



**NATIONAL
SPRINT
REGATTAS**

**BRITISH
CANOEING**

2022

**BRITISH CANOEING
NATIONAL SPRINT REGATTA**

3–4 September

The Inter-Services Championship, the SUP British National Championships
and the National Inter-Club MacGregor Paddle Challenge Sprint Regatta

Photography by Antony Edmonds



Welcome

The Inter-Services Championship, the SUP British National Championships and the National Inter-Club MacGregor Paddle Challenge

Welcome to the final National Regatta of the year.

National Regattas are held under BC Sprint Racing Competition Rules and Terms/Conditions of Participation.

For SUP entry details please see:
<https://www.gbsup.co.uk/events>

Covid Secure Mitigations

Covid code of behaviour

You must:

- Not attend if you have COVID-19 symptoms or have received a positive test result.
- Not attend if you live in the same household as someone with COVID-19 unless you are fully vaccinated or aged under 18 years and 6 months.
- Consent to your contact details being passed to the relevant authorities for contact tracing if requested
- Understand that social distancing may not be possible during a rescue or administration of first aid
- Comply with advice to paddlers as detailed in the British Canoeing return to paddling guidance

You are advised to always wear your face masks, unless within vehicles, accessing/egressing from the lake or competing on the water. Please bring your own face masks.

Distribution of medals, trophies and promotion certificates

For the Championship events, Mini Sprint and Intermediate series, medals will be presented toward the end of racing on Sunday near the Finish Tower. Paddle-Ability medals will also be presented at this regatta.

Past Junior Promotion and Mini Sprint Certificates can be collected by Team Leaders from the Information Point in the Event Organisers cabin (near the foot of the Finish Tower) on Sunday.

Rescues and assistance

Before any Regatta Official physically assists a competitor on/in the water, they will ask whether any help is needed, or if the competitor can make themselves safe.

The safety of everyone on the water is paramount and, where possible, all necessary help will be provided.

Officials will ensure the safety of competitors before salvaging any equipment.

First Aid

Where possible those attending should self-administer first aid or receive it from their own coach. Coaches are advised to bring appropriate first aid kit and PPE.

There will be first aiders and a paramedic on site to assist where required.

Please use the [National Regatta Incident Reporting](#) form to register any self-managed incidents.

Key Contacts

Chief Official

Paul Edwardes
regatta.chiefofficial@britishcanoeing.org.uk

Competition Queries

Cathy Wynne
canoesprint.secretary@vol.britishcanoeing.org.uk

Volunteer Coordinator

Ann Hoile
regatta.volunteercoordinator@britishcanoeing.org.uk

MacGregor Paddle Challenge

Scoring the MacGregor Paddle Challenge is explained in detail on the SRC website [here](#).

The New Normal

Parking

Access via the Main Car Park entrance then the Elms Gate at [what3words ///foods.stored.rungs](#). Follow the Marshals instructions when parking alongside the lake and allow space to support social distancing.

The National Water Sport Centre charge £5 per day per vehicle for parking. Parking can be pre-paid via the NWSC [website](#) or on the *paybyphone* app using the location code 800800. There is also a cash payment machine for use on the day, located near the Country Park café at [what3words ///lies.took.harder](#).

Facilities and catering

The main building will be available for athletes or support personnel to use the toilets and changing facilities only. The café in the main building will serve breakfast from 7-11 and lunch from 11-3. The Country Park cafe on the scoreboard side of the lake should also be open.

Information point

We will not have a Secretary's Desk at this Regatta. Promotion certificates, Canoe Sprint and Marathon 2022

Handbooks and **sets of Lane Numbers** at a cost of £45 can be purchased from the Information Point at the Event Organisers' Cabin, below the main building near the Finish Tower.

Communication

All information regarding the event will be posted on the [SRC website](#) and the [National Regatta site](#) as with all regattas. The Programme for this event will only be available online from the SRC website link above. The Start Lists will be 'live' and updated during the regatta on the National Regatta site.

Updated information will be posted in the News Bulletins which are part of the Live Results.

