



Mollymook Outrigger Canoe Club

Code of Conduct 2024-2025

Respect for the ocean and its elements, our canoes and our fellow paddlers

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Introduction

The Mollymook Outrigger Canoe Club (MOCC) aims to preserve the history and spirit of outriggering while providing its members with a safe and enjoyable environment in which they can participate in the sport of outrigger canoeing.

This Code of Conduct is in no way intended to diminish the enjoyment of any member, rather it is intended to ensure that all members have equal opportunity to enjoy the sport.

It outlines the minimum standards that MOCC members must abide by and seeks to ensure that the rules, guidelines, laws and regulations of the Australian Outrigger Canoe Racing Association Inc. (AOCRA), any relevant State or local authority, and any specific regatta race rules are adhered to by MOCC members.

General

- Uphold the club's core values of respect, transparency, fun, courage and commitment.
- Be aware of, and abide by, the rules, guidelines, laws and regulations of AOCRA, any relevant State or local authority, and any specific regatta rules.
- Refrain from any behaviour that may bring MOCC, AOCRA, a regatta organisational committee, sponsors or outrigger canoeing in general, into disrepute.
- Respect all outrigger canoe paddlers regardless of their age, gender, ability, sexual orientation, cultural background or religion and have a proper regard for their dignity, rights and obligations.
- Respect, support and assist the elected committee and their delegates as they work to provide the greatest benefit to the greatest number of members.
- Refrain from any form of harassment and/or abuse towards paddlers, coaches and/or officials.

- Be ethical, fair and honest in your dealings with other MOCC members, coaches, management committee and AOCRA/regatta officials.
- Report any concerns regarding another member's conduct to the MOCC management committee.
- Not engage in any illegal doping practice as outlined by AOCRA's anti-doping policy and anti-doping regulations. All paddlers, coaches and club officials should acquaint themselves with the relevant documents available on the AOCRA website.

Membership responsibilities

- Ensure all annual membership forms and subscriptions are submitted and paid by the due date as stipulated by the MOCC committee. Failure to do so will result in the member voiding their MOCC & AOCRA memberships and insurance. Until resolved, the member cannot train or race in MOCC equipment or make any claims resulting from an accident or injury.
- Assist in club activities such as open days, fundraising activities, beginner programs, at away regattas and at the hosting of regattas.
- Ensure race fees are paid prior to racing.
- Respect and abide by the decisions of the MOCC committee and AOCRA officials in the event of a disagreement or dispute. All matters should be raised in an appropriate manner/forum.
- Take responsibility, as far as possible, for their own personal safety including following safety advice from coaches and officials.
- Participate in Huli drills, swim test and tread water test yearly and any other relevant safety briefings. Members must also be able to get in and out of a canoe unassisted by fellow paddlers. In the event that a member fails any of the safety drills, that member must wear an approved Personal Floatation Device (PFD Type 1, 2 or 3) at all times whilst training or competing in any form of outrigger canoe as outlined by AOCRA. Failure to comply may void the AOCRA member's personal insurance coverage and negate any claims arising from the incident related to the non-wearing of a PFD.
- NB: There is flexibility in terms of straps that can assist paddlers to get in the canoe.

Training and racing

- Respect the decisions of the coaching team in relation to training sessions, crew selection and other organisational decisions required by coaching staff.
- Make every effort possible to develop their own paddling abilities, in terms of technique, teamwork, stamina, skill and understanding of the art of outrigger canoe paddling.
- Make every effort to understand the dynamic of the ocean and to learn and respect the traditions of outrigger canoe paddling.
- Follow the instructions of the MOCC coaches or designated captain in the absence of coaches, provided those instructions do not contradict the spirit of this code.
- Strive for the best possible performance at every training session and regatta and make reasonable efforts to increase fitness training outside paddling training.
- Support and encourage all MOCC members at training sessions and regattas.
- Refrain from promoting disharmony, dissension or personal agendas amongst members or the club as a whole.
- Report any concerns or queries relating to training directly to MOCC coaches or committee.

Equipment

- Respect MOCC, AOCRA and club members' privately owned equipment and assist when required in the maintenance of equipment to ensure it is always kept in good working order for the enjoyment of all members.

- Arrive at the stipulated time to assist in the preparation of MOCC equipment for training sessions, transportation to and from regattas, and for racing at regattas. This is your first priority when you arrive at training or at a regatta and your first priority when you are off the water.
- Purchase your own paddle asap. Club paddles may be used by new paddlers for up to one year
- Obtain prior permission from the MOCC committee for the use of any equipment owned by or under control of MOCC.
- Report any damage to MOCC equipment to the committee for appropriate repairs and/or maintenance.

Coaching

In addition to the above, MOCC coaches are required to:

- Keep up to date with the latest coaching certificates and techniques to promote growth and the success of MOCC.
- Respect all paddlers at all levels of development while employing a positive coaching style that promotes teamwork and the values of MOCC and AOCRA.
- Ensure a safe training and racing environment for all members, taking note of each member's skill level when racing and training in open waters.
- Ensure covers are put on canoes when deemed necessary by the session coach or steerer.
- Ensure all paddlers have completed safety tests and are confident swimmers in the open ocean. The coaches may ask paddlers to complete additional safety tests in the open ocean to assess the level of risk their swimming ability poses to other paddlers.
- Encourage members to abide by the minimum standards of the MOCC Code of Conduct while training, racing and provide education and guidance when required.
- Encourage open communication with paddlers as well as to help to resolve/mediate conflict between paddlers that may affect the success of MOCC and its training program.
- Be open, honest and approachable about crew selection for regattas.
- Ensure crew selections for regattas are done in accordance with the MOCC Crew Selection Criteria.

Committee Members

In addition to the above, the MOCC Committee members are required to:

- Be aware of the rights and responsibilities associated with running an incorporated association.
- Ensure the Club's Constitution is upheld.
- Make financial and strategic decisions in accordance with the Club's mission, vision and core values.
- Ensure that all paddlers have a safe and enjoyable club environment whilst they are participating in MOCC organised activities, during training, racing and at regattas.
- Ensure that the appropriate AOCRA memberships and insurances are maintained for MOCC members, the management committee and club-owned equipment.
- Support coaches to maintain and improve skills and competencies in promoting the success of MOCC.
- Ensure that the appropriate procedures, applications, permits, licences, insurances etc. are obtained when hosting a regatta or other event.
- Ensure that all members receive the Code of Conduct and make it readily available to members.
- Provide a fair, impartial, justifiable and consistent forum when dealing with matters that may arise. These matters may result in the suspension or cancellation of membership as deemed appropriate by the committee.
- Communicate to club members via email, Whats App, Stack TeamApp, and/or verbal announcements at training.