



RULES: QUICK CHECK

1

BOAT WEIGHT

Use the scales to make sure your K1 does not weigh less than 12kg. Firmly tape in a weight (or sand bag) if need be. Recommend you are 50g over.

K2s should weigh at least 18kg.

Make sure you weigh your boats DRY!

TIMING DEVICES

Watches or electronic devices should be positioned where you cannot see them during racing. It's ok to have a watch on board, as long as it is out of sight during racing (can't be on your wrist or in front of the cockpit).

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GETTING ON THE WATER

Make sure you go through Race Control to collect your number no later than 15 mins before your race. Listen to announcements for any delays. Make sure you get to your race on time.

STARTING

It's important to listen to the starter carefully. Only start after "Ready, Set, Hooter". If you break you could be DQd. The first time someone breaks is a warning, the second time will be a DQ (even if you weren't the first person who broke!).

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PADDLING ON THE COURSE

You should only paddle on the course during an actual race. Never paddle on the course when getting to the start line.

When racing try to stay as close to the centre of your lane as possible. Do not cross into any other lane.

UNIFORM

Make sure you are wearing your club uniform during racing and prizegiving.

6

AT THE END OF THE RACE

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Make sure you paddle all the way through the finish line. Clear out from the finish area. Look at Boat Control in case your number is up. If it is you need to go to Boat Control for boat weighing. Make sure your boat is never stopped in the sight-line of the finish camera. Make sure you check your progressions for the next race (even if you are last!).

BE A GOOD SPORT

We know it's disappointing when you don't win, or when you are disqualified. We don't want to DQ you and it's hard for Officials to do that. Be a good sport to Officials, other paddlers and other people.

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