# **Race briefing**

Please ensure you read fully... there will be no in person briefing taking place at the event. If you have any queries, please contact <a href="mailto:foweyrivercc@gmail.com">foweyrivercc@gmail.com</a> via your team leader.

Check in: 12 - 12.30 Team Leaders ONLY

Start: 13.00 in 1minute intervals.

#### Start Order:

Div 2+ 3 K2

Div 1+2 K1

Div 4 K2

Div 3 K1

Div 4 K1

Div 6 K2

Div 5 K1

Div 6 K1

Div 7,8, 9 K2

Div 7 K1

Div 8 K1

Div 9 K1

## Safety:

All paddlers ranked division 7 or below must wear a bouyancy aid- failure to do so will result in disqualification. For paddlers ranked 1-6 but under 18 bouyancy aids are advised but are at the team leaders discretion. If weather conditions are poor we reserve the right to make buoyancy aids and or spray decks compulsory to ALL paddlers, therefore all paddlers are asked to ensure they have both a spray deck and buoyancy aid with them – This will be communicated to Team Leaders at Check-in.

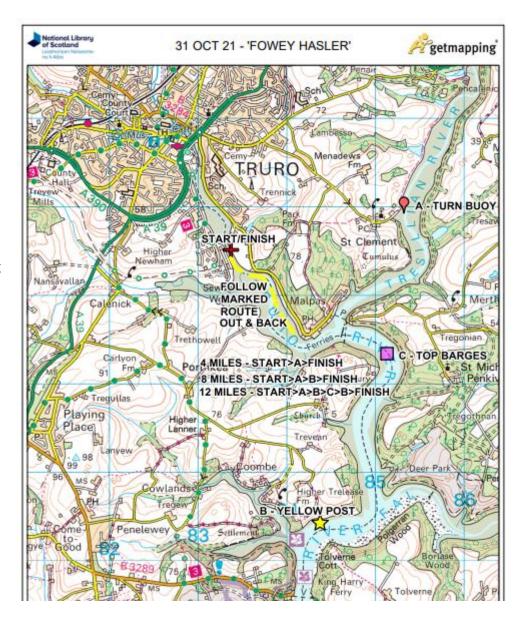
All paddlers MUST offer support to any individual in difficulty, in the event of a capsize paddlers must ensure that the paddler in question is ok. There will be limited safety cover on the course and will concentrate on providing cover to the lower divisions.

### **Course Details**

Starts will be 300m below Lock Gate Finish will be the pontoon by the lock gate

All paddlers must wait to be called forward prior by the pre start Marshall's- time penalties can be given to those ignoring the starters instructions resulting in them either pushing the start or being at thes tart prior to their division being called forward.

All boats must stay in the navigation channel for the first and last 1000m of the race. Passing to the left side of the 4 red channel buoys on the way out and on the right side when finishing



### **Malpas Pontoon:**

For those that have not paddled through malpas recently there is a new jetty which sticks out 3/4 quarters the way across the Tressilian river. Therefore you now have to swing wide when making the left turn towards St Clements, It is still possible to run close to the bank and under 2 pontoons if paddlers are nervous about going wide Although it is marginally faster to take the wide berth. It is not a very high tide so stream should not be very fast though there will be wind creating waves in places and it will be shallow on the inside of bends.



## 4 miles

#### Start - A - Finish

Start to yellow turn buoy at St Clements <u>Clockwise</u> turn back to finish. Paddlers are advised to stay in the channel as there are large mud banks on the inside of the bend between Malpas and the turn.

#### 8 Miles

## Start- A - B - Finish

Start to St Clements turn buoy then down to the yellow turn post opposite Smugglers Cottage and pontoon <u>anti-clockwise</u> turn back to finish.

# 12 miles

## Start - A- B- C- B- Finish

Start to St Clements turn buoy then to the yellow post turn B then back upstream to top barges (Turn C) approx. 1.5 miles (visiting boat pontoon) <u>clockwise turn</u> then back to yellow post turn and back to the finish. There will be a marshall located on Turn C to ensure all paddlers turn around the correct barge.

## **Covid Assessment Summary:**

Check for COVID-19 symptoms and health conditions - Before attending any sporting activities, all participants, officials, volunteers and spectators should self-assess for symptoms of coronavirus (COVID-19). We also request that all individual's over 11 have a negative lateral flow result in the 24 hours prior to the event to safeguard vulnerable individuals who might with to attend. If you, or anyone you live with, have one or more of these symptoms you should not attend any sporting activity, even if your symptoms are mild.

There are no facilities or inside areas at the venue. Therefore, the risk of outdoor transmission is low. All participants are asked to pay in advance via bank transfer.

If individuals would like to wear face masks they can do so but it is up to the individual. Club officials, including time keeping volunteers are advised to stand 1m apart to further reduce any risk of transmission. Paddlers are advised to bring handgel and if first aid is required ask a member of their household in the first instance. First aiders are available for emergencies.

Risk Assessments can be viewed at the link below for anyone interested: https://drive.google.com/drive/folders/1dHgZl4EoGiWVNRiJxlB2- w4exDduTjk?usp=sharing