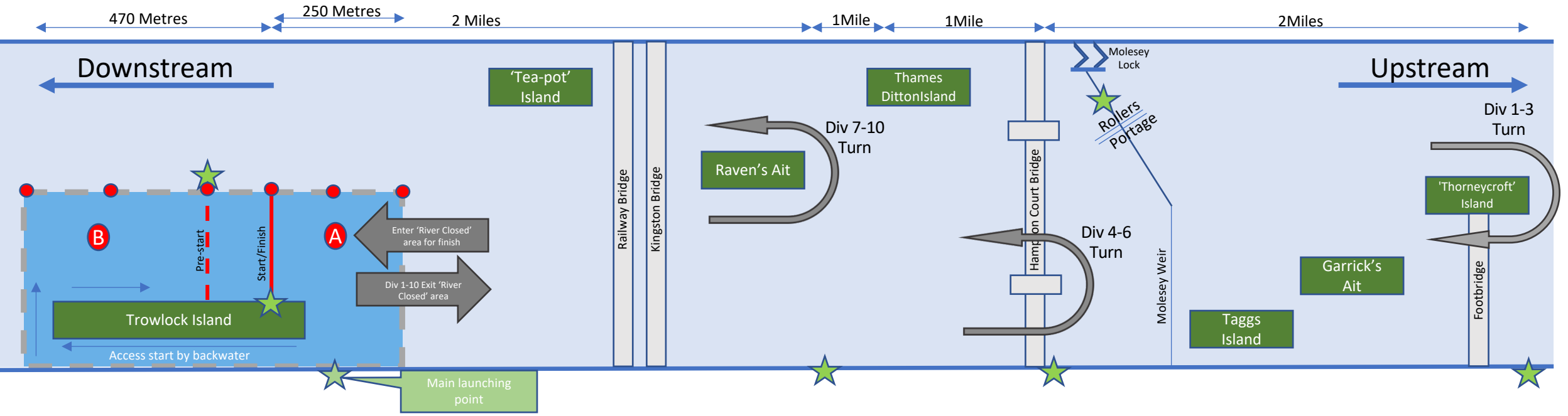


Royal Canoe Club Hasler Marathon – Race Course & Safety Instructions

Course Descriptions
Division 1-3, 12 Miles. Head upstream, portaging rollers at Molesey Lock, turn **clockwise** around ‘Thornecroft’ Island, returning over portage at Molesey Lock rollers to finish at club landing stage.
Division 4-6, 8 miles. Head upstream, turn **anti-clockwise** around Hampton Court Bridge, passing through far right arch, return to finish at club landing stage.
Division 7-10, 4 miles. Start at RCC, turn **anti-clockwise** around Raven’s Ait Island, return to finish at club landing stage.
Lightning, 3 km. Start upstream, 3 laps **anti-clockwise** around buoys ‘A’ and ‘B’ in the start/finish zone, finish upstream at club landing stage.

Safety Instructions

1. If you see someone in difficulty, you **MUST** assist.
2. If you are able, seek assistance from a marshal or another competitor
3. If necessary, ask someone to call 999
4. Report any ongoing issue or incident to the nearest marshal
5. In any event, report **any** issue or incident to the marshal at the finish control.
6. If you retire, you **MUST** advise the nearest marshal or the finish control.
7. ALL Division 7, 8 & 9 **MUST** wear buoyancy aids
8. ALL juniors **MUST** wear buoyancy aids unless an accountable adult has confirmed otherwise at check-in



Instruction to paddlers to access start & after finish

- Get on and paddle down the backwater
- Pre-start line is 50m downstream from club. Warm up only below this line.
- When called, line up on the stake-boat on the pre-start line.
- Then follow instructions from the marshal and starter.
- After finish, please return via backwater

Specific local hazards & advice

- Other river traffic – keep to the right.
- At turns, other river traffic may be present – be prepared and take avoiding action if needed
- Potential for rough water – wear a spray deck
- When approaching finish you will need to cross to the ‘wrong’ side of the river, be aware of other traffic when entering start/finish zone and take avoiding action if needed.
- Portage Rollers can be slippery – wear footwear and step carefully

Legend

- Closed to other river traffic
- Marshals
- Buoys
- Island
- Race course

Safety briefing Instructions

Canoeing is a hazardous sport and there is presumed risk.

You **MUST** obey the safety instructions.

You **MUST** follow the safety Rule 5 in the BC Marathon Rules.

Note 5 (b) (i) – boat buoyancy – we will carry out random checks.

Note 5 (d) (i) – we require ALL juniors (including those who have already turned 18) to wear a buoyancy aid in whatever division, unless released by an accountable adult by signing the release form available at the check-in.

We have implemented the following safety measures:

- We have closed half of the river for 500 metres below the start and 250 metres after the start. You will see boats with signs stating the river is closed. When you cross the finish line, you must be in this buoyed off area. There should be no other river traffic in this area.
- We have a marshal at each turn and portage, as well as at the start/finish.
- We have qualified medical personnel on hand – if needed, please approach any marshal or member of the organising team.
- We have two motor safety launches that will follow the lower divisions (7-10) and the end of the higher division races.
- We have a safety kayak following the Lightning race.

There remain local hazards for this race that you need to be aware of:

- There **WILL** be other river traffic. You must keep to the right when passing.
- The water can be rough. You should consider wearing a spray deck – for divisions 4 and below, there is no portage, so this is worth doing.
- The portage can be slippery – you should take special care.

Race Instructions

- When getting on the water, please proceed down the backwater behind Trowlock Island, then at the bottom of the island, turn back upstream towards the pre-start line.
- Do not cross the pre-start line until you are called forward by the pre-start marshal and held at a pre-start line.
- The starter will call you forwards to the start line – in line with the club jetty.
- STOP on the start line and follow the starter's instructions.
- The start sequence will be: 'Ready' ... <horn blast>
- A false start will be signaled by multiple horn blasts.
- Follow the race course as described and finish **inside** the start/finish zone.
- After finishing, proceed down and around Trowlock Island and return to the landing stage by the backwater.