



Dominion Day Regatta Association

The oldest and largest combined Rowing and Paddling regatta.

Since 1884

TO ALL CANADIAN & AMERICAN ROWING CLUBS

Your club is cordially invited to participate in the 134th Annual Canada Day Regatta to be held on Sunday July 1st, 2018 on the Allan A. Lamport Regatta Course, Centre Island, Toronto, Ontario, Canada. All events will be conducted according to the current Rules of the Canoe/Kayak Canada & Rowing Canada Aviron.

This regatta is unique--**celebrating Canada Day by delivering an inclusive rowing-paddling festival on Toronto Island's regatta course**--as it combines canoe, kayak, dragon-boat and rowing races on the same course. Rowing and paddling races start every 5 minutes, alternating paddling/rowing (see Annex A for Combined Order of Events), and there are 10 minutes between rowing races. Rowing races are 1000M in length and paddling are either 500M or 250M.

Clubs with boats on trailers are requested to arrive on June 30th and park their trailer overnight on the Island. Security will be provided. Instructions on getting to the Island are included in **Section 03** below—Transport to the Island. The DDRA is offering clubs an offset for the cost of transporting their boats on the ferry to the Island.

The DDRA is offering an accommodation offset for the cost of staying overnight on June 30th (and July 1, if you wish) to drivers from 10 clubs. **Bookings must be made** at the Westin Harbour Castle Hotel by **May 30th**—see **Section 04** below – Hotel Fee Offset.

01: ENTRIES:

- a) No entry will be accepted without a proper entry form completed. Your entry fees are payable online through Regatta Central. Association fees of \$50.00 are for member clubs Argonaut, Don & Hanlan. Association Fees must be mailed to Joe Lyttle, 10 Marblehead Crescent, Brampton, ON, L6S 2T9, or by cheque (made out to the Dominion Day Regatta Association) presented to the DDRA Treasurer on July 1st.
- a) Entries closing date: Saturday, June 16th, 2018. The draw will take place on Sunday, June 17th 2018.
- b) Submitting an entry does not necessarily guarantee a race.

- c) One entry per club per event will be eligible; clubs will be notified on the decision on second entries, the decision of the draw committee is final; all clubs will be notified on the draw results, via email to Club contacts.

02: REGATTA RULES:

- a) All clubs must compete in their club colours or they may be excluded from the race.
- b) No composite crews will be allowed.
- c) No rower or coxswain may compete in two consecutive rowing races.
- d) The course is 1000 metres long and is restricted to six lanes. Races are 1000M or 500M.
- e) Due to the tight race schedule no heats will be allowed.
- f) Silver tankards will be awarded to all members of the winning crews. There are no medals or awards for second or third place. Some races are awarded plaques.
- g) Lightweight rowers will be weighed in on a calibrated bathroom scale – 8:30 AM to 10:00 AM. The weigh-in area is TBD, although likely will be close to Control; it is not possible to transport tables and chairs to the Island.
- h) Races will start at the time shown on the schedule; Crews will be called once before the start of the race, it is the crew’s responsibility to be at the starting line five minutes before the start of their race. Crews arriving late and crews rowing up the course to delay the start of a race will be excluded from their race.
- i) There will be three “fun races” **10:30** -R20/K20 A- Mixed 2X vs Mixed K2, **12:18**- R41/K41A- Womens 4X vs W K4; **1:00** -R48/K48 A- Men’s 4x vs Men’s K4—who will be the fastest? Check entry form to see if your club can be the rowing crew to beat the kayakers! First three rowing entries will be the rowing “standard bearers”.
- j) National team rowers cannot compete in the events they have been selected for. They can only compete in senior or open events.
- k) All competitors must have paid RCA & ROWONTARIO membership fees (or be a member of their National Rowing Federation if not Canadian) and will be charged a seat fee of \$5.50 per event entered.
- l) Photographs taken in the launching area, during races and during winners presentations may be used on DDRA website, posters and programs, and for general publicity of the event.
- m) A point system is applied to identify a Points Champion, according to the following schedule. A plaque will be awarded to the Rowing Club winning the Points Championship.

