



# WILDWATER RACING RULES

WILDWATER RACING V8.14 30/05/2018

# **RULES**

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## Revision History

| Date       | Version            | Author          | Comments   |
|------------|--------------------|-----------------|--|
| 0/02/2013  | 2012v3             | Neal Underwood  | Initial Version  |
| 6/10/2015  | OS1Rules 2015v1    | James Wingfield | Updated logo to new British Canoeing logo.<br>Added this revision history table.<br>Updated sections 6.9, 6.10, 14, and 24 to reflect changes agreed by 2013 and 2014 ACMs.                |
| 2/11/2015  | OS1Rules2015v2     | Ross Pearton    | Various amendments particularly BCU changed to BC, Revision to points at National races (2), Dimensions (6), Timing standards (18), Results definition (22), Appendices added definitions. |
| 7/11/2015  | OS1Rules2015v3     | Ross Pearton    | Various minor amendments but particularly addition of rule 13.8  |
| 06/12/2015 | OS1Rules2015v5     | Julie Lewis     | Updates after 2015 ACM   |
| 23/02/2016 | OS1Rules2015v6     | Julie Lewis     | Updated with revised wavehopper rules  |
| 20/03/2016 | OS1Rules2015v7     | Julie Lewis     | Updated re minor errors.   |
| 30/03/2016 | OS1Rules 2016v8    | Julie Lewis     | Added youth championships  |
| 20/03/2018 | OS1Rules 2018v8.10 | Carl Foody      | ACM rules verification   |
| 08/05/18   | OS1Rules 2018v8.11 | Julie Lewis     | Updates re BC changes and ACM motions.   |
| 12/05/18   | OS1Rules 2018v8.12 | Julie Lewis     | Updated contents table   |
| 15/05/18   | OS1Rules 2018v8.13 | Julie Lewis     | Updated error in timing rules on guidance of James Wingfield   |
| 30/5/18    | OS1Rules 2018v8.14 | Julie Lewis     | Appendix 1 altered re points clarification   |

## 1. Objective

- 1.1. The objective of Wild Water Racing (WWR) is to demonstrate a competitor's mastery of their boat in fast moving white water, while racing a prescribed course in the shortest possible time.

**WWR can be hazardous and competitors participate at their own risk.** The Event Organiser, British Canoeing (BC), national governing bodies, clubs and the WWR Executive Committee cannot be held responsible for any injury or material damage sustained during the course of a WWR event, nor will they assume responsibility or be liable for a person under the age of 18 years, who is unaccompanied or unsupervised, nor accept any liability for a competitor's choice of equipment, or decision to paddle.

## 2. Status of Races

- 2.1. All races declared to be ranking or open and shown on the WWR Calendar shall be held in accordance with the WWR rules of British Canoeing, and competitors shall be required to pay the correct entry fees.
- 2.2. Ranking races are organised by or on behalf of BC; at which competitors gain points which are accumulated over the season in order to be ranked.
- 2.3. Open races are organised by a Club or Clubs affiliated to BC or an organisation outside BC, where the race is listed as an open race in the WWR Calendar and is not counted for ranking purposes. Entry fees are payable at all open events.
- 2.4. The calendar of races and all requests for races will be approved by the WWR Executive Committee; there are three kinds of ranking race:
- 2.4.1 National – Ranking points will be awarded for each event under a factored MS System; with the winner in each class being awarded 2,200 MS points. National Races are open to all competitors who qualify according to the criteria set by the WWR Executive.

*Note: See Appendix A for Definition of MS Points*

- 2.4.2 There will be 10 National Races each season: As far as possible these will consist of 5 sprint and 5 classic races as follows:
- English Open – Winners declared the English Open Champions; this race must take place in England
  - Scottish Open – Winners declared the Scottish Open Champions, this race must take place in Scotland
  - Welsh Open – Winners declared the Welsh Open Champions, this race must take place in Wales
  - British Open – Winners declared British Champions, this race must take place in the United Kingdom

Another National ranking race will take place, the location of this race will be decided by the National Executive to suit the needs of the sport and this race does not have to be in the UK.

MS National ranking points will be awarded in all classes.