Contacting Officials: If a Team Leader has a crew change, a scratch or a question, please use one of the following online forms:

[Crew boat changes](#)

[Withdrawal/scratches](#)

[General enquiries and questions](#)

[National Regatta Incident Reporting](#) (Only monitored over the Regatta Weekend)

Access to the Finish Tower and Bridge level of the Main Building is restricted to Regatta Officials. Team Leaders will be granted access **only when called** to meet with a Regatta Official. **DO NOT** enter via the Centre Building, access only via the external stairs on the Tower.

Protests

A protest made during a competition must be in a written form. A verbal protest will not be recognised. A protest addressed to the Competition Committee can be emailed to the Chief Official on regatta.chiefofficial@britishcanoeing.org.uk a fee of £15 will be applied when a protest is not upheld.

A protest regarding the published result of a race must be made within 20 minutes of that result being published. A protest following a disqualification must be made within 20 minutes of the coach or athlete being informed of the disqualification.

Intermediate Sprint Kayak (U14) K1 Event Series

Boys Intermediate Kayak (BIK) and Girls Intermediate Kayak (GIK)

We have replaced the trial of BU12 and GU12 Classes with two new classes, Boys Intermediate Kayak (BIK) and Girls Intermediate Kayak (GIK).

These new classes will allow any U14 paddler who has not yet achieved the minimum time for Boys D Kayak (BDK) and Girls D Kayak (BDK) class events to race in sprint K1 boats at the National Regattas.

Boys Intermediate Kayak (BIK)
Minimum 500m time = 2:46

Girls Intermediate Kayak (GIK)
Minimum 500m time = 3:00

Once paddlers have achieved the qualification time for a Junior D class they will be promoted and no longer be allowed to race the BIK or GIK classes.

BIK and GIK paddlers will be allowed to race in D class crew boats if 50% of the paddlers in the crew boat are of the D class.

LTA and LTB events

LTA and LTB events have previously been raced over 500m. This year the K1 events will alternate between 200m and 500m each regatta from April to September.

2022 Canoe Sprint and Marathon Handbooks

The 2022 Canoe Sprint Handbook will be available at a reduced special regatta price from the Information Point at the Event Organisers Cabin near the foot of the Finish Tower.

Shared early morning use of the course

If you plan to warm up on the course before the Competition starts, please be aware that for some of the warmup sessions, rowers could be training on the lake between the 1000m and 2000m marks. They will travel down past the 1000m start in Lane 10 and return to the Boathouses using Lane 0. To avoid any potential disturbance from the rowers, please warm up in the area between lanes 1 to 9 from the Finish Tower to the 1000m Starts, until the rowers leave the course.

If you normally park your vehicles on the hardstanding in front of the Boat Houses, please keep a look out for rowers carrying boats crossing this area to reach the boathouse and their coaches on bikes.

Check, Clean, Dry

There are important steps we can all take to help stop the spread of invasive species. If you follow our simple Check, Clean and Dry steps below, you'll be making big steps forward in protecting the natural habitats of our rivers, canals and waterways. Regardless of the type of canoeing you do, whether competitive or recreational, inland or coastal, the chances are that you take your canoe/kayak onto different watercourses where there is a chance you may come in contact with these harmful species.

- *Check you're not carrying living organisms.
- *Clean all equipment, clothing, and shoes.
- *Dry equipment and clothing carefully.

We are pleased to announce that the North West Wildlife Trust will operate a **Boat Cleaning Station at the foot of the Finish Tower on Sunday 4th September.**

Social media

Why not subscribe to our Instagram accounts, **canoesprintUK**, or Twitter account, **canoesprintUK**, where we'll be sharing sprint-related photos and videos going forwards.

As we're working to increase the social media presence of Sprint Racing nationally, please, use the following hashtags alongside any photos or videos that you publish on social media ahead of, during, and after the National Regattas.

Hashtags #nottsregatta
 #canoesprintlegends

Event security

The National Water Sports Centre has asked us to raise awareness about Security at the event.

Please, ensure that you do not leave your belongings unattended during the weekend. Please, also keep your car locked when unattended.

If you see anyone acting suspiciously, please, report it immediately to Reception on 0115 982 1212, any Regatta Official, or at the Information Point.

Information for team leaders

What do I need to do if I am appointed as my Club's Sprint Team Leader?