Points

Place →	1st	2nd	3rd	4th	5th	6th
Single	10	5	4	3	2	1
Double	15	8	5	4	3	2
Four/Quad	20	10	8	6	5	4
Eight	25	12	10	8	6	5

EXCEPTIONS TO THE 2018 RCA RULES OF RACING, under Rule 1.6

- R. 2.5, 2.6 – Coxswains will not be weighed, nor required to carry weight (if underweight)
- R. 2.11 – athletes will be weighed on a calibrated bathroom scale. Weigh-in location is TBD, although likely close to the Control Commission. Weigh-in times will be 8:30 AM to 10:00 AM.
- R 3.5 – the 2013 Rule will apply (as per RCA Direction) – being able to exit the boat with the least possible delay

R. 4.1 – the course will be 1000 M for all rowing competitors, except the mixed rowing/kayak fun races that will be 500 M.

R. 4.2 – the depth of the course is not the same throughout.

R. 5.3 – Finish Judges will time races using a Seiko Timer. Race Umpires will do back up timing .

R. 8.8 – There may be boats other than racing shells, canoes, kayaks and dragon-boats on the course. Regatta umpires and officials will do their best to request that these other boats (fishing, tour boats, cruisers) exit the course as soon as possible. Coast Guard Auxiliary will be in attendance. If necessary, the Marine Police will be called.

R. 9.1, 9.3 – there are no heats, all races are finals. If there are more than 7 entries, two races will be held with silver tankards awarded to the winners in each race.

R 10.3, 10.5, 10.6 - all Starts will be Quick Starts with a horn, not a flag. All Starts will be floating starts with approximate alignment.

R. 11.22 – there will be no photo finish

03: TORONTO ISLAND FERRY & PUBLIC TRANSIT SERVICE

To get to the regatta on Toronto Island, all boats, trailers, and participants must take the ferry boat to the Island.

The Toronto Island Ferry service leaves the City and docks on the Island at Hanlan’s Point, Centre Island and Ward’s Island. The regatta is being held on Centre Island. The Mainland Ferry Terminal, located at the Bay Street & Queen’s Quay West intersection, is a ten minute-walk from Union Station.

Public transit to the Ferry Terminal includes the Bay 6 bus and the Harbourfront L.R.T., exit at the Queen’s Quay Island Ferry Dock stop.

Abundant user-pay parking can be found nearby. Bicycles may be taken on the ferry. Although some restrictions apply during peak periods.

Passengers should take the Centre Island Ferry. It is advised that passengers get the earliest ferry on July 1st. The DDRA will request a 7:30 AM ferry, and it is possible that such a ferry will be scheduled. If not, the first ferry will be 8:00 AM on July 1st. Later ferries become very crowded and the wait times can vary. Ferries returning to the City leave at 15-minute intervals from the Centre Island terminal. See [Ferry Schedule](#).

APPROX. FEES FOR THE USE OF THE TRUCK & TRAILER FERRY BOAT TO THE ISLAND.

VEHICLE FERRY RATES INFORMATION: 416-392-8194

- Vehicles Under 18 Feet: \$153.14
- Trucks & Trailers Under 30 Feet: \$306.36.
- Trucks & Trailers Over 30 Feet: \$459.54

PLEASE TRANSPORT YOUR BOATS & TRAILERS OVER TO THE ISLAND ON SATURDAY JUNE 30TH

PLEASE ADVISE APROXIMATE TIME OF ARRIVAL @ DOCKS – text Charlie Stevens cell #:416-435-2631

PARTICIPATING CLUBS WILL BE OFFERED A \$100.00 SUBSIDY to offset the cost of the ferry for trailers

FEES FOR PASSENGER FERRY BOAT TO THE ISLAND - PASSENGER INFORMATION: 416-392-8193

- Adults: \$7.87, Seniors & Students (15 To 19): \$5.16, Juniors (Under 15) \$3.80,
- Group Rates of Ten or More - 10% Discount – call in advance - 416-392-8193 or [book online](#)
- More information on ferry tickets, click [here](#).
- Return journey (Island to City) is free.

On July 1st, trailers may return to the Mainland starting at 7:00 PM from Hanlan’s Point Ferry Terminal.
PARTICIPATING CLUBS WILL BE OFFERED A \$50.00 SUBSIDY to provide for a dinner for the driver.

04: HOTEL FEE OFFSET

For the first 10 Clubs travelling from distance to the regatta, the DDRA will offer a **subsidy of \$100 off** the cost of your **room at the Westin Harbour Castle**. This 4-star hotel offers well-appointed, luxurious accommodation with select rooms boasting views of Lake Ontario and Toronto's spectacular city skyline. Of most interest to drivers of trailers, this hotel is located directly on top of the Mainland Ferry Terminal. To take advantage of this offer, you must **book your room by Wednesday, May 30th, 2018**. The room rate is \$249.00 plus 13% HST and 4% MAT + 13% HST.