- 2.4.3 Regional – MS ranking points will be awarded in all classes, with 2,000 points being awarded to the winner. All regional races are open to any paddlers.
- 2.4.4 Wavehopper – Wavehopper races may be standalone competitions or may be part of other competitions. Points will be awarded as per if the race is a National or Regional race.
- 2.4.5 The WWR Season runs from September 1st to August 31st the following year.
- 2.5 To determine age categories of paddlers the age of the paddler on the 1<sup>st</sup> January mid-season is the qualifying date for the whole WWR season.
- 2.6 A competitors National Ranking score shall be the sum of the three highest MS event scores from either National or Regional Races.
- 2.7 Anybody that races in any wildwater race in a wavehopper will be eligible for points towards the wavehopper rankings, as long as they have declared to the race organiser they are racing in a wavehopper.

### **3. Race Entry Procedure**

- 3.1. WWR is open to all members of BC/SCA/WCA/CANI and by invitation to members of other ICF Federations.
- 3.2. Entries should be made according to the instructions on the event poster.
- 3.3. A Competitor or crew must provide the organiser with their:

Full Name

Club (this must remain throughout the season, unless written permission is sought from the WWR Executive)

Current BC/SCA/WCA/CANI membership number;

Year of Birth

The Class they are racing in C1, K1, C2 (details of both paddlers required) with boat type i.e. general purpose boat. If no boat type is declared the default will be WWR K1.

Gender

Address

Email address

- 3.4. Entrants will be asked to fill in an entry form, asking for the above information and to sign that they understand “the risks involved in WWR; that they are responsible for their personal safety and declare that they are competent to paddle in any races they enter.

- 3.5. If the entrant is under 18-years-old the form will need to be countersigned by a parent, guardian or responsible adult. These forms should be sent to the ranking co-ordinator by the race organiser, along with the final results and a short race report if possible
- 3.6. The appropriate entry fees, as agreed by the WWR Executive Committee, must be paid. Late entry fees will be charged at National Events and may also be charged for regional events.
- 3.7. Race Organisers will check National Association Membership at each event; you must show your appropriate membership card when asked (please take your card to all events). For National Races all competitors must hold individual membership of a national association.
- 3.8. Paddlers, who are members of Clubs affiliated to their National Association and are either a registered Youth Club or a club with a registered Youth Section, may take part in Regional Events and Wavehopper Races, providing the paddler has been issued with a card from their club.
- 3.9. Non-members may take part in Regional, Wavehopper or Open events through the “BC Day Membership” system, upon payment of the non-member extra fee and signature of the declaration. They must also provide full name and contact details. Competitors without proof of National Association membership, will be treated as non-members.
- 3.10. Competitors without proof of membership at National Races will not be allowed to start.

## **4. Categories**

- 4.1. Individual categories at Regional and National events are:

C1 Ladies  
C1 Men  
K1 Ladies  
K1 Men  
C2 Ladies  
C2 Men  
C2 Mixed

- 4.2. Teams: Where team events take place, they are made up of 3 boats from any category. At the discretion of the organiser team events may have mixed teams.

## **5. Boats and Safety Equipment**

- 5.1. Dimensions.

5.1.1. All racing craft should meet the following dimensions

All types of K1: length 4.50m maximum width of hull 0.60 m minimum

All types of C1: length 4.30m maximum width of hull 0.70 m minimum

All types of C2: length 5.00m maximum width of hull 0.80 m minimum

The seam joining the hull to the deck will be considered to be part of the hull for measurement. No extra components shall be added to the boat to enhance the dimension.

5.1.2. Minimum Weights of Boats (the minimum weight of the boat is measured when the boat is dry)

All types of K1:10 kg

All types of C1:11 kg

All types of C2:17 kg

Note: The air bags are to be taken as being part of the boat. The spray deck is considered to be an accessory and not part of the boat.

5.2. All boats must be fitted with fully inflated airbags in both the front of the boat (in front of the footrest/paddler) and the back of the boat (behind the seat). The minimum total volumes capable of being contained in the air bags are to be as follows:

|    | Front     | Back      |
|----|-----------|-----------|
| K1 | 30 litres | 50 litres |
| C1 | 40 litres | 50 litres |
| C2 | 60 litres | 60 litres |

5.3. The volumes will be taken from the manufactures stamp on the air bags. In case of dispute, the first decision shall be taken by the Boat Control Judge and the second decision if appealed by the Jury. The air bags shall be full of air during the race.

