



Aloha Pinks:

Mahalo for rejoining Mana'olana and Maui Canoe Club for our 2019 paddling season....and whale season! We are so happy to have you in our Pink Ohana.

In addition to Mana'olana, you are a full member of Maui Canoe Club. They paddle every weekday morning at 7:30 am plus other timeslots, so you have numerous opportunities to paddle. Additionally, they offer training classes and host several events per year so stay in touch at www.mauicanoe.org

And of course, keep up with the Pinks on our website www.mauipinks.org and on our Facebook at <https://www.facebook.com/manaolana.pink?fref=ts> and <https://www.facebook.com/mauipinks>

Even though we all come to paddle and to socialize, please always remember that Mana'olana Pink Paddlers is a 501 (c) 3 non-profit organization with a Mission to help cancer survivors recover both physically and spiritually through outrigger paddling. That is why we use double hull canoes. Mana'olana is happy to have survivors just ride if they are not ready to paddle. But their goal is to get physically fit to the best of their ability. Our goal is to be patient and realize our paddles aren't about speed or perfection, but about empowering every paddler to grown strong in mind, body and spirit. And through fulfilling our Mission, we fulfill ourselves in body and spirit, create happiness, and are inspired by seeing the results of our Mission. Here are some interesting facts on how we have grown...

2010	Small but I don't have the figures	1 canoe
2013	38 members/10 survivors	4 canoes
2014	70 members /27 survivors	4 canoes
2015	97 members/38 survivors	4 canoes
2016	102 members/44 survivors	5 canoes
2017	119 members/56 survivors	7 canoes
2018	135 members/60 survivors	7 canoes
2019		7 canoes

We look forward to 2019 as we paddle and play together and support each other and fulfill our Pink Mission.

Now the reminders:

Mana'olana is 100% volunteer run. We need all members to contribute to our club by helping with jobs you enjoy. If everyone does something, no one has to do too much. So Mahalo nui loa for signing up to help us grow and thrive.

Mana'olana's beach is our sanctuary, our Ohana, our Community. As we grow, we need everyone's help to maintain the peaceful & happy sanctuary of our beach. Leave your troubles and politics at home. If you can't, please don't come that day.

Hawaiian Canoe Paddling has long standing rules of etiquette. We all know them, but please take a few minutes to refresh them.

As members of Maui Canoe Club we follow their Paddling Plan and Canoe usage guidelines. Please review and be familiar with these.

- a. [Paddling Plan](#)
- b. [Canoe Usage Guidelines](#)

Becoming a good paddler is an on-going process. Below is information to help you along.

- c. [Paddling 101](#)
- d. [Training](#)
- e. [Steering Training](#)
- f. [Captain Training](#)
- g. [Huli Training](#)



Paddling with a Purpose

- h. [John Puakea new paddling technique 1](#)
- i. [John Puakea new paddling technique 2](#)
- j. [John Puakea Paddling clinic at Kihei Canoe club](#)
- k. [Tahitian Canoe paddling technique by John Puakea](#)
- l. [Tahitian Stroke Technique by Nephi Tehiva](#)
- m. [Understanding Waves for Paddlers](#)
- n. [Outrigger Canoe - Basic PHILOSOPHY, BIOMECHANICS & PHYSICS Part 1](#)
- o. [Outrigger Canoe - Basic PHILOSOPHY, BIOMECHANICS & PHYSICS - Part 2](#)

PADDLERS ETIQUETTE

We respect and practice the Hawaiian canoe culture, and educate many visitors how to paddle Hawaiian outrigger canoes - it is our kuleana!

- p. We never sit on or in a canoe while it is on the beach unless we are giving instructions on how to paddle.
- q. We never cross over the top of a canoe. We walk around it to get to the other side.
- r. We never drag a canoe on the beach. We either carry it or use rollers or big foot for the journey.
- s. We give our canoe operating commands using the Hawaiian language.
- t. We always situate our canoes with the bows facing the ocean to protect our beach.
- u. We never put the blade of our paddle in the sand.