To book your room, please directly **call Marriott Reservations at 1-888-627-8559** on or before **Wednesday, May 30, 2018**, (the “Cutoff Date”) to make your room reservations. Please identify yourself as part of the **“Argonaut Rowing Club Canada Day”** group staying at the hotel.

05: COURSE DESCRIPTION

- The regatta course is approximately 1000M in length and runs in six lanes from the Rowing Start to the Grandstand, where the Finish line is located.
- There will be buoys every 250 M along the course, in six lanes, and there will be five buoy lines
- Crews will launch, head south then west around Forrester’s Island and west along the south part of the course outside lane 6, to the Start. Keep an eye out for paddling races when exiting from the channel from Forrester’s Island onto the course. Follow the directions of the Marshal in the Safety Boat at this position.
- Crews may warm up in Backhouse Bay (travelling north-south), but be careful of cruiser traffic and do not get too far from the Start, as you may not hear the call to the start, which will only come once.
- Follow the starter’s directions to be aligned in your lanes—all starts will be Quick Starts. Lanes number from north (1) to south (6).
- The Chief Umpire (rowing) and the Chief Official (paddling) are in constant communication and in radio communication to their respective Start lines. The Rowing Start will be advised to start their race, only when the previous paddling race has crossed the finish line, and vice versa.

06: EMERGENCY PROVISIONS

- In the event of a weather event (high winds or heavy rain/thunder, lightning), a decision may be made to shorten the course, or the regatta may be suspended or cancelled, depending on the time of day.
- Crews on the course will be instructed on actions to be taken in accordance with the Emergency Action Plan (see Annex B)

07: FIRST AID AND SAFETY

- MedixEMS (paramedic trained) will be onsite with a tent, oxygen, and other necessary first aid equipment. The two staff will be located on the athletes' side, close to the Finish Line, near the Pirate Ship
- There also will be a First Aid kit at the Control Commission.
- See First Aid and Safety Plan in Annex C