5.4. Boats must be designed to, and remain within, the required dimensions. They may only have a single hull, with a single bow and single stern. Rudders are prohibited on all boats.

5.5. Canoes (C1 and C2) must be propelled by single bladed paddles. Kayaks (K1) must be propelled by double bladed paddles.

5.6. Each competitor is responsible for their equipment. Boats, accessories and clothing may carry trademarks, advertising symbols (with the exception of tobacco products), emblems and words.

5.7. Bibs must be worn, if supplied by the Race Organiser. Otherwise each boat entered for the Individual or Team event must have a white disc on the right bow and left stern deck. These discs must be circular (230mm diameter) or oval (230mm x 230mm/300mm), without straight edges. These white discs must only bear the current competition number.

5.8. All boats must be unsinkable and must be equipped at each end with a handle secured no more than 30cm from the bow and from the stern. These handles must permit easy

insertion of the hand at all times, to grab the boat. The rope must be at least 6mm in diameter; the taping of handles is not permitted.

- 5.9. Competitors must be able to free themselves immediately from their boat at all times.
- 5.10. Each competitor must wear a Safety Helmet that meets the EN 1385 safety standards.
- 5.11. Each competitor must wear a buoyancy aid which meets either EN ISO 12402-5 (Level 50) or EN 393 standards.

5.11.1. Safety is paramount, and it is imperative that buoyancy aids are appropriate to the person paddling. Therefore, in the case of small paddlers, particularly children; Organisers in consultation with the Chair of the Jury may permit smaller buoyancy aids to be worn where appropriate, providing this does not compromise the fairness of the event and is to ensure safety of all participants.

- 5.12. Competitors must wear appropriate footwear on their feet. The shoes must have a thicker sole to protect the feet. The shoes must fit in such a way that they will not come off in a capsize or be released from a boat.
- 5.13. The boat must float to the surface when filled with water. Open Canadian canoes must contain sufficient buoyancy to allow the canoe to be paddled fully swamped.
- 5.14. Each competitor should remain on the water at the finish after their run, to ensure the safety of the next two competitors, unless the Race Organiser, having made other rescue arrangements, has specifically indicated that this is not required. This rule applies equally to team events.
- 5.15. Any competitor failing to finish a race must inform an official at the finish as soon as possible.

## **6 Overtaking**

- 6.1 Any competitor caught by another competitor shall allow the overtaking boat free passage if the overtaking competitor shouts "FREE"; failure to do so may result in disqualification.

## **7 Loss or Breakage of a Paddle**

- 7.1 When a competitor breaks or loses their paddle, they may only replace it with another paddle if it was carried in or on their own boat from the start of the race. For team runs spare paddle may be borrowed from another team member, providing it has been carried since the beginning of the race.

## **8 Disqualification and Elimination**

- 8.1 A competitor who attempts to win a competition by irregular means, who breaks the rules, or who contests their validity, is disqualified from the competition.
- 8.2 If a competitor is forced to break the rules by the action of another person, the Organiser will decide if the former will be disqualified from the competition.
- 8.3 If a competitor starts in a boat which does not conform to the rules, they are disqualified.
- 8.4 A competitor who is not ready to start as scheduled maybe eliminated from the run.
- 8.5 A competitor who accepts outside assistance during a race may be disqualified. Each of the following is considered to be outside assistance:
- 8.5.1 Any aid given to the competitor or his/her boat.
  - 8.5.2 Giving, passing or throwing to a competitor a spare paddle or his/her lost paddle.
  - 8.5.3 Directing, pushing or placing in movement a boat by anyone other than the competitor.
  - 8.5.4 Giving directions to a competitor by means of electro-acoustic apparatus or radio-telephone.
  - 8.5.5 Crossing the finish line upside down eliminates the run. The boat is considered to be upside down when the competitor's trunk and head are completely under water. The paddler must also be in the boat when crossing the finish line.
- 8.6 A paddler who paddles any section of a race course during an event, except on a scheduled race run or on authorised rescue, will be disqualified from that event and may be disqualified from future events.

