



Norwich Hasler 2021

Race Pack and Event Plan

Please read the race pack carefully for the Norwich Hasler on the 23rd May, due to Covid-19 we have had to adapt how we will be running the race, in line with Government guidelines. We ask everyone to stay clear of the boathouse unless you are getting food from Betty bars which will be run under Government guidelines, which limits table service to set numbers. It is also the centre for medical assistance. At all times we ask you to follow these guidelines which can be found at www.gov.uk/coronavirus

If you have any symptoms of Covid-19 do not come to Norwich to race. There will be no changing /shower facilities. When entering the club house it's compulsory to wear a mask.

ENTRIES

Please send all entries to racing@norwichcanoecub.co.uk by midnight Thursday 20th May. Due to Covid there will be no late entries. All payments need to be completed by BACS. Team Leaders will be able to collect their races numbers from their designated box.

There is a COVID limit of 300 competitors.

NO SPECTATORS

SCAN NHS Track and Trace code will be displayed around the site.

Team Leaders are to supply contact numbers for T and T. (held for 21 days)

FEES:

Per seat Seniors & Juniors - £10

Under 12s - £5

BRITISH CANOEING MEMBERSHIP

BC membership cards or 'junior section' cards are required for all competitors. One event ticket at £5.00 may be purchased prior to becoming a BC member.

NUMBER BOARDS

Regional number boards will be supplied and must be displayed on the boat, fixed with a pin or other secure fitting. Lost boards will be chargeable to the paddler of £5.

TIMETABLE AND CLASSES –

Check in: 09:30 until 10:15 (Team Leaders Only)

The race briefing will be emailed to all team leader to send to competitors. There will be no boat check however we will have marshals carrying out random checks on boat for buoyancy.

Race starts at 10:45 at one minute intervals. (See start order below)

If there are not enough people entered in your race it will be amalgamating with another division.

COURSES:

Divisions 19.5 km 2 portages

K1 1, 2, and 3 **K2** 2 and 3

Divisions 13 km 1 portage

K1 4, 5, 6 **K2** 4, 5, 6

Divisions 6.5 km 0 portages

K1 7, 8, 9 **K2** 7, 8, 9

PRIZES:

Due to covid-19 there will be no prize giving, every racer will receive a water bottle which will be handed out to the team leaders when they collect their numbers.

CAR PARKING:

Country Park Car Parks are pay and display, there is a 450m walk to the club. Blue badge holders/trailers should contact the club in advance to arrange closer parking on secretary@norwichcanoecub.co.uk.

RACE RESULTS:

Norwich Canoe Club will not publish any results on the day. Results will be emailed to team leaders and on the NCC website.

RULES:

The race will be run in accordance with BC Marathon Racing Committee Rules. All Division 7, 8, 9 and under 12 paddlers must wear an approved buoyancy aid irrespective of the race they are entered into, and BAs are recommended for all paddlers who are U16. Race organisers reserve the right to insist that all competitors wear buoyancy aids.

It is highly recommended that footwear is worn by any paddlers required to portage. If any paddler has any medical condition or other pre-disposition that could compromise the paddler's safety on the water it is Norwich Canoe Club Policy that they **MUST** wear a buoyancy aid at all times whilst on the water regardless of their age, ability or the weather conditions on the day. It is the responsibility of the individual paddlers themselves (or their guardians if they are a junior) to ensure they adhere to this rule. Additionally if any visiting Team Leader is aware of any paddler from their own club who they feel should be wearing a buoyancy aid because they have a medical condition or other medical predisposition that could compromise that paddlers safety on the water it is that Team Leader's responsibility to automatically ban that paddler from getting on the water until he/ she complies with the above rule.

