

SPC IN-PERSON OUTRIGGER CANOE COMPETENCY EXEMPTION

To use SPC Outrigger Canoes paddlers must be able to demonstrate the following skill tests in addition to completion of a knowledge quiz. Paddlers may be exempted if they have been in the SPC OC program in past, has been tested by an approved coach as a part of a crew test OR has sufficient experience within their Club Crew OC program to have a coach or manager sign off on the below.

Candidates must be able to exhibit the skills below to receive an in-person competency exemption:

- Safe retrieval and return of outrigger canoe from storage compound
- Safe embarkation and disembarkation from boat in water
- Properly reverses and returns to beach in a safe manner
- Performs proper safety inspection when retrieving vessel on land and in-water
- Understands proper foot board and seat adjustment
- Capsize recovery within 2 minutes
- Can turn an OC 360 degrees within 40M or half the width of the docks to the breakwall
- Able to execute a 180 degree rotation of craft with both a forward and reverse sweep strokes within 1 minute
- Can move vessel 5 feet laterally in both directions

I, _____ (coach or manager) confirm that _____ (athlete) has the ability to demonstrate the above skill sets through EXPERIENCE or TESTING (select one) with said athlete.

Signature _____

Date _____