## **9 Rescue of a Competitor in Danger**

- 9.1 Since WWR is as much a contest against the elements as against other competitors; it is a requirement that any competitor finding another competitor in danger (or maybe in danger), they must immediately render them assistance. **Failure to do so may result in disqualification for life.**

## **10 Liability**

- 10.1 In all cases competitors compete at their own risk. Neither the Race Organiser, the WWR Executive Committee, Clubs, BC nor the ICF can be held responsible for any injuries or material damage sustained during the race or on the competition course.

## **11 Paddler Status – Amateur Rules**

- 11.1 BC WWR Executive Committee will follow the policy set by ICF Statutes and Rules, or BC Council Policy, regarding Amateur status and/or contact with Ineligible Nations or athletes from Ineligible Nations.

## **12 The Event – Organiser/Organising Club**

- 12.1 The person named on the WWR website or any race literature as the Organiser of the event should be prepared to answer correspondence in connection with the event and will be held responsible for dealing with the race entries and results.
- 12.2 Race Organisers must belong to a BC-affiliated club or centre or the WWR executive.
- 12.3 Clubs organising Wild Water Races, should be affiliated to BC and should announce its affiliation in any race advertisements and programme.
- 12.4 Applications to organise a Wild Water Race shall be made to the Calendar Officer of the Racing Executive Committee to: [wildwaterracing.secretary@britishcanoeing.org.uk](mailto:wildwaterracing.secretary@britishcanoeing.org.uk)  
All races must be approved by the WWR Executive Committee.
- 12.5 All organisers of events are required by BC to have a nominated safety officer that has done the appropriate BC approved Event Safety training course
- 12.6 Permission to run Regional or Wavehopper races can be sought at any time during the season, although the more notice given the better support the race will attract.
- 12.7 The named organiser will receive a race organiser's spreadsheet from the ranking list compiler via email in the days before the event.
- 12.8 Information about organising a Wild Water Race is available on the website: [www.wildwater.org.uk](http://www.wildwater.org.uk).
- 12.9 Competitions can be in whatever format best suits the venue and time of year. A competition will comprise one or more races of any type together.

## **13 Race Course**

- 13.1 There are two types of Race:
- 13.1.1 Classic races – As far as possible the course shall be at least 3km in length and will consist of each paddler doing one run of the course.
  - 13.1.2 Sprint races – As far as possible the course will be up to 1,000m in length and each paddler will do two runs of the course. It is the fastest run that counts.
- 13.2 The course must be navigable throughout, part of the course must be on moving water at entry level and preferably at least grade II difficulty and portages are not allowed. The interpretation lies with the Race Organiser and/or the relevant WWR Executive

Committee Officials. Dangerous passages may be marked with gates to indicate the correct route/channel.

## **14 Start Order**

14.1 Starts should take place as per the ICF rules: Flexibility should be used to encourage paddlers to enter more than one class.

14.2 In the individual events the starts are separated by at least 30 seconds but preferably by one minute.

14.3 In the team events the starts are separated by at least one minute but preferably by two minutes.

14.4 The start interval must remain the same for the entire competition; individual and team events being separate competitions.

14.5 Competitors who have not paid the full entry fee due or who have failed to provide proof of current National Association membership will not be allowed to start.

14.6 All available information should be used for seeding, with the fastest starting last. The latest ranking list can be found on the wwr website:  
[www.wildwater.org.uk](http://www.wildwater.org.uk).

## **15 Start Sheet, Bibs and General Race Day Administration**

15.1 The Race Organiser must provide receipts if requested.

15.2 A programme and/or start list should be made available as soon as possible after entries have closed.

15.3 The event should run to the published time.

15.4 In the interest of the sport prizes should be awarded for all classes.

15.5 Information regarding the course should be available including a brief description and grading of the course indicating any particular hazards.

15.6 Map references of the start and finish, a list of any site facilities such as toilet, refreshments, etc. should be made available in advance of the event.

15.7 The Race Organiser should also include details of the appropriate emergency procedures in the event of an accident.

15.8 The Name of the events First Aider, with mobile telephone number and or where they are located during the event should be published.