- contact the Regatta Committee with your contact details and request a password to access the online entry system by emailing regatta.chair@britishcanoeing.org.uk
- update your club's officials to include their contact details (email address and mobile number)
- maintain the paddler records for your club
- register new paddlers before the deadline for each regatta
- coordinate with Team Leaders from other clubs for mixed club crew boat entries
- submit entries for your club's paddlers once entries are open for a competition. Entries can be added incrementally at any time up to the entry deadline at which point all entries that have been made become your submitted entries
- once your club's entry for a regatta is completed, or the deadline past, arrange payment of the entry fees. The online entry system will calculate the total and give you a breakdown for each of your paddlers

- respond to entry queries raised by the Regatta Committee

What are my responsibilities as a Team Leader?

As a Team Leader for a club, you take on certain responsibilities for the paddlers from your club before, during and after the regatta weekend. This covers several areas including:

- ensuring paddlers hold a current SCA/CNI/CanoeW or BC 'On the water' membership before submitting their entries.
- submitting and paying for entries.
- attending the Team Leaders online meeting on the Tuesday evening before the regatta.
- monitoring the Team Leaders Broadcast WhatsApp group.
- briefing your paddlers about regatta rules and informing the parents/guardians of Juniors of these where appropriate.
- ensuring that all your club paddlers have achieved the relevant standard (time and proficiency) to compete at National Regattas.
- ensuring that all paddlers are able to swim at least 50 metres.
- ensuring that paddlers are suitably dressed for the conditions prevailing at the time of the event.
- ensuring that paddlers entered for events are competent to handle the prevailing conditions and can manoeuvre their craft. All paddlers must have been taught what to do in the event of capsiz.
- ensuring that boats racing from your club carry additional buoyancy and are water worthy.
- ensuring that all paddlers wear buoyancy aids when requested by the Chief Official in adverse weather conditions.
- ensuring that paddlers are on the water with enough time to make their start times, visibly wearing their club colours and displaying the correct lane number for their race.
- resolving issues that are raised by the Chief Official. Where required, you will be asked to come to the top of the Finish Tower (via the external stairs), you will be called there by the Commentary Team and via WhatsApp broadcast.
- completing Incident Report Forms for any accidents that have occurred during the regatta.
- advising Juniors D's who have been promoted that they need to become British Canoeing members and updating the paddler database with their membership number.
- encouraging paddlers to shower after using the Regatta Course and ensuring that all cuts and abrasions are covered with waterproof plasters. An NWSC guide to water related illness is available from the NWSC reception desk.

You will be responsible for ensuring that your club's entry fees are paid as soon as possible after the entry deadline, these **must be paid no later than 15:00 on the Day before the regatta.**

As these regattas cost a lot of money to run, we need to ensure that entry fees are paid promptly. **If payment isn't received by 15:00 the Day before the regatta, your paddlers will not be able to compete.**

If the regatta, or part of the regatta, must be cancelled, or is delayed due to weather conditions, or other circumstances outside of our control, unfortunately we will not be able to refund entry fees.

When is the Online Team Leaders' meeting?

The Online Team Leaders' meeting will take place at **8pm Tuesday 30th August**. It will be open to Team Leaders who should sign in via the chat feature at the start of the meeting. A PowerPoint presentation will be available prior to the meeting. Please review this before the meeting and pass on the relevant information to your club members attending the regatta. The meeting will start with a review of the technical information for the regatta including any changes being implemented, followed by a review of the deletions and any name changes submitted via the on-line form since the publication of the Start Lists. Agreed changes resulting from this meeting are then made to the programme, which is then re-issued to the officials running the regatta.

Any additional crew changes or scratches occurring after the Team Leaders' meeting must be submitted via the online forms:

[Crew Changes](#)

[Withdrawals/Scratches](#)

at least 60 minutes before the race.

What additional rules do I need to know?

In addition to the rules outlined in the *Information for competitors'* section which follows you also need to be aware of the following rules.

Ensuring adequate buoyancy

BC Sprint Racing Competition Rules require that following a capsize, all kayaks and canoes must be able to remain floating level with the surface of the lake when filled with water while supporting the weight of the crew. It is your responsibility to ensure that all your paddlers have the correct buoyancy fitted in their boats. Buoyancy will be checked. Any boat other than with sealed bulkheads which visibly has insufficient buoyancy fitted, will not be allowed on the water until additional buoyancy is added. If a boat is found to have insufficient buoyancy at Boat Control after racing, this will be reported to the Chief Official and will result in Penalty Points being issued to the paddler or disqualification from the race.