Annex 1: PROPOSED ORDER OF EVENTS - DDRA 2018

Event #	Paddling Event	Event #	Rowing Event
C01-08.55	Men's C1 500m #1	R02-09.00	Master's Men Cox Four (Indicate Age)
K03-09.05	Women's K1 500m #1	R04-09.10	Mixed Recreation Quad (2-Female, 2-Male)
C05-09.15	Men's C1 500m #2	R06-09.20	Under 17 Men Double
K07-09.25	Women's K1 500m #2	R08-09.30	Under 23 Men Eight
K09-09.35	Men's K2 500m #1	R10-09.40	Under 19 Men Cox Four
C11-09.45	Women's C2 500m	R12-09.50	Under 23 Men Single
K13-09.55	Men's K2 500m #2	R14-10.00	Senior Women Quad
K15-10.05	Women's K4 500m	R16-10.10	Under 19 Women Double
C17-10.15	Men's C2 500m	R18-10.20	Under 17 Women Eight
C19-10.25	Women's C4 500m	K/R20a 10.30	Master's Mixed Kayak 2 Vs Rowing Mixed Double (500M)
K/R20a 10.30	Master's Mixed Kayak 2 Vs Rowing Mixed Double (500M)	R20-10.35	Under 23 Women Cox Four
K21-10.40	Men's K1 500m #1	R22-10.45	Master Women Single (Indicate Age)
D23-10.50	Dragon Boat 500M Qualifier Race #1	R24-10.55	Under 19 Men Quad
K25-11.00	Men's K1 500m #2	R26-11.05	Senior Lwt Women Single
K27-11.10	Women's K2 500m	R28-11.15	Under 19 Men Eight
D29-11.20	Dragon Boat 500M Qualifier Race #2	R30-11.25	Senior Men Cox Four
C31-11.30	Men's C4 500m	R32-11.35	Sr Men Single (Jack Guest Trophy)
C33-11.40	Women's C1 500m	R34-11.45	Under 17 Women Quad
K35-11.50	Men's K4 500m	R36-11.55	Under 19 Men Single
W37-12.00	War Canoe 500m	R38-12.05	Senior Women Eight
D39-12.10	Dragon Boat 500M Qualifier Race #3	R40-12.14	Under 17 Women Cox Four
K41a/R41a 12.18	Master's Women Kayak 4 Vs Rowing Master's Women's Quad (500M)	K41a/R41a 12.18	Master's Women Kayak 4 Vs Rowing Master's Women's Quad (500M)
		R42-12.22	Senior Women Double
C41-12.26	Mixed C2 500m	R44-12.30	Under 19 Women Single
K43-12.35	Mixed K2 500m	R46-12.40	Senior Lwt Men Cox Four
D45-12.45	Dragon Boat Qualifier 500M Race #4	R48-12.50	Mixed Recreation Eight (4-Female, 4-Male)
C47-12.55	Mixed C4 500m	K48a/R48a 01.00	Master's Men Kayak 4 Vs Rowing Master's Men's Quad (500M)
K48a/R48a 01.00	Master's Men Kayak 4 Vs Rowing Master's Men Quad (500M)	R50-01.05	Para Athlete Rowing Event
K49-01.10	Mixed K4 500m	R52-01.15	Master's Women Cox Four (Indicate Age)
P51-01.20	Para Canoe 250m	R54-01.25	Under 17 Women Double
C53-01.30	Men's C1 250m	R56-01.35	Under 23 Women Eight
K55-01.40	Women's K1 250m #1	R58-01.45	Under 19 Women Cox Four
C57-01.50	Men's C1 250m #2	D59A 1.55	DRAGON BOAT FLOWERS
D59-02.00	Dragon Boat 200M Women's Sprint Challenge	R60-02.05	Under 23 Women Single
K61-02.10	Women's K1 250m #2	R62-02.15	Senior Men Quad
K63-02.20	Men's K2 250m #1	R64-02.25	Under 17 Men Single
C65-02.30	Women's C2 250m	R66-02.35	Under 17 Men Eight
D67-02.40	Dragon Boat 100M Mad Dash	R68-02.45	Under 23 Men Cox Four
K69-02.50	Men's K2 250m #2	R70-02.55	Master's Men Single (Indicate Age)
K71-03.00	Women's K2 250m	R72-03.05	Under 19 Women Quad
C73-03.10	Men's C2 250m	R74-03.15	Senior Lwt Men Single
K75-03.20	Men's K1 250m #1	R76-03.25	Under 19 Women Eight
C77-03.30	Women's C1 250m	R78-03.35	Senior Women Cox Four
K79-03.40	Men's K1 250m #2	R80-03.45	Senior Men Double

Event #	Paddling Event		Event #	Rowing Event
D81-03.50	Dragon Boat 500M Final Community Division		R82-03.55	Senior Women Single
W93-04.00	War Canoe 250m		R84-04.05	Under 17 Men Quad
R86-04.10	Senior Men Eight		R88-04.15	Under 17 Men Cox Four
R90-04.20	Under 17 Women Single		R92-04.25	Under 19 Men Double
D89-04.30	Dragon Boat 500M Final Community Division		R94-04.35	Senior Lwt Women Cox Four

Annex B: Emergency Action Plan

Emergency Action Plan - Dominion Day Regatta Association- 2018

1.1 Emergency Action Plan:

This emergency action plan provides an outline of the steps to be taken in the event that weather conditions become a safety concern, and crews need to be evacuated from the water.

Please note: the Canada Day Regatta delivered by the Dominion Day Regatta Association is a combined rowing and paddling regatta. It is held under both the RCA Rules of Racing and CKC Sprint Competition Rule Book. The head official in rowing is termed a Chief Umpire, in paddling, is termed a Chief Official.

The Chief Umpire/Official or Regatta Chair will call the Storm line toll free at 1-800-463-9463

The Chief Umpire/Official or Regatta Chair will monitor weather forecast through web sites (radar, local weather stations and local weather forecasts), as well as by phone with One on One Environment Canada Weather.