- 15.9 The Names of the Jury should be published at Control; there should be three members of the Jury: One appointed by the WWR Executive Committee, one by the organising club and another person appointed by the first two from non-paddling people attending the event. One of the Jury should be appointed as Chair of the Jury. At Selection events, adjudication will be performed by the relevant Team Manager or his/her nominee, plus two other members of the Executive Committee, nominated in advance.
- 15.10 Bibs may be kept by the WWR Bib Officer, application to borrow these for use at events should be made to the WWR Executive Committee.

## 16 The Start

- 16.1 The Start must be either directly upstream or directly downstream. **Angled starts, with respect to the direction of the current, are not permitted.** Whenever possible starts should be downstream.
- 16.2 Each boat must be held by the stern at the starting position until the start by an assistant to the Starter.
- 16.3 Only standing starts are permitted. The Starter shall give a countdown of “30 second”, “15 seconds”, “10 seconds” “5-4-3-2-1-GO”.
- 16.4 In the team event the boats start one after the other. The boat on the start line will be held and the other two boats must be stationary on the water, relative to the bank, and behind a line across the river from the fronts of these two boats and the rear of the held boat.
- 16.5 Only the Starter is qualified to determine if a false start has occurred. He/she may determine if a second start is to be given. The recall signal will be a blast on a whistle.

## 17 Timing

- 17.1 Timing may be carried out by a photo-electric system and/or a stop-watch.
- 17.2 If the timing is on a stop-watch, it must be with duplicated digital watches, capable of timing in seconds to 0.01 of a second. There should be a primary watch and backup watch at the Start and a primary watch and backup watch at the Finish, all started at the same time.
- 17.3 The individual time of a run is measured from the time that the competitor’s body first crosses the start line (when the boat is released by the assistant starter) to the time when the finish line is crossed by the competitor’s body (in C2s, the first body that crosses the line).

- 17.4 For the team events, the time is measured from the time that the first competitor's body crosses the start line, to the time when the finish line is crossed by the third competitor's body.
- 17.5 The Race Organiser may declare a race closure time, after which competitors who have not finished will not be given a time.
- 17.6 Depending upon the type of timing equipment used the following timing accuracies will be used when compiling the race results:
- 17.6.1 Beeping clock/hand-held stopwatch at start and finish; to 0.5 second.
  - 17.6.2 Beeping clock/hand-held stopwatch at start and photo-electric system at finish; to 0.5 second.
  - 17.6.3 Photo-electric system at start and finish; to 0.01 second.
  - 17.6.4 Where times are rounded, standard mathematical rounding shall be used e.g.: timing to rule 17.6.1, 54.24 seconds would round down to 54.0 seconds and 54.25 would round up to 54.5.
  - 17.6.5 Sprint selection races shall use a beam start and beam finish arrangement unless the race organisers advise that another method of timing is to be used. Any departure from beam start / beam finish timing for a sprint selection race must be announced prior to the last date for receipt of entries for that race.

## **18 The Finish**

- 18.1 An audible signal must be given to indicate that a competitor has crossed the finish line.
- 18.2 In the team event all three competitors must cross the finish line within a 15 second time period, or be disqualified from the event. This is measured from the time the first competitor's body crosses the finish line, to the time when it is crossed by the third competitor's body.

## **19 Safety Measures – Event**

- 19.1 The rules in this section apply to all who visit the event and operate at all times, including race practice. Failure to comply can lead to disqualification from one or more events.
- 19.2 Organisers should read and understand the WWR Executive Committee Policy on safety (available on the WWR website: [www.wildwater.org.uk](http://www.wildwater.org.uk)), and must take all reasonable measures to ensure that the race course is not obstructed or otherwise unsuitable for the proposed competition.
- 19.3 The organiser should consider whether the race course includes any particular hazards, taking into account the level of competence which competitors would be expected to have.

