

Shropshire Paddlesport race briefing Sunday 12th September 2021.

Welcome to Shropshire Paddlesport. Thank you for supporting today's race.

COVID -19

This event will operate under government Covid guidelines. Everybody is required to comply with the procedures and policies put in place by Shropshire Paddlesport. Please do not attend if you, your family or any contacts have symptoms of Covid 19 or if you have been asked to isolate. We strongly encourage all attendees to make use of the rapid flow tests which can be found on the NHS and PHE websites.

SITE INFORMATION

The Clubhouse will be open from 8.30 am. **We ask that everyone wears a face mask when inside the building.**

- Race check in (9am to 1030am) is for TEAM LEADERS ONLY will be on the upper level.
- Toilets will be open (one in one out basis) – Male, female and disabled on lower floor. General toilet on upper level.
- Changing Rooms will be available, but would request to be used, only by those who have capsized during the race.
- Car Parking – located ¼ mile passed the clubhouse, over the bridge and park in field. Please do not park on the roadside – it is a road regularly used by arctic lorries. There is a lay-by near the clubhouse, which we will be reserved as disabled parking, if you let me know in advance.

Hot and cold drinks and food are being served in the car park area.

After race refreshments will be available to competitors following each race, also in car park area.

Please remember to wash your hands before eating.

RACE INFORMATION

- This race is run under British Canoeing Marathon Racing Rules.
- Competitors ranked divisions 7/8/9 and U14s must wear a buoyancy aid.
- Your boat must be fitted with its full complement of buoyancy.
- Your race number must be displayed on your boat.
- **Stay right**, especially when other competitors are travelling towards you.
- Please follow all instructions given by Marshals on the course.
- If you see someone in need of help please assist/inform a marshal as appropriate. There will be time allowances if you do stop to help.
- If you retire from your race you must inform the marshals at the finish line.

ENTRY TO CANAL

Please only get onto the canal 20 minutes before your start times. The normal entry point will be at the car park bridge, where you should proceed to the clubhouse. If your boat is on the tow path by the clubhouse, then please use launch mat.

Warm up, in the area beyond clubhouse and await your call from pre-starter.

HAZARDS

We have checked the course for obstructions, and was clear as of Wednesday 8th, apart from a large tree blocking 2/3 rds of canal, near the traditional div 7-9 turn. This is not possible to remove. With this in mind, and the potential of too many boats squeezing through the gap (in 2 directions) we have decided to move the Div 7-9 turn further along the canal.

There are several pinch points along the courses. We have made every effort to remove any low hanging branches.

Be aware of other canal users – narrow boats, anglers, general public (on tow path).

It is recommended that all competitors should wear suitable footwear, some areas are stony and others may have thorny plants.

If you capsizes then the canal is about waist height, but a layer of mud covers the bottom, so stand up and make your way to the side.

Apply sun cream, suitably attired to race, keep hydrated.

Today's allocated **first aiders** are Claire Nicholas (clubhouse) & Mandy Till (car park).

Course

As per map (located at race enquiries tent in car park area) - Div 7-9 (4 miles 1 lap) - start, pinch points, anti-clockwise turn, finish – this course is extended due to the hazard mentioned above. Div 4-6 (7+ miles 1 lap) – start, pinch points, clockwise turn and 2 portages. Div 1-3 (12 miles) - One short lap anti-clockwise turn, followed by Div 4-6 lap and 2 portages. Geoff Sanders (2 miles 1 lap) – Start, pinch point, anti-clockwise turn, finish (this race is slightly longer than previous lightning course). After you have finished, please do not obstruct competitors, still competing, if you are returning to the car park.

Starting order

At one minute intervals – per BCU order – Exact list will be published on the day. Split starts are likely for some divisions and others may merge. A safety boat will follow GS paddlers.

Refreshments will be available to competitors following each race, also in car park area.

Prize giving will follow asap after GS races and all results are agreed. This will also take place in the car park area.

Have fun and respect each other and other canal users.

Have a safe journey home and take any rubbish home please.

Enquires to Andrew Leggatt – email: andrewleggatt@btinternet.com

A copy of this briefing can be collected from race enquiries tent, on Sunday.