



Nau mai, haere mai,

Welcome to

## Maitahi Outrigger Canoe Club

This booklet will explain some of the basics that you need to know to begin paddling and to get the most from your paddling experience.

# Table of Contents

Table of Contents .....	2
Location .....	3
Club History .....	3
Waka Ama Tikanga (customs or protocols).....	3
<i>Respectful Behaviour</i> .....	4
Paddling In and Around Nelson Haven.....	4
Health & Safety.....	5
<i>Contact in an Emergency</i> .....	5
<i>Contact for On-Water Assistance</i> .....	5
<i>Swamping Situation</i> .....	5
<i>Capsize Situation</i> .....	5
<i>Clothing &amp; Protection</i> .....	5
<i>Hydration</i> .....	5
Maitahi Waka Fleet .....	6
<i>W6 Use</i> .....	6
<i>W2 Use</i> .....	6
<i>W1 Use</i> .....	6
Booking Waka and Crew Organisation (Teamer) .....	7
<i>Video on how Teamer works</i> .....	7
<i>Video on what to do when you receive a Teamer Invitation to paddle</i> .....	7
Care of the Waka and Club Equipment .....	7
Parts of the Waka .....	8
Parts of the Blade (Hoe) .....	9
Basic Commands in the Waka .....	9
Karakia for Going Out .....	9
Karakia for Coming In .....	10
Paddling Technique .....	10
<i>Timing</i> .....	10
<i>Forward Stroke Technique</i> .....	10
<i>Set Up</i> .....	11
<i>Entry &amp; Catch</i> .....	11
<i>Power</i> .....	12
<i>Exit</i> .....	12
<i>Return</i> .....	12
<i>Coaching videos by Corrina Gage</i> .....	13
Pathways for Members - Paddling Categories .....	13
<i>Social Paddling</i> .....	13
<i>Competitive Paddling</i> .....	14
<i>Steering</i> .....	14
Club Information .....	15
<i>Maitahi Website</i> .....	15
<i>Maitahi on Facebook</i> .....	15
<i>Club Merchandise</i> .....	15
<i>Fundraising, Repairs &amp; Maintenance</i> .....	15
<i>Maitahi Committee</i> .....	15
<i>Paddling Resources</i> .....	16

## Location



Maitahi Outrigger Canoe Club is located beside the Iron Duke Sea Scouts' building adjacent to the Akersten Street public boat ramp.

## Club History

The Maitahi Outrigger Canoe Club was founded in 2001 and is Nelson's oldest Waka Ama paddling club. From humble beginnings of only 6 paddlers, the club now has paddlers that compete at an international level. It has over 100 members and the club is a fully affiliated member of Nga Kaihoe O Aotearoa (NKOA – the national body which oversees Waka Ama in New Zealand).

Maitahi will provide you with all the necessary equipment to paddle, including a paddle, life jacket and full instruction on safety and technique before you get in the waka. Refer to the sections below for more details.

## Waka Ama Tikanga (customs or protocols)

Waka play an important part in te ao Māori or the Māori world. Māori trace their origins to ancestors who migrated here in voyaging waka bringing their history, atua (gods), tikanga (customs), values and beliefs.