- 19.4 Safety cover may be provided at any point in the race, if the organiser considers it necessary and reasonable to do so. It is not anticipated that provision of safety cover would be normal practice for all races.
- 19.5 Organisers are not required to examine or test competitor's protective equipment or to check their competence. This does not prevent organisers from examining any item of a competitor's equipment to ensure that no unfair advantage is gained, nor does this prevent any organiser from prohibiting any competitor from racing if he or she is clearly incompetent or not properly equipped.
- 19.6 All competitors must be accounted for by the Finisher.
- 19.7 The Starter must inform the Finisher of those competitors who do not start. Competitors should inform the Finisher if they do not finish a race.
- 19.8 If any competitor who is known to have started the race cannot be accounted for, the organiser must take all reasonable measures to ensure that the competitor is safe.
- 19.9 In the event that either the Race Organiser or members of the WWR Executive Committee believe there to be an "Unreasonable Risk to Safety", a race may be cancelled.
- 19.10 Irrespective of the above rulings all competitors remain responsible for their own safety, and must decide whether the course is within their own ability, from all the information supplied and their own experience.

## **20 Race Cancellations**

- 20.1 In the event of a cancellation, the race organiser should refund entry fees in full to all paddlers. If he/she has already incurred costs, he/she can make a claim to the Executive Committee to cover those costs.
- 20.2 The Race organiser should give maximum notice of race cancellation. If the race is cancelled prior to the day; notify the Secretary on: [wildwaterracing.secretary@britishcanoeing.org.uk](mailto:wildwaterracing.secretary@britishcanoeing.org.uk) so that it can be published on the WWR website: [www.wildwater.org.uk](http://www.wildwater.org.uk). Notify any competitors who have pre-entered.
- 20.3 During exceptional weather conditions, competitors should check the WWR website and facebook page or with the organiser before travelling.

## **21 Results**

- 21.1 As soon as a competitor's time is known it must be posted together with the start number in a prominent position, in some consistently perceptible form, until the time for protest has expired (15 minutes after the last result in that class is published). After the time for protest has past the Race Organiser shall produce the Provisional Results.

- 21.2 The organiser must, as soon as is practical and within 5 days of the event, send the fully updated Organisers Spreadsheet Package and Provisional Results to the Ranking List Compiler.
- 21.3 The Ranking List Compiler will check the Provisional Results. On completion of these checks results are Final Results.
- 21.4 All Official Final Results will be published on the WWR Website: [www.wildwater.org.uk](http://www.wildwater.org.uk).

## 22 Protests

- 22.1 Protests shall be made in writing and handed to the Race Organiser within fifteen minutes of the last results in that Class was published.
- 22.2 In the first instant the Organiser should investigate the protest and check times, calculations etc. If the Organiser cannot concur with the details of the Protest, then it should be handed to the Chair of the Jury, whom with the other Jury members will investigate and adjudicate. **The Jury's decision is final.**
- 22.3 Any protest must be reported to the WWR Executive Committee, with the original written item and the resolution.
- 22.4 At Selection events, adjudication will be performed by the relevant Team Manager or his/her nominee, plus two other members of the Executive Committee, nominated in advance. Decisions will be by a majority vote.

## 23 Proportion of Entry Fees Payable to the Executive Committee

- 23.1 Race levy fees of 50p a paddler for regional events and £1.00 a paddler for national events are to be paid to the WWR Executive Committee, based on the final Start list, after all race entries have been taken. Race organisers are exempt from paying the levy if they cannot meet their race costs from the entry fees.

## 24 First Aid

- 24.1 The Executive Committee recommends that all paddlers are aware of resuscitation techniques, and, preferably, have undergone some training in first aid.

## 25 Leptospirosis/Weil's Disease

- 25.1 Leptospirosis is an animal infection, caught by direct contact with the urine of an infected animal, often through water. Bacteria enter through skin abrasions or via the eyes, nose or mouth. The usual incubation period is two to twelve days. Usually a "flu-like" illness occurs, which resolves in two to three weeks. There may be fever, severe headaches, pains in the back and calf and prostration. A few cases develop jaundice, when the condition is known as Weil's Disease. Although death may occur in about

15% of the jaundiced patients, death without jaundice is virtually unknown. Antibiotics during the first few days help in limiting infection. Many cases recover without specific treatment. **If you think you may have the infection, go to your doctor and tell him/her that there may be a risk of Leptospirosis.**

- 25.2 To minimise risk of infection: Cover all cuts and abrasions with waterproof plasters. Always wear footwear to avoid cutting the feet. Avoid capsize drill or rolling practise in suspect waters. Where possible, shower soon after canoeing. If in doubt, contact your doctor at the first sign of any symptoms.

