

# Exmoor Canoe Club – Blaze the Barle Event, 2021

## *Adult Team Race, Freestyle Competition and Junior Sprint Race*

**Sunday 4th April 2021**

### **BASICS:**

1. This fun, but competitive day Event to enjoy the beautiful river and introduce people to the world of whitewater racing and freestyle competition. The day includes an adult team-race, a freestyle competition and an individual junior sprint-race, with cups and prizes awarded to the winners;
2. The River Barle is a relatively safe stretch of water, but accidents can and do happen and competitors need to take every effort to paddle safely, look after themselves and their team and offer others help where needed, some safety bank-support will be provided, but only if the river level requires it;
3. Other people use the river and the surrounding land and we need to take their needs and rights into consideration when undertaking this event, please be considerate of other users and landowners;
4. There is a small charge to cover the expenses such as refreshments and admin sundries.

### **INFO:**

1. **Registration** to be made on the race-day, forms are available to download in advance, please print off a form, complete it and bring it along with the entrance fee to Registration.
2. **Fees**, the Adult Team race fee is £6 per person, the Freestyle (King of the Wave) competition is £3 and the Junior Race is £3, there is also a £1 fee for non-ECC members to cover insurance.
3. **Race Classes:** Three classes for the Adult Team Race (kayak, canoe and SUP), a single Junior Race and two classes for the King of the Wave (Kayak and Canoe). Cups and prizes for each class.
4. **Timings:**
  - a. Registration from 0915-1015 - at car park to rear of King's Tractors, Exebridge;
  - b. Adult team race 1045 (briefing), 1100 (start), at Dulverton Slipway (careful parking please)
  - c. King of the Wave 1215 (briefing), 1230 start at Pump Station playwave
  - d. Junior Sprint (might not run this year), 1330 for 1345, at Pump Station
  - e. Prize presentation - car park (no pub!) 1430.
5. **Adult Race** - Teams of 3 will be timed from a Le Mans start by Dulverton Slipway to a finish line at the Exebridge Pumping Station, leaving every 60 seconds, teams will wear a numbered identity tags, a decision on whether to portage the Salmon Steps to be decided on race-day.
6. **Freestyle Competition** - Individuals will be scored for freestyle moves (surf, spin, airs etc), plus bonus points for style during a run of 30-45 seconds, the total of the best three runs will be scored, there will be a class of Kayak and Canoe this year.
7. **Junior Sprint** - Juniors will race from the Exebridge Pump Station to the Anchor Inn car park. Safety kayakers on the water, ratio of 1:3, plus bank-side safety at each hazard. Mass start;
8. **Presentation** to be awarded in King car park (no pub this year), once everyone is changed and packed up. Cups for the Adult Kayak Race, Adult Canoe Race, Junior Race and King of the Wave.

## RULES - 2019:

- 1) **Membership:** ECC membership is required for event insurance. Current or past members must update their membership, visitors can buy day-membership for £1;
- 2) **Age restriction:** Adult racers should be 18, competent junior paddlers aged 16-18 are permitted to enter the adult race if they have proven their ability, have written permission (from parent or guardian) and are placed in a team with a suitably qualified coach (4\* standard), Junior racers must have approved moving water experience (witnessed by Coaches) and a capsize and wet-exit;
- 3) **Skills required - Adults Team Race:** All paddlers must have moving-water experience, preferably of the section of river to be paddled (R. Barle) or similar and be confident to carry out a 'wet exit', 'T-rescue' or roll in moving water;
- 4) **Skills required - Junior Sprint Race:** Junior paddlers must be competent paddlers, be known to the coaches or an approved CE Coach, have a strong forward stroke and adequate turning, stopping and bracing strokes. Junior paddlers must be confident to carry out a 'wet exit' or 'T-rescue' in cold or moving water. Junior paddlers should have some moving-water experience, preferably on section of river to be paddled but extensive experience on lake and moving-water pool sessions is OK if approved by senior Coach;
- 5) **Adult teams:** Each team must have a Leader responsible for safety decisions within the team. The Team Leader must be competent and experienced on moving water. The competency of the Leader will be the decision of the Race Officials and team members may be moved from one team to another to make a 'weak' team safer, at the discretion of the Race Director;
- 6) **Adult team start:** The race will start in a 'Le Mans' style (stand back and run to boat), with each team setting off starting approximately every 60 seconds, help will be provided getting spray decks on if required (and requested);
- 7) **Adult team finish:** Team times will be recorded to last member arriving at the finish point (or staging posts). The Finish point will be the concrete bank of the pump station eddy - paddlers need to touch the bank with boat or paddle. If water levels are high or there is an obstruction the Salmon Steps will be timed-out portage, section end-point will be a post 10m upstream of the Salmon Steps;
- 8) **Safety:** Additional bank-side safety will be provided for Beasley Weir (Salmon Steps) only if the water level is 'medium-high', to help racers out at the get out. No bank-side safety will be provided other features on the river, teams will provide their own self-safety at these;
- 9) **Paddle craft and equipment:** Kayaks (sit-in or sit-on) and canoes can be used in the Team-race, but must be of a good and safe standard. All craft must be sound and able to withstand whitewater conditions, all safety features such as handles/bulkheads to be in place and kayaks and canoes to be fitted with buoyancy bags. Each team must carry at least one set of safety/emergency equipment including first aid kit (basic), mobile phone, spare clothing and emergency shelter (preferable);
- 10) **Special safety note - Beasley Weir (Salmon Steps):** The Salmon Steps will only be run as part of the race if the water level is considered 'safe', in high (unsafe) levels the race will run in two stages, the race clock will be stopped above the weir (staging post 10m upstream of get out) and started again at the bottom (below the last step of the weir). A safety decision will be made on the morning of race by the Race Director and ECC senior coaches, if the Salmon Steps are deemed dangerous, they will be timed-out portage of that feature. Racers can run the Steps at their own risk (for fun) but must stop at the bottom, as a team, to restart the race and have their times restarted; **NB.** racers must wait to be started off formally or they will be racing without a time!