You should also ensure that all your paddlers always bring buoyancy aids/life jackets with them. Should the weather conditions on the Regatta Course prove inclement, it may become necessary to introduce the mandatory wearing of Buoyancy Aids/Life Jackets for some or all paddlers. All the time this is a requirement an Orange Flag will be displayed on the Flagpole by the Finish Tower. In these circumstances competitors will not be allowed to go afloat without

buoyancy aids/life jackets that conform to the International Canoe Federation (ICF) standard or the European standards EN ISO 12402-4 or EN ISO 12402-5. The use of spraydecks is also strongly recommended for all competitors when the Orange Flag is displayed.

Ensuring paddlers have British Canoeing Membership

All competitors from your club need to be current full members of the British Canoeing. The only exception to this are Junior club associate members ranked in Girls D, Boys D, Intermediate's or Mini-sprint classes

Junior paddlers who are associate British Canoeing members, when promoted to 'C' or above, must then become a full 'On the Water' member of British Canoeing before the next regatta.

Please update your club paddlers Paddler Registration details with the new British Canoeing number once promoted to Junior C

Penalty points and disqualification

You are asked to ensure that your club competitors are aware of and accept the racing rules and terms/condition of participation. Penalty points will be incurred, or disqualification may occur, for those paddlers ignoring the regatta rules. The rules are intended to ensure the fair, safe and efficient running of the regatta.

In instances where penalty points have been awarded, or where disqualification has occurred, you may be asked to meet with the Chief Official at the top of the Finish Tower, and to relay the outcome to the relevant paddler(s). A statement of the currently active penalty points will also appear in the official results that are published shortly after the regatta.

Am I responsible for my club members' parking?

Please take an active role in ensuring that your club members and supporters observe the car parking rules outlined in the *Information for everyone* section below.

Information for competitors

How is the course laid out?

The layout of the course is shown on the diagram on the back page of this Guide and the Regatta programme. Please take time to familiarise yourself with the course and the areas where you are and are not allowed to paddle.

Can I use the course to warm up before my race?

Once the safety boats are on the water, you are welcome to use the regatta lake to warm up. No paddling is permitted on the lake without appropriate safety cover being in place. Safety boats will be in place from 7:45am on Saturday, and from 7.45am on Sunday. The safety boats will stay on the course until shortly after the last race on each day.

Please do not go too far down the course as we are unable to provide effective safety support to you. Remember too that you are not allowed to practice in the race area.

Can I practise starting from a gate?

If you have not used the start gates before, or if you would like a refresher on how to line yourself up into the buckets, we will be holding open practice sessions at the start of each day. See the timetable for details.

Are there any rules I need to know?

The National Sprint Regattas follow a detailed set of rules. The British Canoeing Sprint Racing Competition Rules and the National Sprint Regatta Terms/Condition of Participation. These can be read in full in the annual Canoe Sprint & Marathon Handbook. This can be purchased at the Information Point in the Event Organisers cabin (near the foot of the Finish Tower).

A few specific rules that you need to be aware of have been included in this *Information for competitors'* section. These rules help with the fair, safe and efficient running of the regatta.

What are the minimum boat weights?

In sprint racing, there are minimum weights for boats (*BC SRC Regulation 9*). These vary according to the class of boat.

K1 12kg C1 14kg

K2 18kg C2 20kg

K4 30kg C4 30kg

Paracanoe: K1 12kg; V1 13kg (inc. hull, ama & iako)

It is your responsibility to make sure that your boat is at least that weight or heavier and to bring with you any additional weights that you need. If your boat requires additional weight to be added this must be firmly attached to your boat, a loose bag of stones or sand tucked under the seat is not acceptable. The weight of your boat is the weight measured using the Boat Control weighing scales on the day of the regatta, not the scales at your club or your kitchen scales at home, so please don't argue with the Boat Control officials. Boat Control is based at the bottom of the tower.

If you race in an underweight boat you can be disqualified.