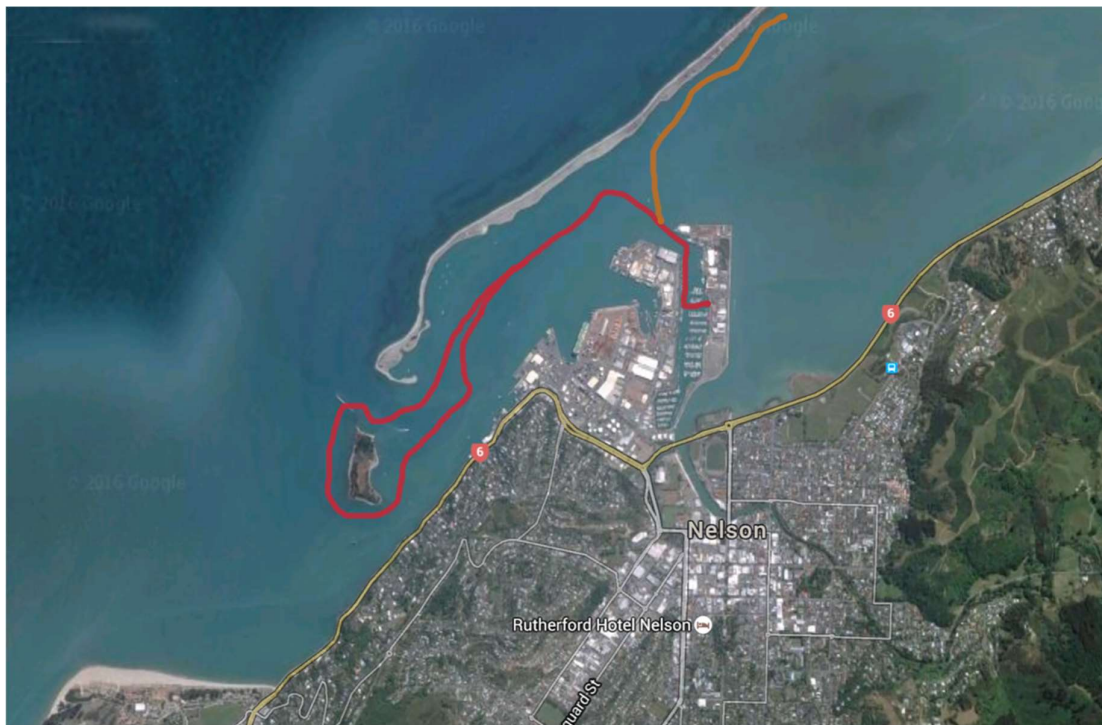
Because of this many waka ama clubs in New Zealand recognise tikanga regarding the use of waka ama, including our club. These affect how we behave in and around the waka.

## Respectful Behaviour

- Listening or participating in karakia (incantation, prayer), used by crews to start and finish their paddles.
- Not stepping over the hulls or hoe (paddles) out of respect for them and in reverence for the belief that they embodied ancestors.
- Not poking our paddle blades into the ground for the same reason.
- Understanding the basic Māori commands used when paddling.
- Respect for the environment, whether on the moana (sea/ocean) or awa (river).
- Uphold the concepts of kotahitanga (unity), manaakitanga (reciprocity & inclusivity), hauora (well-being) and whanaungatanga (belonging, identity, and collective strength).

## Paddling In and Around Nelson Haven

Many waka trips are in and around the Nelson Haven – orange track or around Motu Mānuka (Haulashore Island) – red track.



# Health & Safety

## Contact in an Emergency

- Phone 111; and/or
- VHF Channel 16 (Emergency) or Channel 12 (Port Nelson Harbour Radio)
- Ring the Safety Officer(s) contact numbers
- Ring the President

## Contact for On-Water Assistance

- Phone the Coastguard by dialling \*500

## Swamping Situation

- In a swamping situation all crew are to stay calm and remain in their seat
- Keep your weight centred
- Wait for the steerer's instructions

## Capsize Situation

- Stay calm
- Remember your seat number (numbered 1-6 from the front of the waka)
- Keep hold of your paddle
- Listen for a crew check from your steerer
- Hold your paddle until directed otherwise by the steerer
- Wait for the steerer's instructions on what to do for righting the waka and bailing

## Clothing & Protection

- Appropriate clothing for paddling – no cotton or street shoes
- Polypropylene and/or thermal clothing to be worn/available
- Sunscreen and sunhat in summer; beanie and warm layers in winter
- Reef walkers or other type of aquatic shoe recommended

## Hydration

- Hydration pack or water bottle is recommended



## Maitahi Waka Fleet



Maitahi currently has a fleet of

- Four W6 (OC6) waka (*crew of 6*) – Tuhirangi, Mangoripi, Mangōpare, Ngā Iti Tangata
- Two W2 (OC2) waka (*crew of 2*) – Anihau, Te Wairua o te Kauwau
- One W1 (OC1) waka (*can be used with or without the rudder*) - Angitu

All waka are used for social, training and competitive paddling.