## 26 BC Anti-Doping Policy

- 26.1 The aims and purpose of British Canoeing (BC) Anti-Doping policy are to:
- 26.1.1 Uphold and preserve the ethics of Sport
  - 26.1.2 Safeguard the physical health and mental integrity of the athletes
  - 26.1.3 To ensure that all Athletes have an opportunity to compete equally
- 26.2 Therefore, the policy of BC is to promote Canoeing as a drug-free sport and that BC is committed to educate and inform all athletes, coaches and support personnel about the dangers of drugs and to test athletes to confirm and maintain their drug-free status.
- 26.3 Full details of the current BC and ICF Anti-Doping rules together with additional information and advice relating to BC Anti-Doping policy can be found on the British Canoeing website - [www.britishcanoeing.org.uk/](http://www.britishcanoeing.org.uk/)

## 27 Athlete Responsibilities

- 27.1 Being an Athlete carries with it many responsibilities and it is your responsibility to compete cleanly and fairly, this is fundamental to the sport.
- 27.2 Be responsible under the rules of the World Anti-Doping Code and BC Anti-Doping rules you are ultimately responsible for any prohibited substance found in your system. This is referred to as Strict Liability.
- 27.2.1 Who do you trust? You are responsible for whom you trust to take advice from about substances, medication and supplements and you are accountable for those you entrust with access to your food and drink.
  - 27.2.2 This means that if you take medication from your doctor (GP or sports doctor) and do not check whether it is permitted you are at fault.
  - 27.2.3 Likewise, if you take a supplement that is contaminated, even after getting a guarantee from the manufacturer, you are still responsible for choosing to use that product.
- 27.3 Here are 5 key responsibilities you must fulfil:
- 27.3.1 Stay up to date with the latest Prohibited List of Substances and Methods.

- 27.3.2 Check the status of any substance before you use it - It is still considered an Anti-Doping offence if a Prohibited Substance is found in your system - despite how it came to be there.
  - 27.3.3 Inform all medical personnel responsible for your health and well-being that you compete under specific Anti-Doping rules and ensure that medical treatment received does not violate Anti-Doping rules.
  - 27.3.4 Submit a Therapeutic Use Exemption (TUE) for any Prohibited Substance and/or Method you are prescribed for a legitimate medical condition, prior to competing at the World or European Championships
  - 27.3.5 Any athlete entering any BC competition or event may be subject to a Drug Test.
- 27.4 Should you require further information Anti-Doping, please contact the BC Anti-Doping Officer

## **28 Duty of Care in Safeguarding**

- 28.1 The WWR executive appoints a Safeguarding Officer with whom issues may be discussed in confidence. Information about duty of care and child protection is available from either BC's or WWR's Safeguarding Officer. Or on the British Canoeing website.



## Appendix A Definition of Terms

### MS Points

The MS points awarded in an event to each paddler or crew is equal to the number of seconds that the paddler or crew, would have finished behind the class winner, if the winner's time had been 20 minutes.

The MS points awarded to a paddler or crew will be equal to:

MS points of event winner -  $\frac{\text{number of seconds paddler/crew are behind the winner} \times 1200}{\text{Category Winner's time in seconds}}$

All paddlers that complete the course shall receive at least 1 point, irrespective of their time

### Examples:

The winner of the C1M event was 15min 0 seconds and awarded 2000 MS points. A C1M paddler with a time of 16 mins 0 seconds (60 secs down on winner) would be given

$2000 - ((60 * 1200)/900) = 1920$  MS points

|             |   |
|-------------|---|
| Competition | All events completed at a site on a weekend.                      |
| Race        | Series of events run over the same course at a competition        |
| Event       | Part of a race in which all competitors are in the same category. |



## Appendix B Wavehopper Rules

### **Note: This Appendix does not form part of the Main Rules**

The following variations to the rules apply for the Wavehopper Challenge Series

Rule 6.1 is replaced with:

6.1 Composite WWR boats are not permitted in Wavehopper races. Permitted boats types are either Wavehoppers or other models of kayak with a maximum length 3.5 metres.

Wavehoppers will be appointed either National or Regional points at every event accordingly as long as it is declared to the organiser that a wavehopper is being paddled.

A separate Wavehopper Championships will be held each year where possible.