

HAMBLE WWR SAFETY AND COACHING TIPS



RACE COURSE AND START	
COURSE	<p>Start across river watch traffic, you will see me on bank.</p> <p>Course keep down right hand bank between bank and first row of moored boats go round first marina and head towards end of it gap not easy to see until you get there you are heading for right bank again when you see this to your right (no line of boats you are in the right place). Carry on down to next marina ahead of you; you are now 3 minutes or so from the finish. Pass marina and at the refuelling station on the right be very careful here start to turn right past jetty B the refuelling jetty and then a bit further down jetty A turn right past this and you will see the finish jetty at the RAFYC. The finish will only be apparent as you make the last turn. If you find yourself passing the Isle of Wight ferry in the Solent you have missed the turn!!!!!!!!!!!!!!!!!!!!!! First few paddlers will backtrack first part of the course course to help you in.</p>
START	<p>This will be as published miss your start you can start but your time will be from your official start time so if you start 5 minutes late your time will be slower by that much and not adjusted. Starts are in 30 second intervals so get on water and be ready. Keep above the start.</p>
CONDITIONS WEATHER	<p>COVER WEATHER CONDITIONS/COLD ON DAY PLUS HARBOUR MASTER INPUT ON DAY</p> <p>CONDITIONS CAN CHANGE ON MORE OPEN WATER A BOAT WASH I.E. THE WAVES CREATED FROM THEIR ENGINE CAN JUST APPEAR EVEN IF YOU HAVE NOT SEEN A BOAT SO CONCENTRATE ALL THE WAY.</p>
SAFETY	
OPEN WATER	<p>Ensure you are competent to do this type of water</p>
SWIM	<p>You must be confident of swimming confidently in canoe kit</p>
CAPSIZE	<p>Stick with your canoe and paddle if you can</p> <p>Swim to bank</p> <p>Attract rescue craft other paddlers by shouting and waving for help</p> <p>SAFETY BOATS HAVE BEEN ADVISED ON RESCUE PROTOCOLS BUT KEEP AWAY FROM THE ENGINE AND LISTEN TO THE SAFETY BOAT DRIVER/CREW</p>
RIVER BANKS	<p>Can be very muddy and you might get stuck. Swim to shore and wait for rescue or if canoe rescuer and you competent do a water re-entry</p>
MOORED BOATS	<p>These can draw you in trap you as can pontoons so avoid canoeing or swimming too near them always keep away</p>
OTHER BOATS OR CRAFT	<p>They should avoid you BUT if in doubt stop and let them through</p> <p>Watch out for boats coming out of the marinas they may not see you so shout to draw</p>

	attention to yourself if needed.
RACE WITHDRAWAL	If you want to stop YOU MUST tell race finisher in Hamble RAFYC within 30 minutes. DO NOT GO HOME UNTIL YOU HAVE TOLD SOMEONE IN PERSON PREFERABLY OR BY SHARKS MOBILE 07951 770241
PADDLER IN DIFFICULTY	If no risk to you and you are competent get them to hold onto the back of your canoe and paddle them to nearest bank. OR wait with them until rescue craft comes If bank too muddy wait with them until rescue craft comes YOU MUST OFFER ASSISTANCE TO OTHER PADDLERS IF THEY ARE IN DIFFICULTY OR YOU THINK THEY MAY BE OR END UP BEING IN DIFFICULTY IF YOU CAN SAFELY DEEPWATER RESCUE AND PERSON CAN TO DO SO OR STAY WITH THEM TO ATTRACT SAFETY BOAT. IF YOU IGNORE SOMEONE IN DIFFICULTY OR POTENTIAL DIFFICULTY YOU FACE A LIFETIME BAN FROM COMPETITIVE CANOEING.

PADDLERS

(Are responsible for their own safety on the water: Adults and adults responsible for Under 18's must not attempt/or allow Under 18's to attempt race if they are not competent within the water and weather conditions on the day)

PADDLERS MUST WEAR BCU APPROVED BUOYANCY AID AND CRASH HELMET, THEY MUST ALSO WEAR A SPRAY DECK WHICH WHEN SAT IN CANOE COMPLETELY STOPS WATER FROM ENTERING CANOE UNLESS AN INDIAN CANADIAN CANOE OR SIT ON TOP CANOE.
MUST BE ABLE TO SWIM CONFIDENTLY IN CANOE KIT WORN
COMPETENT TO RACE CANOE THEY START IN (Including manoeuvring the canoe round and away from obstacles even if pushed by waves, tide and wind) FOR OVER 30 MINUTES IN THE WATER AND WEATHER CONDITIONS ON THE DAY WHICH COULD BE TESTING
IF COMPETENT AND SAFE TO DO SO OFFER SUPPORT TO CAPSIZED PADDLER OR AT A MINIMUM STAY WITH PADDLER AND ATTRACT SAFETY BOAT OR MORE COMPETENT PADDLER
IF YOU REALLY CANNOT COMPLETE THE RACE THEN PADDLE TO NEAREST SAFETY BOAT OR ATTRACT THEIR ATTENTION OR ANOTHER PADDLER. ENSURE YOU TELL RACE CONTROL AT RAFYC WITHIN 30 MINUTES OF WITHDRAWAL YOU HAVE WITHDRAWN DO NOT GO HOME WITHOUT DOING THIS DO NOT LEAVE HAMBLE WITHOUT DOING THIS. ANYONE NOT DOING SO WILL BE REPORTED TO THE BCU AND MAY FIND THE POLICE ON THEIR DOORSTEP ASKING IF THEY ARE OKAY THIS HAS CAUSED SERIOUS PROBLEMS FOR OTHER RACES E.G. SWIMMING RECENTLY
ENJOY THE RACE

COACHING TIPS	
START	Be ready to pull away from the start during count down Do 10 to 15 short strokes to get canoe moving then lengthen stroke to your normal rhythm

PACING	Pace yourself a classic race is best done at one good pace rather than a fast start and slow finish
FINISH	Try to sprint the last few metres and keep going until you are well past the finish line
WIND	If windy hold onto your paddles tightly its no fun paddling 2 miles with your hands!!!!!!!!!!!!
WAVES FROM PASSING BOATS	You may not see boat if out of main channel so be prepared. Waves will come direct from boat and then if near another moored boat or pontoon will reflect back hitting from the other side. If you are worried about wave size on the side of canoe turn to point into them and paddle this is much stabler for most canoes than on the side
KEEP CONTROL	Always keep control and angle your canoe away from hazards or risks, by paddling you have momentum Do not drift as wind and tide can be very powerful
STABILITY	Keep your bum still in seat and rotate your paddling from your waist upwards Fidgety bums equal a rocking and unstable canoe
DON'T GIVE UP	It can be tiring but think of the buzz of finishing BUT if you really cant go on get yourself to a safe position on the bank and attract a rescue boats attention ANY QUESTIONS

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