### W6 Use

W6 waka can be booked via Teamer by steerers. Seats will be filled from the wider membership as needed. You must be signed off by an approved safety officer prior to using the W6s or have a proficient steerer in the W6 if you are learning to steer. W6s are heavy and long so it is important to work as a team in loading them on/off the trolley and in/out of the water.

### W2 Use

W2 waka can be booked via Teamer once a good level of paddling competency and safety knowledge, including capsize (self-rescue) capability and harbour rules, has been demonstrated. You must be signed off by an approved safety officer prior to using the W2s. W2s have a rudder which is vulnerable when launching, coming ashore and storing.

### W1 Use

W1 waka can be booked via Teamer once a good level of paddling competency and safety knowledge, including capsize (self-rescue) capability and harbour rules, has been demonstrated. You must be signed off by an approved safety officer prior to using the W1. The W1 has a rudder which is vulnerable when launching, coming ashore and storing. Our W1 has a removable rudder which makes the waka very versatile.

## Booking Waka and Crew Organisation (Teamer)

We use an online team management system called Teamer to book waka and organise crews. You will be asked for your email address when you sign up as a new member. This will be added to the contact list in Teamer. Only approved steerers can book W6 or W2 waka through Teamer. Only approved W1 users can book the use of Angitu.

Teamer can be used on most devices. For when you are on the go, download the Teamer app to your Android or iPhone.

Video on how Teamer works

<https://youtu.be/iCja6vhN1NI>

Video on what to do when you receive a Teamer Invitation to paddle

<https://youtu.be/Cihufc8uaKA>

## Care of the Waka and Club Equipment

We are happy to supply the waka and equipment so you can enjoy paddling. The care of the waka (and other equipment) is the responsibility of all members. In particular, special care needs to be taken in launching the waka and bringing them out of the water after use.

Washing the exterior of the waka and paddles after use is important to preserve the integrity of the materials and to extend the life of the equipment.

Care includes paddle use and protocols (Māori Tikanga), reporting damage and any wear and tear observed and learning how to lash the kiato (outrigger) and ama (float) to the hiwi (main waka hull).

All members are expected to help at working bees as required to do any waka maintenance.

## Parts of the Waka



**Ihu** - The front of the waka.

**Ama** - A long thin float attached parallel to the canoe by projecting spars as a means of preventing it from capsizing.

**Aukaha** - Are the lashings used to secure the kiato to the waka and the ama.

**Taumanu** - Crossbeams (also known as canoe thwart), that run on the inside the top of a canoe giving the hull support and strength. There are usually two thwarts on the inside of a canoe. From a practical standpoint, canoe thwarts are often used to strap gear to, thereby keeping it within the paddler's reach and safe from falling out of the waka. They are also for lashing the kiato to the waka.

**Kiato** - Are the cross arms that connect the waka to the ama.

**Rauawa** - The reinforcing strip running along the top edge of the hull to which the thwart(s) are attached, usually made of wood, aluminium or polyester.

**Pae Manu** - The seats provided for the paddlers to hoe.

**Hiwi** - A hull is the watertight body of the waka.

**Haumi** - Is the deck covering on the front and back of the waka.

**Noko** - The back of the waka.



## Parts of the Blade (Hoe)



**Shoulder** – Is located at the top of the blade where the blade meets the shaft.

**Power Face** – this is the surface/side of the blade that is holding the water when taking a stroke or stopping the waka.

## Basic Commands in the Waka

- **Hoe kei runga** – Paddles up (above your head)
- **Hoe ki arite** – Set up your paddle in the ready position
- **Hoe** – Paddle
- **Hup or Hut** – Change sides after one more stroke
- **Kia mau** – Stop paddling
- **Rangimarie** – Peace – stop paddling

## Karakia for Going Out

Whakataka te hau ki te uru, Whakataka te hau ki te tonga.

Kia mākinakina ki uta, Kia mātaratara ki tai.

E hī ake ana te atākura he tio, he huka, he hau hū.

Tihei mauri ora!