Start Order (Provisional - note some races may be amalgamated if there are too few entries)-1

Race Number	Division	Start time	Distance	No. of portages
1	Div 2 - K2	10.46	19.5 km	2 portages
2	Div 1 - K1	10.47	19.5 km	2 portages
3	Div 3- K2	10.48	19.5 km	2 portages
4	Div 2 - K1	10.49	19.5 km	2 portages
5	Div 4 - K2	10.50	13.5 km	1 portage
6	Div 3 - K1	10.51	19.5 km	2 portage
7	Div 5 - K2	10.52	13.5 km	1 portage
8	Div 4 - K1	10.53	13.5 km	1 portage
9	Div 6 - K2	10.54	13.5 km	1 portage
10	Div 5 - K1	10.55	13.5 km	1 portage
11	Div 7 - K2	10.56	6.5 km	0 portage
12	Div 6 - K1	10.57	13.5 km	1 portage
13	Div 8 - K2	10.58	6.5 km	0 portages
14	Div 7 - K1	10.59	6.5 km	0 portages
15	Div 9 - K2	11.00	6.5 km	0 portages
16	Div 8 - K1	11.01	6.5 km	0 portages
17	Div 9 - K1	11.02	6.5 km	0 portages
18	Geoff Sanders under 14 Division A for under 14s	11.03	3.5km (round island)	0 portages
19	Geoff Sanders under 12 Division B for more experienced under 12 paddlers (in which you can use any K1 including a Lightning)	11.04	3.5km (round island)	0 portages
20	Geoff Sanders under 12 Division C for less experienced under 12 paddlers (in which you can only use a Lightning)	11.05	3.5km (round island)	0 portages

DIRECTIONS:

Venue: Norwich Canoe Club, Whitlingham Lane, Trowse, Norwich,

NR14 8TR Longitude and Latitude for the Car Park is Northing

52°37'14.7" Easting 1°19'39.8"

Directions: From the Norwich Southern Bypass (A47), turn off at the exit with the A146 Lowestoft Road and follow signs for City Centre & Trowse. At the roundabout take the exit signposted Trowse. After approximately 450 metres take the left turning into Whitlingham Lane, this is also signposted 'Ski Club'. This turning is opposite a church. Follow this lane for approximately 1.2 km until you reach a car park on the left. Please note Norwich Canoe Club is only accessible by foot from the car parks, please take note of the no parking signs along the road or you may get a parking ticket

Participation:

Kayak/Canoe racing is an "Assumed risk" activity. Participants and people with Parental/ legal responsibility for a participant should be aware of and accept these risks. Participants should accept responsibility for their own actions and involvement. To the extent permitted by applicable laws, Norwich Canoe Club accept no liability for any direct, indirect, incidental, special or consequential loss or damage to anybody (whether arising in contract, tort including negligence or otherwise) arising out of or in connection with any of its activities except for personal injury or death of any person caused by negligence Norwich Canoe Club may take and use pictures of the event and individual competitors to promote the activities of the Club and the sport. This will be done in accordance with British Canoeing Guidelines for use of Photographic & Filming Equipment.

Environment:

There are environmental restrictions in place preventing general vehicles from coming down to the Boathouse so please use the car parks. We can accommodate vehicles for Blue Badge holders or trailers at the boathouse. If you wish to bring vehicle to the boathouse please contact the Secretary secretary@norwichcanoecub.co.uk

Please ensure you wash and dry your boat before travelling to Norwich. This is to help prevent the spreading of unwanted species across the inland waterways. Disposable Drinks Systems and consumable items taken on the water. All paddlers using disposable drinks systems and are required to mark them with their boat number. Paddlers will not be allowed to proceed through boat control with unnumbered bags and un-numbered bags will not be allowed in the feeding lane at the portage. Paddlers found with un-numbered bags at any time on the water will be asked to leave the course. We ask that other food and drink items such as gel packs and packaged snacks taken on the water are also labelled with your boat

First Aid:

The club has on call first aiders available. Please contact them via Betty's bar. An AED (defibrillator) is also located on the front of our building.

Cancellation:

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. www.norwichcanoecub.co.uk

River right/rules –

- Stay on right hand side unless overtaking
- Lightnings – sweepers behind juniors
- Must follow started order or time penalties are encored
- Assist any capsizes
- Respect any other river users
- Turn is anti-clockwise
- Portage in and out between signs
- Follow all buoys as set out on river

Telephone contact point. 07999475452