after we paddle ?

You have now completed, hopefully successfully, our fun Club Orientation
Bring to Peny Wallace and "Earned Your Whistle"
Happy Paddling and Keep Smiling