**Translation:** Cease the winds from the west, Cease the winds from the south, Let the breeze blow over the land, Let the breeze blow over the ocean, Let the red-tipped dawn come with a sharpened air, A touch of frost, a promise of a glorious day.

**Background:** This is an ancient karakia that was used when you were out at sea and a storm was approaching. However, the storm is a metaphor for any life-threatening force. It is now widely used at the start of the day or at the start of

a meeting. Maitahi use it before paddling. If you want to hear the pronunciation, you can hear a version of this karakia on [http://folksong.org.nz/whakataka\\_te\\_hau/](http://folksong.org.nz/whakataka_te_hau/)

## Karakia for Coming In

Ko te hā  
Ko te rā (pō)  
Ko Tangaroa  
Ko te mana  
Ko te kotahitanga o ngā māta waka  
Haumi e, Hui e, Tāiki e

**Translation:** The breath, The day - rā (or night - pō), God of the sea, The power, The oneness of all canoes. Join, Together, Let it be so.

## Paddling Technique

### Timing

One of the most critical foundation skills is timing. It doesn't matter how strong any one individual is, a crew of 6 people with less individual power who can synchronise their timing will go faster than a crew of 6 strong individuals with bad timing.



- Maintain visual contact with the paddle you are following. Don't be distracted by what is going on around you.
- Watch the exit of the paddle in front so you exit at the same time.
- Return to the front of the stroke at the same speed as the paddle you are following.
- Enter your paddle into the water at the same time as the paddle in front.
- Pull through the water at the same speed as the paddle you are following.

### Forward Stroke Technique

There are many different paddling techniques that a paddler can learn depending on their team's preference. Please note that this is only one way of learning paddling technique. The images are indicative only.

## Set Up

- Blade perpendicular (90°) to the keel line.
- Blade positioned just above the surface of the water.
- Top hand over bottom hand outside the gunnel.
- Bottom arm extended keeping elbow slightly bent.
- The shaft of the paddle should be parallel to the side of the waka
- Maintain a straight back, leaning forward from the hips.
- Rotate shoulders (torso) around the spine (e.g. if paddling on the right the right rib cage should rotate towards the bow of the waka).



Note: the amount of rotation and the degree of lean will vary depending on the technique that works best for the crew. What is important is that all members of a crew aim to have the same amount of rotation and the same degree of lean.

## Entry & Catch

- Enter the blade into the water in a smooth motion by pressing the blade into the water until it is fully submerged. Entry should be clean and crisp with no splash.
- Top hand uses vertical force (see green arrow) to bury the blade into the water.
- If you pull before full entry of the blade, you will cause cavitation or air bubbles between the water and the blade.
- Maintain the blade at right angles to the keel line. When the 'catch' is applied, the large muscle groups and shoulder are engaged to start the power stroke. Think of the stroke length being 100% from entry to exit.



## Power

- The power of the stroke is generated from the body to the legs.
- Once your blade is fully submerged pull yourself past your blade. Do this by pulling with the shoulder of your bottom hand and pushing with your top shoulder.
- The power stroke is only the first 20% of the stroke. Aim to apply the power at that first 20% of the stroke length, propelling your waka forward. The second part of the rotation is activated simultaneously see the red arrow. The direction of the rotation is reversed and your torso returns to vertical position.



## Exit

- Exiting the blade from the water can be done anywhere from the time that your bottom hand meets your knee to when it meets your hip.
- Do not allow the paddle to stroke past your hip, this will only cause drag and thereby slow down the waka.



## Return

- Return the paddle to the setup position.
- Relax during this phase.
- The lower hand should return along the gunnel or hull on the same path as the power phase.



Each individual part of the stroke can be done many ways. In a crew situation the focus should be on all members of the crew doing each part of the stroke at the same time and in the same way.

## Coaching videos by Corrina Gage

These videos were made by Waka Ama NZ. They are a great introduction to sprint racing while keeping the focus on stoke and technique.