On the Beach:

1. Members arrive at the Beach between 7:45, but no later than 7:50 am; and put your paddle on the paddle rack and sign in with Beach Operations. Inform Beach Operations if you have any limitations when you check in. First members to arrive on the beach will have first priority of a seat in a canoe. The only exception to this rule is if members arriving later than some others are needed for strength or stroking in a canoe. However survivors (members and visitors) always have priority seating over supporters. If you are late, you miss the boat unless you are lucky enough that there is an empty seat.
2. If you are bringing guests (**please, no more than 2 guests per paddle**) arrive at 7:35-7:40 so guests can fill out paperwork and get paddles by 7:45 when training starts. **If you bring guests after 7:45, we cannot accommodate them as there is not enough time to prepare them safely.** Beach sign-in and training stop at 8 am, so we can launch at 8:15-8:20 am. Members please stand near the sign in table at 8 am when Beach Operations assigns canoes.
3. Beach Operations is responsible for member and visitor sign in and for having the waiver paperwork completed prior to the first paddle by a visitor each year. It is very busy around the table, so please be considerate and hold your conversations away from the table to ease the confusion. Do not change canoes with another paddler or give your seat away. If you decide not to paddle after you sign in, please inform Beach Operations. We try to seat spouses or friends in the same canoe but there are times when this is not practical - please don't get into discussion or debate on this subject with beach operations - it's not helpful.
4. Beach Operations assigns captains and paddlers to each canoe, but only the captain will assign paddlers to their seats to make up the safest crews possible. A paddler should never just take or assume a seat.
5. Visitor training is offered prior to launch, but the Captain is also responsible for making sure everyone can swim, getting flotation cushions, checking for medical issues and giving instructions on how to paddle, enter and exit the boat, etc before launching.
6. Captains and Beach Operations decide if it is safe to go out in the ocean conditions of the day. If there is any doubt, **DON'T GO OUT!** Go to coffee or breakfast or snuggle up with our beach snacks.
7. We make every effort to mitigate danger through training; however, the ocean, wind and surf conditions can be unpredictable, so take that into consideration when you make your personal decision as to whether or not you will be paddling that day. It is YOU who decides whether or not the ocean conditions are safe for you. Take time to

look at the ocean. If you choose not to paddle, that is fine. Simply inform beach operations prior to being assigned to a canoe, and come back for treats to socialize.

8. Make all newcomers feel welcome on our beach and in our canoes. Please go out of your way to talk with them and always invite them to treats.
9. If you are on shore when a canoe(s) approaches the beach for a landing, please help bring the canoe ashore and on the big foot if you are able and you are not launching your canoe at the same time.

In the Ocean:

1. Only Maui Canoe Club approved Captains can steer Mana'olana Canoes and they are the only person aboard a canoe who is in command. **Instructions to the crew are to be given only by the Captain in command of the canoe.** Unsolicited paddling critiques are usually unwelcome and can create bad feelings. If you would like to make a suggestion to another paddler, talk to them after the paddle, and ask permission to offer a suggestion. Only if answer is affirmation is it acceptable to give paddling suggestions to another crew member.
2. There are 2 different paddling techniques being used today, and both are similar and fine to do. Just remember to stay in time, and either stroke can work. Eventually, we will all meld. Also remember that many members have physical limitations which prevent them from doing certain moves so correcting them is hurtful. **The only exception to this rule is if a member is assigned by beach operations or captain to assist a new member or provisional.**
3. Hawaiian outrigger canoe paddling is a physically demanding activity. It can result in injuries. If you tire during a paddling session and/or you need to hydrate - simply say "seat 4 out" (or the number of whatever seat you are in), and stop paddling for however long you need. When recovered - simply say "seat 4 in" and resume paddling. Always bring water to drink - at least 1 pint for each hour of paddling. If you don't hydrate regularly - you can become dehydrated and even become a burden to your crew.
4. Serving as a Captain is a very onerous responsibility - your Captain is trained to a standard second to none in the Hawaiian outrigger paddling community on Maui. Each Captain has the absolute right to decide whether you occupy her/his canoe so be nice and respectful when dealing with your Captain - without her/him, you don't paddle.
5. Never enter into a debate with a Captain, especially while on the water. This behavior can endanger the entire crew, especially if sea conditions are at all challenging. If you have issues, save them until your canoe is safely back on the beach, then ask the Captain for a 'debriefing' with the entire crew participating. Keep your complaints within your crew. Leave the issue behind on the beach when you go. If you can't let it go, privately contact a Board member. Please, don't gossip after the fact about who did what—it is not helpful and does not solve the problem.

Back on shore after Paddle:

1. When the canoe comes ashore, the Captain assigns jobs (get the wheels and big feet, wash, bail, wipe, lock canoes and chocks), and remains in command until the canoe is placed back on the tires and locked, or until it is turned over to another Captain. The Captain decides where to place the big foot and when to move or stop the canoe or when and how to rotate the canoe after a bow-first landing. **Instructions by others are not helpful or received well. They just make it confusing and hard to hear the captain.**
2. After landing, always clean your canoe by using fresh water to rinse off the exterior and interior, bail it out and wipe canoe dry. Work as a crew to clean the canoe. Be sure the canoe cable locks are locked and the rollers and wheel blocks are locked up. We are a Club operated 100% by volunteer members, and members own our canoes, so treat the equipment as your own!