At a National Sprint Regatta, you are not obliged to have your boat weighed before your race, although this is recommended, and you can do this at any time when the Officials are not busy weighing boats from a race. However, you may be called into Boat Control immediately after your race, which means going directly to the Boat Control pontoon, after crossing the finish line, for your boat to be weighed.

You should also be aware that the weight of your boat may change depending on the temperature. Boats are lighter on a hot day, so if you are in doubt about the weight, especially if the weight is close to the minimum permitted weight, play safe and weigh your boat before you race.

What if my boat is too heavy?

The bottom line is it doesn't really matter. Too many athletes worry about being at a disadvantage if their boat is heavier than the minimum required weight, so much so that some will try to race with an underweight boat.

How a boat travels through the water depends on a lot of things including the shape of the boat's hull, the displacement of the water, how high your seat is and your overall centre of gravity and, not least, your own ability and paddling technique. So, for example, if your K1 weighs 12.0kg, 12.5kg or anything in-between, it's not going to make much difference to your overall performance, so don't get hung up about it.

Why do I need a lane number?

Your boat must display a white lane number board showing the lane number in which you are racing. The number boards help the officials who run the regatta, particularly at the start, to help with timing and to identify the correct boat(s) to be weighed after each race.

Your lane number is likely to change from race to race, so make sure you are displaying the correct number before you paddle to the start for your next race. Your Team Leader should be able to provide you with the required number board. Sets of White Lane Numbers are available for sale from the Regatta Information Point. Paracanoe athletes can collect boat numbers from the Paracanoe boat bays.

Why do I have to race in my club colours?

You are racing for your club and therefore need to wear your club colours. If there are queries with your race, the club colours help us to easily identify specific paddlers. This in turn allows us to more quickly resolve any issues and to contact the relevant club team leaders if required. It also allows us to post the race results more quickly.

How do I know if I have to wear a Buoyancy Aid/Life Jacket?

If weather conditions deteriorate during the regatta weekend, you may be required to wear a Buoyancy Aid/Life Jacket. If this is required, an announcement will be made on the Public Address (PA) System and by WhatsApp broadcast to inform you which classes of paddlers, or all paddlers, must wear them as a mandatory requirement. A further announcement will be made when the requirement is rescinded. While the requirement is in force an Orange Flag will be displayed on the Flagpole by the Finish Tower.

All Buoyancy aids/life jackets must conform to the International Canoe Federation (ICF) standard or the European standards EN ISO 12402-4 or EN ISO 12402-5.

How much buoyancy do I need in my boat?

BC Sprint Racing Competition Rules require that following a capsized, all kayaks and canoes must be able to remain level with the water when filled with water and support the crew.

You therefore need to ensure that there is visible additional buoyancy fitted in your boat before you get on the water. This may be checked during the regatta. Any boat that does not have visible buoyancy material fixed in the boat will not

be allowed on the water until additional buoyancy has been added. If your boat is found not to have the required buoyancy at Boat Control, after racing, this will be reported to the Chief Official. Disqualification or penalties points will be applied.

Where do I get on and off the water?

Paracanoe athletes will access/egress the water via the pontoon in front of the paracanoe boat sheds.

All other athletes will access the water via the pontoons at the end of the lake or from the pontoon opposite the seats by the tower. Please be aware of others using the pontoons and always observe social distancing.

Athletes called for boat control will be able to egress the water on the pontoon by the tower. Paracanoe athletes may exit from the paracanoe pontoon if required although must always stay in view of officials.

All other athletes should egress at the end of the lake or from the pontoon opposite the seats by the tower.

How do I get to the start and when should I arrive?

Leave yourself enough time to get to the start line for your race, paddling slowly in Lane 0. This is the lane closest to the regatta centre.

Aim to arrive in the starting area five minutes before your race time and ideally get yourself lined up in the correct lane. The starting area runs from the start line itself to a set of blue buoys placed 100m beyond each start line. Please don't go too far away from the starter, as you'll need to be able to hear when your race is called. Regatta race time is displayed on a large digital clock, which is placed on the bank next to the starter's hut.

What happens at the start?

The starters will call you to the start line by the number of your race, remember your race number! Then the lane number for each competitor in that race. On windy days, it can sometimes be difficult for the lanes furthest away from the starter to hear these requests, so keep aware of what's going on around you and ask other paddlers if you are unsure.