Waka Ama - Sprint Racing The Basics (Part 1/4)

<https://www.youtube.com/watch?v=QGwDmcrvPOc>

Waka Ama - Sprint Racing The Basics (Part 2/4)

<https://www.youtube.com/watch?v=j8h6SfR17PM>

Waka Ama - Sprint Racing The Basics (Part 3/4)

<https://www.youtube.com/watch?v=VyQ5cjLBirE>

Waka Ama - Sprint Racing The Basics (Part 4/4)

<https://www.youtube.com/watch?v=q1FmXtRHan4>

## Pathways for Members - Paddling Categories

Members can progress through competitive categories as their experience and fitness develops and as their desire to compete grows accordingly.

### Social Paddling

**New Members:** Sunday morning crews

**Casual Paddlers:** Non-competitive crews

To move into competitive paddling, you will need to find (or create) a competitive crew. Novice paddlers are encouraged to form crews to compete at various races. Two great local events each year are Tuna E Hoe Ana (our event at Lake Rotoiti in February) and Waka Te Tasman (at Kaiteretera in November).



## Competitive Paddling



**Novice:** 1<sup>st</sup> year members who have not yet competed in a sanctioned event\*\*

**Rangatahi:** Youth under 19

**Premier/Open:** Men & women of all ages

**Master:** Men & women 40 and over

**Senior Master:** Men & women 50 and over

**Golden Master:** Men & women 60 and over

**Master 70:** Men & women 70 and over

**Master 75:** Men & women 75 and over

Mixed gender crews can be formed in any category but must contain a minimum of 3 women.

*\*\* A sanctioned event is a waka competition that is registered with NKOA. All paddlers will be affiliated (paid up) members of NKOA through an affiliated club.*

## Steering

Learning to steer can be an important part of the paddling experience. Paddlers who show an interest in learning to steer will be provided the necessary information and opportunities. The club's guidelines and criteria for becoming proficient can be found on our website.

Steerers are responsible for the safety of the crew and waka. A steerer will check weather, tides and shipping movements prior to going out. Steerers complete the trip intentions log (located in the gear shed), check lashings, bungs and safety equipment. Steerers will familiarise themselves with the crew and decide on where to go based on crew experience.

Steerers are also part of the club's teaching base. Steerers alongside our other experienced paddlers will demonstrate and teach paddle technique, stroke, timing and safety (including huli or capsize drill), among other aspects of the waka ama social and competitive experience.

## Club Information

### Maitahi Website

Our awesome website is continually being updated. It is a one-stop shop to find information about the club and what's happening.

Head to <https://maitahi-outrigging.org.nz/> and check it out!

### Maitahi on Facebook

Maitahi has two Facebook pages. The "Maitahi Outrigger Canoe Club" page is a closed group for members only, monitored by a designated admin person (usually the President) who authorises new member access and posts.

Our closed Facebook page is used for club related events and information. It can be a good place to check for crews looking for fill-in paddlers.

Our other page "Maitahi and Friends" is open to our wider waka community.

### Club Merchandise

We encourage you to use club uniform when representing Maitahi at events. We do not hold stock but will let you know when orders are open.

### Fundraising, Repairs & Maintenance

We hold several fundraisers annually to help keep our club dues affordable. If you have any thoughts or suggestions, please let the committee know.

Repairs and maintenance need to be done on a regular basis. If you have any interest or skills that would be of value, please let the committee know.

### Maitahi Committee

The Committee is comprised of members who volunteer their time for all aspects of club administration. Please see the website for current committee members. Contact details for the Officers below:

President: [maitahi.pres@gmail.com](mailto:maitahi.pres@gmail.com)

Secretary: [maitahi.sec@gmail.com](mailto:maitahi.sec@gmail.com)

Treasurer: [maitahi.treas@gmail.com](mailto:maitahi.treas@gmail.com)

Safety: [maitahi.hsofficer@gmail.com](mailto:maitahi.hsofficer@gmail.com)

## Paddling Resources

Again, the Maitahi website is an excellent source of information: [www.maitahi-outrigging.org.nz](http://www.maitahi-outrigging.org.nz)

The Waka Ama New Zealand website is another great resource for paddlers with lots of useful information. Head over to: <https://wakaama.co.nz/>