

COMPETITORS' BRIEFING NOTES – B. STORTFORD WS RACE

SAFETY

- **Ability & equipment** - Team Leaders, parents and paddlers must ensure that competitors' abilities are adequate for the river conditions and equipment being used and their equipment is in a safe condition. All competitors are expected to be able to swim 50m in canoe clothing.
- **Buoyancy Aids** – rules require them to be worn by
 - ALL u16's and
 - ALL paddlers ranked below Div 6 in Haslers, and
 - anyone advised to do so by their team leader or race organiser
- **Boat Buoyancy** – must be sufficiently buoyant to remain afloat and to support the crew in the event of a capsized
- **Foot Protection** – this is advised for all
- **Assistance** – all paddlers are required to render assistance to other competitors in distress
- **Hazards** –
 - **narrowboats** – may be moored around portages. The river is narrow and silted in places, forcing narrowboats to use the centre of the river. If necessary, call out to the skipper to let them know which side you are passing. All competitors should pass on the same side.
 - **anglers** – should be few, but look out for lines and keep clear.
 - **other competitors** – keep adequate distance to avoid collision
 - **towpaths and landing stages** - mud and fallen leaves have made these especially slippery for both paddlers and spectators
 - **Weils Disease** - cover any cuts before getting on the river. If you should become ill, please remember to mention to your GP that you have been canoeing. Paddlers should shower as soon as they get home. Please wash your hands before eating.
 - **any other** specific hazards arising will be drawn to the attention of team leaders on the day
- **First Aid** – if first aid is required please come to the refreshments servery at the clubhouse or call Anne on 07976 847925

COURTESY

All competitors and supporters must remember that the towpath is a right of way. It must be kept clear at all times. Be courteous to pedestrians and cyclists.

COVID

- Please take a lateral flow test within 4 days prior to the race. Do not attend if you have symptoms of Covid, have had a positive Covid test in the last 10 days, have been in contact with anyone with symptoms or a positive test, or are isolating for any reason.
- Hand sanitiser will be available on site, but everyone should also be carrying their own supply and applying as necessary.
- Please maintain social distance at all times, especially when queuing for toilets or food and at the prizegiving

FACILITIES

- Portaloos will be for the use of the gents, and the two indoor toilets for the ladies. Ladies must queue **OUTSIDE** the building. Not to be used for changing.
- Our changing rooms will not be generally available but in cases of need a request can be made to the First Aid / Event Welfare Officer Anne (07976 847925)

THE COURSE

- visitor's boats to be placed in the boat pound in the car park until it is time to get on. Those starting above the lock should get on in class order: 5, 4, 3, 2, 1, Blue, Red, GP, Yellow
- keep river right especially during warm-up and cool-down
- all turns are anti-clockwise
- assistance at portages is available automatically for paddlers in Classes Red, Blue and Yellow. Please ask the Race Organiser in advance if assistance is required for other paddlers
 - helpers must walk carrying only the rear end of the craft
 - assisted paddlers must not overtake others & must give way to unassisted paddlersfailure to follow these rules will result in time penalties/DQ
- marshals are on hand to assist at the portage on the short course – if parents/team members wish to assist their own paddlers they must follow the above rules, in particular
 - don't crowd the portage
 - don't get in the way of either competitors or members of the public using the towpath.
 - follow marshals' instructions
 - use safe lifting & handling techniques – involvement is at your own risk
- a course map and photos of the portages can be found on the website at www.FlatwaterRacing.org.uk/bstortford-ws.html
- on completion of the race, get out at the landing stage at the lock (NOT in front of the clubhouse) – anyone paddling back across the finishing line towards the oncoming finishers will be given an **immediate 10 min time penalty**

LICENCES & INSURANCE

- All competitors must be covered by BC insurance, through personal BC membership, membership of an FRA club or purchase of a Day Ticket
- All boats must be licensed for use on CRT waters

RACE FOOD & REFRESHMENTS

Race food for competitors can be collected after the race from the large blue gazebo next to the boathouse. Other refreshments will be available throughout the day from the vicinity of the clubhouse.

BOARDS

Please use the pins provided to secure your board. Please deposit your boards and pins in boxes provided or give back to your team leader.

RESULTS

These will be put up in multiple places around the grounds and it is also intended to post results to Twitter @Flatwater_RA and Facebook **TheWinterSeries** as soon as they are available.

CONTACTS ON THE DAY

- Race Organiser – Joe Fitzpatrick (07825 371434)
- First Aid / Welfare – Anne White (07976 847925)
- Safety Officers – Dave Cayford (07814 757986) / Ken Duncan (07947 339214)