



# Wild Water Sprint Event.

Doc No SOUCC-H&S-SP03

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## 1. Overview

The Southampton Canoe Club WWR race is a Wild Water Paddlesport race over a distance of approximately 100 meters. From the Woodmill Salmon Pool, shooting the weir to the University Boat Hard

The race is run under the rules of the Paddle UK WWR Committee and is governed by Paddle UK (formally British Canoeing) WWR Committee. The race is run on a Individual Time Trial start format.

The race is open to all Paddle UK members and clubs. We anticipate a total of up to 40 competitors. Starting individually at 30 or 60sec intervals. There is not a mass start.



The racing rules are set out in the Paddle UK WWR [Racing Rules](#) Published 2023.

Each paddler must agree that they are competent and fit to enter the race.

This Safety plan to be read in conjunction with the event Risk Assessment.

The race involves paddling first through flat but moving, sometimes turbulent water in the Salmon pool, then through a weir and down a small grade 1 rapid followed by a flat section to the finish at the University boat yard.

## **2. Event Details**

Event date – **8<sup>th</sup> March 2025**

**Venue** - Southampton Canoe club, Woodmill Activity Centre, River Itchen Southampton. SO18 2JR.

Note the Race is run and organised by Southampton Canoe club not Woodmill outdoor centre.

Race Control – Woodmill - River Itchen.

Race Start – Woodmill Salmon Pool, River Itchen.

Race Limits. The race will run between the Salmon Pool Slipway(///manual.acting.police) and the University Boat Hard (///fills.pass.trick)

- The course will be set to be approximately 100m long depending on conditions.

## **3. Event Timing**

Check In – 9:00am

Race Briefing – 09.30am

First Run – 10:00am

Second Run – 11am

Race Complete 12:30 pm

Competitors Leave 13:30pm

High Tide 11:36am 1.9m (Southampton)

## **4. Key Contacts (at time of writing)**

Race Organiser – James Hives – [sprint@southamptoncc.org.uk](mailto:sprint@southamptoncc.org.uk) 07834 583369

Event Health & Safety - Charlie Cramer – [charliecramer2004@gmail.com](mailto:charliecramer2004@gmail.com) 07552 725620

Event Safeguarding - Jane lamb – [welfare@southamptoncc.co.uk](mailto:welfare@southamptoncc.co.uk) 07947 357874

Club Chairman Giles Hudson [chairman@southamptoncc.co.uk](mailto:chairman@southamptoncc.co.uk) 07825 204926

First Aid - Jane lamb – [welfare@southamptoncc.co.uk](mailto:welfare@southamptoncc.co.uk) 07947 357874

Race Entries & Results - James Hives – [sprint@southamptoncc.org.uk](mailto:sprint@southamptoncc.org.uk) 07834 583369



## 5. Briefing

A safety and general information briefing will be held prior to the race. The briefing will be given by the race or organiser or designated official. The briefing will take place before any competitor gets onto the water. It is compulsory for all team leaders to attend the race briefing and pass on all relevant safety information to their team members / competitors. All competitors are advised to attend the briefing

The briefing will clarify the following safety items

- Course description.
- Use of PFD, Helmets and boat buoyancy.
- If any competitor capsizes, is in distress or requires any other safety related assistance during the race any other competitor that can help must do so. Competitors aiding others will receive a time allowance or a rerun.
- All boats must have enough buoyancy to keep the boat and paddler afloat in the event of a capsize and swamping of the boat. It is the responsibility of the paddler to ensure that their boat is not put into danger.
- Any race withdrawal to notify the time keeper.

The penalty of infringing a safety rule is disqualification.

## 6. Race Map & Course



## 7. Team leaders

All participants must have an appointed team leader. The team leader is expected to ensure that the competitors have the necessary ability and experience appropriate for sheltered tidal waters.

## 8. PPE

All competitors will wear a suitable personal buoyancy aid, a helmet and where appropriate for their craft a spraydeck.

## 9. Boat Buoyancy

All boats must have enough buoyancy to keep the boat and paddler afloat in the event of a capsize and swamping of the boat. It is the responsibility of the Paddlers team leader to check that all their competitors comply with this. SOU CC do not accept that foam in the laminate or any other laminate composition alone will provide sufficient buoyancy. Additional fixed buoyancy or watertight bulkheads are required.

## 10. Spray Covers

Spray decks or spray covers are compulsory in for kayaks and Decked Canoes.

## 11. Self-Rescue

All competitors must be able to swim adequately wearing their paddle sport kit in turbulent water. It is the responsibility of the team leader to ensure that all the competitors are sufficiently strong swimmers. Safety boats will be positioned below the weir to provide assistance but elsewhere competitors will be expected to self-rescue.