- a) Environment Canada Western Lake Ontario: www.weatheroffice.gc.ca/marine/forecast
- b) Exeter Radar (North): www.ontarioweather.com/current/radar/ontario/exeter
- c) King Radar (West): www.ontarioweather.com/current/radar/ontario/king
- d) Buffalo Radar (South): <http://radar.weather.gov/radar>
- e) Wind finder (Port Weller): www.windfinder.com/forecast/port_weller
- f) Sail flow: www.sailflow.com/windandwhere.iws
- g) The Weather Network (hourly forecast, and radar forecast): www.theweathernetwork.com
- h) Airport Forecast: www.theweathernetwork.com/ca/forecasts/airport-forecast

1.2 Initiating the Weather Action Plan procedures:

The Chief Umpire/Official and Regatta Chair meet to review the weather status – before the regatta, during the regatta, as required, when notified conditions are changing for the worse. The Weather Action Plan is set into action when:

1.2.1 The Chief Umpire/Official and Regatta Chair determine that action is required to ensure safety. The required actions may include the following:

- a) Holding additional boats from launch and finishing the races on course, or
- b) Immediately calling all crews off the water, or
- c) Continuing to monitor weather and review additional data.

1.2.2 If action is required, following are the responsibilities of the Regatta Chair and Chief Umpire/Official.

- a) Chief Umpire/Official informs the jury (control commission, start line, race umpires, and finish) of the action plan and instructs the Regatta Control Commission to monitor and account for all boats on the water by club or crew. The Chief Umpire/Official will also communicate the action plan to all safety boats on the water.
- b) The Regatta Chair informs the Organizing Committee and the Committee Directors that the action plan is being initiated. The Regatta Chair ensures that a public announcement is made regarding the action plan.

1.3 Procedure for Evacuation from Water:

1.3.1 Control Commission:

The Control Commission will account for all crews on and off the water. The Control Commission will monitor and record all crew names and follow up with crew coaches to ensure all crews are off the water.

1.3.2 At the Start Line:

- a) Umpire/Official boats at the start will notify/announce to all persons in the starting area that they are to return to the launching area or take shelter in the starter's tent on land (paddling start only).
- b) The Starter will observe all crews at the start including warm-up area to ensure they have been informed of the plan and start heading back to the launching area. Starter will designate an umpire/official boat to follow the last crew back to the launching area.

1.3.3 Umpire and Safety Boats:

Umpire/official and safety boats will direct the crews to the launching area and will follow the last crew to the launching area to be the last off the water.

1.3.1 At the Finish Line:

Chief Finish Judge will monitor all crews at the finish and in the 1st 500m area and communicate to Control Commission to ensure all crews are accounted for.

1.3.2 At the Launch Docks or Area:

One of the Control Commission umpires or volunteers will serve as a Dock Marshal and will ensure crews quickly exit launch area. During course closure, the Dock Marshal will allow boats to dock from either direction ensuring that docking shells are able to land from both directions.

1.3.3 Coordination of All Officials:

Chief Umpire/Official, Regatta Chair and Chief of the Control Commission will confirm everybody (crews, umpire boats, safety boats, start personnel and others) are safely off the water.

1.4 Following Evacuation from Water:

The Regatta Chair and Chief Umpire/Official will review options related to the weather and make announcement as soon as possible regarding any delays.

1.5 Delay Contingency Plan:


The DDRA Regatta Organizing Committee can reschedule races later in the day for safety reasons in the event of bad weather. Any changes in the schedule will be announced by the Control Commission. (This will also include shorting the length of races). It is the responsibility of the crew and club coaches to monitor and stay current with the schedule.

Any changes required by a weather delay will supersede the published related requirements of the RCA Rules of Racing and Canoe/Kayak Canada Sprint Competition Rule Book. During the condensed schedule, the umpire/official has the discretion to determine whether a crew is maintaining a competitive position in the race. If the umpire/official determines this is not the case, the umpire/official can make the call to exclude that crew from the race and direct them to remove themselves from the course. No allowance will be made for athlete or equipment conflicts due to reducing time between races, and substitutions will not be allowed.

1.6 Schedule Changes Options Due to Weather Delay:

Races may be run with reduced time between races until sunset to complete the schedule. Racing will not take place after sunset.

The Regatta Chair and Chief Umpire/Official will decide on the requirements of the schedule change. The Regatta Chair will communicate with the Regatta Committee, DDRA Executive Directors and ensure announcements are made and communicated to all areas of the regatta (Control, public, starter and finish).

