

OC1 ORIENTATION

Have you been paddling in Crew boats – Dragon Boat, OC6 – and now want to paddle solo in an OC1 Outrigger boat? Or are you new to the Club and want to start using our OC1s?

Then you should sign up ASAP for one of our OC1 Orientation sessions. Learn what equipment we have, how to rig it, care for it and paddle it – in a safe and supervised environment.

An OC1 Orientation is mandatory for all Members wishing to use OC1s. You *must* attend one of these sessions, and complete it successfully, in order to use the Club's OC1s (Surfriggers to start, then C-Lions as you gain experience).

These are open and free to all Individual Members of FCRC no matter whether you're a full-year Member, or are on a one-month Trial Membership.

Instructors are FCRC Members who are experienced OC1 paddlers – 1 or 2 per session.

Schedule and Registration

Sessions are currently scheduled on Sundays, approximately twice a month, through summer. More sessions may be offered, as demand dictates. Sessions typically start at 10 am – 11 am, and are expected to take approximately 1 hour – but may run longer if needed. Check the [sign up form](#) for the currently available dates.

Note that any session may be cancelled if there are not enough participants signed up. In that case, anyone who has signed up will be notified, and can sign up for a later session.

If you sign up for a session, but later find you cannot attend, please contact the [Program Coordinator](#) as soon as you know, so the spot can go to someone else.

Topics Covered

- Safety
- Maritime rules and regulations applicable when paddling. Areas where you can paddle and hazards (ie. Low tide hazards, rough conditions etc...)
- Time limit on boat usage
- What to wear, including what footwear is suitable for the shed and dock ramps
 - bring along any footwear you want to test
- Surfriggers and C-Lions
 - the on-water portion will be done in SRs, but a CL will be available for instruction on how to rig them, and for some brief on-water time
- Where the boats and equipment are located
- Repair area
- Getting a boat out of the rack and the shed
- How to carry a boat – e.g., supporting them correctly, right of way to pedestrians
- How to assemble (aka “rig”) a boat, names of the parts, how the rudder works

- Drain holes and plugs
- Moving a boat around the dock
- How to move a boat from the dock to the water, and vice-versa
- How to get in and out of a boat
- How to sit in a boat
- How to hold a paddle
- How to paddle (basics only)
- What to do when you huli, and how to get back in the boat
- Washing and care of boats
- Putting a boat back in the racks

Huli and Recovery

Knowing how to recover quickly and safely from a huli is perhaps *the* most important element of being safe out on the water.

And so, proving to yourself – and to your Instructor(s) – that you *can* get back in the boat, is required, in order to complete the orientation successfully. You will do at least one huli and recovery – though it'll be inside Alder Bay, and with the Instructor(s) right there to help, if you have any problems. But you'll be very wet and cold, afterwards ... so be sure to bring a change of clothing and a towel!

The huli test will be right at the end of the session. And since the FC Community Centre is open until 4 PM on Sundays, you will be able to shower and change into your dry clothing right after you finish the session.

Optionally, you can do just the huli test at a later session – talk to your Instructor(s) to arrange it.

Other Items

Please wear suitable cold-weather paddling clothing! Much of the time will be spent on land and the Alder Bay dock – but there will be time on-water, too. The sessions run rain or shine!

Wearing a PFD is mandatory – you can use your own, or one of the Club's. If you have an Outrigger paddle, bring it; if not, you can use one of the Club's.

Remember to bring your own lock for the FCCC lockers (a good solid padlock – there are break-ins all the time in the FCCC locker rooms), and a dry-bag for your wallet and valuables; or plan to leave your clothing and valuables in a secure place in your car.

Always carry your FCRCC ID when accessing FCRCC equipment.

Please get there early ... the sessions will start on time. Keep in mind that traffic on and near Granville Island by noontime on weekends is often slow, and parking is usually difficult to find.