Lincoln Canoe Club……Hasler Rules

Race Rules

This event will be run under the Marathon Racing Rules. Please also note the following clarifications and additional requirements.

**Starts**

Competitors are expected to be familiar with the MRC guidelines on race starts and must adhere to all instructions given by the start and pre-start marshals.

In the event of non-compliance time penalties of 5, 10 and 15 seconds will be applied.

**Retirements**

All competitors who fail to finish must report to a Marshal and inform them of their boat number and the fact that they have retired.

**Briefing**

All competitors must attend the race briefing on the day, where up to date course information, hazards and obstructions will be made available, in addition to reading this briefing document.

**Buoyancy Aids**

Buoyancy aids are compulsory for the following groups

* All paddlers ranked in Division 7, 8 and 9 irrespective of the race entered, age category and whether in singles or doubles
* All junior paddlers (under 18 on 1st January preceding the race) with the exception of paddlers ranked in Division 6 and above.
* The race organisers may require that all or some or all paddlers in addition to the above must wear buoyancy aids, based on conditions on the day. In this regard the race organisers’ decision is final.

It is the responsibility of all other paddlers and their team leaders to decide if they should wear a buoyancy aid according to the conditions on the day, and given the information presented in any pre-race information or briefing.

**Any paddler who is required to wear a buoyancy aid as above but who is found on the water not to be doing so will be immediately disqualified.**

**Medical Conditions**

Competitors (or for junior paddlers their parents/guardians) and team leaders must bring to the race organisers’ attention any known medical conditions that may adversely affect the safety of a competitor.

In the event that the organisers deem that we are unable to put suitable control measures in place to control any additional risks we reserve the right to refuse the entry and refund any monies paid.

**Boat Buoyancy**

Boats must contain sufficient buoyancy to remain afloat and support the crew in rough water in the event of a capsize.

Sandwich construction boats are not presumed to have sufficient inherent buoyancy and must carry additional foam or other non-porous buoyant material. Closed and watertight compartments built in by the original manufacturer may be accepted at the organisers’ discretion but all boats must have adequate buoyancy at both ends.

Marshals may inspect boats **at any time** for adequate buoyancy. The penalty for any non-compliant boat is disqualification of the crew.

**Supporters**

Please be considerate to members of the public if viewing the starts/finishes.

There is a tow path that follows the Fosse course completely and a footpath along the bank of the Witham. Please be aware of other users.

**Littering**

Disposable drinks bags or any other items of personal kit must not be discarded anywhere on the course or the race site. The penalty for non-compliance with this rule whether by the competitor or their support crew is immediate disqualification.

Important Safety Notes

**Please use this telephone number to report retirements or any emergencies on the day – 07875 964699. Please do not use this for any other purposes.**

The race organisers reserve the right to CANCEL the event up to and including on the day in the case of incident, emergency or conditions. We will do our best to notify team leaders but please check the website for the latest information.

Competitors should be aware that the River Witham can be used by other craft. Competitors must be mindful of these and other hazards. Competitors must follow all instructions given by Race Marshals.

Competitors must provide support to any other paddler in distress and should attempt to raise the attention of one of the safety boats or Marshals along the course.

The waterways used do have a Leptospirosis risk. Any paddler who feels ill after the race should draw this to the attention of their medical practitioner. Hand washing after racing is encouraged.

**Canoeing and Kayaking in all its forms is an ‘Assumed Risk – Water Contact’ sport. The organisers have done their very best to provide a safe racing environment, but competitors are reminded of their duty of care to themselves and all other competitors. Safety is a shared responsibility.**