


British Canoeing – Duddon Canoe Club

Safety Checklist for WWR race

Name of activity:	River Eden Wildwater Race
Description of activity:	Entry level WWR event. Suitable for intermediate and Experienced Paddlers. This will be a 500m sprint.
Activity date & time:	Saturday 3rd May 2025 9.00am – 3.00pm
Activity venue:	Sands Centre, Carlisle, CA1 1JQ
Start	400m upstream from Sands Rapid Grid Ref- NY 404 569
Finish	100m below Sands rapid Grid Ref- NY 402 566
Route	The race will be a sprint starting 500m upstream.
Escape route(s)	Paddlers can egress on bank river left
Contingency Plans	River Levels will dictate the standard of paddler allowed to race. If the water level is deemed too high by the organiser, the race will be cancelled.
Event officials	Organiser – John Sherwen Safety officer - Sarah Mason Welfare officer – Carol Stringer First Aid – at race control / coaches
Race control	On the grass over-looking the finish area.
Facilities	There are toilets in the Sands Leisure Centre next to the race site. PARKING on the Swifts Bank carpark. Unloading- a limited parking may be available on hard stand by the river if conditions permit.

Risk control summary (see risk assessment for full details)

Do not get on the water before race organiser / safety officer have consulted to ensure that the course is safe, safety is in place, ready to race.	
Suitable personal PFD – Helmet – Footwear must be worn. Boat buoyancy must be used. Only paddlers deemed experienced enough for the conditions will be allowed to race.	
If you capsize, swim to the bank, and get out of the water. If safe to, keep hold of your boat and paddle taking them with you.	
Cover cuts / wash hands before eating - Alcohol gel at race control.	
If you bring a boat from another catchment ensure it and your kit is washed / dried out before and after the event to avoid transfer of invasive species.	

Emergency response information :

Emergency - Contact details	John Sherwen (prior to event) 01229 462905 / 07914424220 At event use 999
Emergency - Location Details	Give 999 operator – Sands Rapid – behind the Sands Leisure Centre. CA1 1JQ Grid Ref. NY404 565. what3words lock.cuts.noting
Medical Services Contact Details	Use Cumberland Infirmary CA2 7HY tel.01228 523444