When your race is called, you will be asked to move towards the start buckets and to stop and hold off about 5-10m away from the buckets. When the timing team has given clearance for the next race to proceed, the starter will then ask you to come into the buckets. Please listen carefully to the starter's instructions at this point. You will hear these clearly from the loudspeakers next to each bucket.

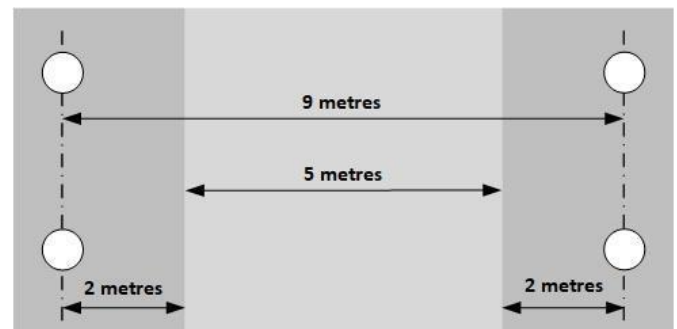
If you miss your start, you may not be allowed to race.

Remember that there are races starting every 3 or 4 minutes throughout the day. This leaves very little time to delay the start of any race.

Why do I have to stay in the centre of my lane?

The simple reason is you must not get yourself in a position where you interfere with the progress of, or seek to take advantage from, other competitors.

BC SRC Regulation 26 states that your boat must stay within the five-metre-wide central area of your lane from the start to the finish of the race. If your boat moves out of the centre five metres, you must immediately take action to return to the central area or if it's judged that you have gained an advantage. You can be disqualified. See the following diagram. *BC SRC Regulation 27* states that you are not allowed to take pace from other boats, so staying in the centre of the lane helps you avoid the temptation to try and wash hang. The way to make the race as fair as possible for every competitor, especially if you are racing side-by-side, is to stay within the central five metres of your lane.



We do appreciate that in certain weather conditions you can easily be pushed off-centre by the wind and water turbulence and this is quite understandable. We expect you to make every effort to remedy the situation and get back to the centre of the lane as soon as possible and at least within the next 100m.

If you deviate outside the central five metres, the race Umpire is required to report this to the Chief Official in the Tower. The decision as to whether you are disqualified or not will rest with the Competition Committee and will probably depend on whether you gained an advantage from the deviation. For obvious reasons, we tend to be a little more lenient on the junior and less experienced paddlers.

In summary:

- if your boat deviates from the central area of the lane, you must go back immediately to this central area of the lane.
- if your boat leaves the centre of the lane and does not return to it, you may be disqualified from the event.
- if your boat leaves its allocated lane, you will be disqualified from the race.

Additionally:

- if you capsize during the race, you will also be eliminated from the race.
- if you break a paddle during your race, you may not be provided with a new one by a supporter (except in races of more than 1000m – Rule 28.6).

The Umpire has the right to interrupt a correctly started race if unforeseen issues arise. The umpire will announce this with a red flag and may sound a signal to advise you of such an interruption. Competitors must immediately stop paddling and await further instructions.

Why am I not allowed to be paced or to sit on someone else's wash?

BC SRC Regulation 27 states that taking pace or receiving assistance from boats not in the race or by any other means is not permitted.

When a race is in progress, crews who are not taking part in the race are strictly forbidden to proceed over the whole or part of the course, even if outside of the lane marking buoys. This includes making a wash even from outside of the marking buoys. Or following alongside a race, while paddling in the access lane, and crossing the Finish Line in the access lane while a race is in the process of finishing. This can obstruct the view of the Judges and certainly distracts their attention when they're trying to concentrate on the race itself. Giving pace or any other assistance, including coaching, could result in the boat which it appears is unfairly supported being disqualified from their race.

Why are there motor boats on the course?

There are normally three Umpire's launches on the water throughout each regatta.

The Umpires will follow races down the course, or in the case of 200m races, sit at either end of the course to observe these races. They are responsible for the race once it is underway and have a duty to report any possible rule infringements during the race to the Chief Official in the tower.

In addition, the Umpire and the Umpire launch will assist paddlers in the event of a capsize, or when necessary, give directions to evacuate the lake in the event of an electric storm.