<h2>Toronto Police Marine Unit</h2> <hr/>  E-mail Marine 259 Queen's Quay W., Toronto, ON , M5V 1A2 Phone: 416-808-5800 Fax: 416-808-5802	<p>Toronto Fire Services is the City's only all hazards emergency response organization. Fire Services provides City of Toronto residents, visitors and businesses with protection against loss of life, property and the environment from the effects of fire, illness, accidents, and all other hazards through preparedness, prevention, public education, and emergency response, with an emphasis on quality services, efficiency, effectiveness, and safety.</p> <p>Fire Station on Toronto Island (Wards) – Call 911</p>
<p>The Toronto Police Marine Unit is a part of the Specialized Emergency Response for the Toronto Police Service. The Marine Unit is located at 259 Queens Quay West. Marine Unit also has 3 sub-stations located at Bluffers Park, Center Island and Humber River, which all are used for police and lifeguard functions.</p>	

Annex C: First Aid & Safety Plan

First Aid & Safety Plan - Canada Day Regatta

All safety boat drivers, coaches and race umpires and officials should familiarize themselves with the First Aid and Safety Plan. Coaches will attend the coaches meeting before the event where the First Aid and Safety Plan is reviewed and are responsible for the safety of their athletes. It is recommended that all volunteers and staff have taken a first aid/CPR training course.

Boat drivers are responsible for carrying a valid Pleasure Craft Operator's Permit and a Toronto Port Authority (TPA) Power Vessel Operator's Permit and have a basic understanding of how to operate the boat they are driving. Make sure you have enough gas and that your boat carries a paddle or oars, bailer, sound signal, PFDs for the largest crew. Boat drivers must wear their PFD at all times on the water.

Boat drivers and coaches are responsible for keeping lookout up and down the course and listening for official notices on the PA system and on the radios.

RADIOS: Where possible each safety boat will carry a radio. Radios are to be used for official communication only.

911 EMERGENCY: Call 911, and specify your location—Toronto Island, Allan A. Lamport Regatta Course, on the water, or near the Grandstand or in the athletes areas near Franklin Gardens.

FIRST AID KIT LOCATIONS: 1. Control Commission

FIRST Aid: MedixEMS, an Event Medical Service will provide two emergency first responders for the day. They will set up a tent in the athletes' area, near the Pirate Boat, close to the Finish. They will be equipped with fully stocked Trauma Kits, Oxygen and Resuscitation Equipment (Suction Units, Oral and Nasal Airway Devices) and Pulse Oximetry. They will have ice packs and bandages.

LIGHTNING: All boats will leave the water immediately if lightning is seen. Refer to Emergency Action Plan.

HIGH WINDS AND POOR CONDITIONS: At the Chief umpire's/official's decision, the course may be shortened or the regatta may be delayed or called off due to high winds or poor conditions. Their decision is final.

Coaches should take into consideration the ability of their athletes to cope with the prevailing weather and wind conditions. DO NOT send an athlete on the water if there is any doubt about their ability to line up, start, row/paddle and finish their race. They will thank you for your wisdom one day.

ON WATER RESCUE PROCEDURE: Safety boats are positioned on either side of the course on lookout for boats that have tipped or need assistance. The biggest hazard for someone in the water is other boats. BE CAREFUL.

When a safety boat is heading to a rescue raise your hand to indicate that you are "on the way" When you get to the "victim" approach from downwind to avoid drifting over them. Put engine in neutral and then turn off when you can reach the victim. NEVER leave engine on with people in the water near your boat.

Determine if everyone is OK and that all the crew is present. Bring victim into your boat and then proceed to secure their boat and equipment. Head for shore. Take great care that the boat does not hit rocks. Return equipment to athlete.

IMPORTANT NOTE: Once the victim and his boat are on shore it is YOUR RESPONSIBILITY to make sure they connect with their coach or other responsible adult. Do not leave the victim alone until you have handed them over to their coach or another responsible adult who is known to the athlete. If this is not possible decide appropriate action.

ADVICE TO PADDLERS & ROWERS - All RCA Rules of Racing & all Canoe Kayak Canada Sprint Competition Rules apply. If you tip do not leave your boat or swim to shore. Allow rescue drivers to help you and keep you safe. If you tip, flip your boat over and cling to it until help arrives.

If you need help hold your paddle/oar in the air blade up as a signal of distress, if you can. It is not permitted to paddle/row down the centre of the course. Please row/paddle on return lane to avoid interfering with races.

OBEY the instruction of your coach and the regatta umpires/officials and **HAVE FUN!**

Canoeing Safety Officer: Laurie Jones, Rowing Safety Officer: Barbara Schneider