## 12. Existing Medical Conditions.



It is the responsibility of the competitor to inform their team leader of any medical conditions that may affect their safety. The team leader must inform the race organiser of any medical issue they think appropriate.

### **13. Race Communication.**

All race officials will have mobile phones and two-way radio communication. Mobile numbers of all race officials will be provided to all race officials at the start of the day.

The Event Safety Adviser will act as coordination point for any incident on the water. Any water-based incident which is part of a bigger overall emergency, will be coordinated by the emergency services.

### **14. Welfare**

The Organising Committee of Southampton Canoe Club WWR 2025. believe that the welfare and wellbeing of all children is paramount.

All children, regardless of age, disability, gender, race, religion or belief, have equal rights to safety and protection. All suspicions, concerns and allegations of harm will be taken seriously and responded to swiftly and appropriately. A welfare officer for the event will be appointed and will act as the point of contact for any concerns or allegations. Their contact number will be displayed throughout the duration of the event.

### **15. Emergency Services**

Nearest Hospital with A&E is Southampton General Hospital Tremona Road Southampton, SO16 6YD

The club race officials will maintain clear access for emergency vehicles at race control.

### **16. Access and egress**

Launching will take place in the designated areas. Marshalls will be on hand to provide guidance if required.

Once the individual's race is complete, they will egress from the Woodmill Pontoon. Marshalls will be on hand to provide support.

### **17. Other water users**

The River Itchen is used by other leisure users. Low tide minimises but not excludes other craft, local clubs have been informed of the race.

A full schedule of available communications, will be produced in the week before the event and circulated widely (and placed on the event web site).

### **18. Record of participating boats**

Entries will be via the WWR or Paddle UK event entry system web site. The results officer will have a full list of race entrants. On the day of the race every team leader will account for their members and inform the results officer of any people who may have entered but have chosen to withdraw. The results officer will collate a list of competitors who are competing on the day of the race.

All participants will have identifying bib numbers.



The race results official is responsible for ensuring that all competitors are counted off the water.

During the race, the starter will monitor the number and time of paddlers starting. and number of paddlers and time will be recorded at the finish.

## 19. Safety

**General** - For the most of the course the water is shallow and anyone capsizing & swimming will be able to stand safely if not straight away within a short period of being swept down river. At which point they can self-rescue.

**Weir** – The biggest obstacle to be negotiated is the weir at the back of the outdoor centre. The weir is a 6m wide artificial weir under a road bridge. The weir is on a tidal stretch of the Itchen and manifest about 2 hours before and through to 2 hours after low water. The weir can be safely shot at any point in its width but the most straightforward route is through centre.

[River Itchen - Woodmill Weir | South East | England | Rivers - The UK Rivers Guidebook](#)

The weir was refurbished in 2004/2005 and does not have any fixed major underwater hazards that could pin a boat or entrap a person. In conditions in which the race will be run there is a good flow and no significant stopper wave / hydraulic that could hold a boat or person. There is public access to the weir (but not Salmon pool). Generally, recreational canoeist using the weir are known to the club and will respect the race and keep clear during the event.

At very low tides the weir is quite boily. This won't pose any risk given low tide is relatively "high" and after the race is finished.

If there is sufficient water to cover the concrete blocks at low tide the hydraulic hole becomes too big to safely run the event and the race would be cancelled. However, this only occurs rarely and only after persistent heavy rain.

Paddle UK guidance (Paddlesafer 2024) does not endorse the use of SUP on weirs, therefore there is no entry class for weirs.

**Weir Safety Boats** - There will be two safety / rescue boats positioned immediately below the weir. One of which will be a as per the risk assessment. The other will be a competent assistant.

## 20. First Aid

There will be a first aider and first aid kit at race control.

## 21. Casualty recovery locations

Name	Postcode	What Three Words
Woodmill Outdoor Centre	SO18 2JR	chat.scores.civic



## **22. Race Cancellation**

The race may be cancelled due to weather conditions, water conditions, unexpected river users or any extenuating circumstances that may give rise to a safety issue. Cancellation is at the discretion of the race committee that includes the following officials.

Race Organiser,

Welfare office,

Event H&S Official.

Club H&S official.

## **23. Race Parking**

There is no official parking for this event - there is free public parking on Woodmill Lane here - [///dated.under.choice](#) & [///heave.wake.trend](#), Both car parks have height barriers, Please park considerately and share transport where possible. Paddlers hoping to borrow a Wavehopper from Southampton CC should contact [sprint@southamptoncc.co.uk](mailto:sprint@southamptoncc.co.uk) in advance, These boats become the responsibility of the participant to ensure they are compliant with the rules during racing.

## **24. Entry Fees**

£5 entry fee per boat.