The launches use Lane 10 to move around the course, this is the lane which is the furthest away from the tower. The launch drivers are very aware of the impact of their wash on your paddling and aim to minimise this as much as possible.

What happens at the finish?

At the end of each race, please move away from the finish line as quickly as possible. Remember that there can be multiple races on the course at any one time and that other races may finish very shortly after your own.

In most races, Boat Control will inspect one of the boats, selected at random. In the races that are designated National Championship Finals and some selection events, the first four across the line will all be called to Boat Control to be weighed.

The commentary team will advise you which boat(s) needs to go to Boat Control. The Boat Control team will also display the lane number(s) of these boats on the pontoon immediately below the tower.

If you are called to Boat Control, please go there immediately following your race. If you don't you can be disqualified from the race.

What happens if I get called to boat control?

Boat Control inspects boats in accordance with *BC SRC Regulation 12*. This means you must remove every single loose item from your boat before it is weighed. Typically, this includes things like:

- the white number board
- the spraydeck
- the foam on your seat, especially if it is absorbent
- any stones or weights that are now loose, having broken loose during the race, even though they had appeared to be fixed and firm when you started the race
- sponges, chamois leathers and any other absorbent item that may be under your seat
- canoe knee rests (fixed knee rests must be dried)
- residual water

Officials and athletes are requested to maintain social distancing throughout the process and officials will wear a face covering. The officials will not be handling the boat. Athletes will be expected to empty their own boat of water, remove all loose fittings, lane number and spray deck before positioning their boat on the scales.

All athletes should expect their boats to be checked during the event. Boats will be selected at random from each heat and final, the lane number will be announced and displayed on the board at the Finish Tower pontoon. If your boat is found to be under the required weight for your class, then this will be reported to the Chief Official. Penalties will be applied by the Competition Committee.

Can I warm down?

You may warm down by turning carefully below the Finish Line and outside of the finish area (a 'D' shape marked by buoys and flags) then proceeding back to behind the start line SLOWLY down Lane 0, the lane closest to the Regatta Centre Building.

How do I find out if I've qualified for a final?

The times from each heat are processed very quickly after each race. Once the Chief Official has received confirmation from the Umpire and Boat Control that no rules have been broken, or has resolved any issues where they have, these times are then displayed on the main scoreboard. Results of all races and draws for finals, will be published online via the Live Results Service, the Regatta Organisers will try to back this up via the 'Team Leaders Broadcasts' one-way WhatsApp..

Once all the heats in a class have been completed, draws for each Final are made. Mostly these are based on times. Depending on the number of entries in each class, there may be more than one Final.

The only exceptions are Men's A or A/B, Women's A or A/B, Boys A or A/B and Girls A or A/B events or if classes are for Open Men, Men U23, Open Boys and Boys U18, Open Women, Women U23, Open Girls and Girls U18. These events are based on finishing place within each heat. The progression from heats to finals for all events are shown beneath the heading for the heats in the Start List.

You will need to check if you have qualified for a Final in your class. Details of who is in each final, and their lane numbers, are displayed on the Live results service. **Please wait at least 15 mins after the last heat before checking details of lane draws for resultant finals.**

Can I obtain the race results on my mobile phone?

The Unofficial Results can be obtained during the regatta from regattaresults.org.uk.

This service, which is available during the regatta, enables you to view the provisional results directly on your phone throughout the regatta. The results are updated in near real-time shortly after the results for each race are released.

The service enables you to scroll up and down through the results very quickly. Just refresh the webpage every now and again.

To access this service, navigate to regattaresults.org.uk.

Remember that it will only work during the weekend, as and when the unofficial results are made available. After the regatta, the official results will be published on the website: <https://canoesprint.org.uk>

How do I find out if I've been promoted?

Promotions between classes are calculated during the Regatta weekend and are based on several factors. If you have been promoted, details about this are included in the published set of Official results. These are available on the Sprint Racing website at <https://canoesprint.org.uk/archives/national-regatta-results/> shortly after the event. The availability of these results is also notified on our Facebook group page called *BC Sprint Racing Committee*.

Is there an event welfare office I can speak to?

You should feel safe enjoying your sport. If you are worried about how you or someone else is being treated at the event by another young person or adult, there is someone you or your parents/carers or coach/leader can talk to. Please speak to our Event Welfare Officers:

Helen Callow Tel: 0745 6418254
or Louise Clive Tel: 07816 786987

If Helen or Louise are not immediately available, you can also contact any of the following:

British Canoeing Safeguarding Lead:

(For anyone wishing to report a safeguarding incident or concern)

Cathy Cooke, Tel: 0115 6660197

(if calling out of office hours, leave a message and your call will be responded to as soon as possible the next working day)

or Email: safeguarding@britishcanoeing.org.uk

Home Nations

Scottish Canoe Association Safeguarding Officer

Andy Murray Tel: 01887 292040:

Email andy.murray@canoescotland.org

Canoe Wales Lead Safeguarding Officer

Cath Sykes, Tel: 0708 683984: Email

childprotection@canoewales.com

CANI Safeguarding Officer

Stephen Craig: Email: safeguarding@cani.org.uk

Or call Chief Officer Lauren Smythe on 07875 092928

For immediate confidential advice (24hr Helplines) contact:

NSPCC Child Protection Helpline Tel: 0808 800 5000

Childline Tel: 0800 1111

The British Canoeing Safeguarding Policies and Guidance documents, including other related information, are available at www.britishcanoeing.org.uk.

National Regattas are held under BC Sprint Racing Competition rules and Terms/Conditions of Participation.

How do I enter future events?

Race entries are submitted by the Team Leader for your club, so let your Team Leader know if you would like to enter any future events. Team Leaders will then submit their club's entries online with payment to British Canoeing.

Where can I find event schedules for future regatta?

The event schedule for each of the National Sprint Regattas is published in the Canoe Sprint & Marathon Handbook, which can be accessed from <https://canoesprint.org.uk/governance/racing-handbook/>

Small changes to event schedules can occur in the weeks leading up to each event. Any changes are published on the Sprint Racing website. The availability of updated versions of the schedule, and other news items for Sprint Racing, are also notified on our Facebook group page called *BC Sprint Racing Committee*.

What do I need to know about regatta liability?

The regatta will endeavour to provide a safe environment within the Water Safety Code. You are specifically reminded that anyone using the lake and the adjoining river does so entirely at their own risk. Please note the following *BC Regatta Liability Statement*.

Canoeing and Kayaking are assumed-risk water-contact sports. Participation in these sports carries an inherent risk of injury to competitors and damage to property. Participants should be aware of the risks involved in these sports and are responsible for their own actions and their involvement in these sports. In all cases, competitors compete entirely at their own risk.

Each of the Regatta Organisation, the Sprint Racing Executive, and British Canoeing exclude liability for any loss or damage that may occur to competitors or property during participation in canoeing and kayaking to the fullest extent permitted by law.

Regatta entry conditions

Regatta Entries are accepted on the basis that each competitor is aware of and has accepted the above conditions.

Weil's disease/Leptospirosis

As with all water sports activities, if you capsize and after a few days you think you may have an infection or flu-like symptoms, please go to your doctor and tell them you are a canoeist. There may be a risk of Weil's Disease /

Leptospirosis, which must be swiftly diagnosed and treated. Do also be aware of Lyme's Disease, which is an infectious disease caused by bacteria, which is spread by ticks. The most common sign of infection is an expanding area of redness on the skin that begins at the site of the tick bite about a week after it has occurred. Please do report any cases to the BC Office as they monitor occurrences and identify areas that pose a risk to canoeists. Tel: 03000 119 500 or on-line via www.britishcanoeing.org.uk/go-canoeing/incident-reporting

Can I get involved with helping to run the regatta?

Of course! We are always pleased to have extra people to assist during the regatta weekends. If you would like to learn a new skill, or just want to help, we would love to hear from you.

It might surprise you that the National Sprint Regattas are run entirely by volunteers. Although a lot of planning work is done prior to each event, during each regatta weekend approximately 50 people are involved in a wide variety of roles to keep the regatta on schedule. These roles include:

- programme planners
- computer room data inputters
- runners
- administrators
- motor boat drivers
- course umpires
- boat weighers
- starters
- commentators
- line judges
- photo finish operators
- scoreboard operators
- K4 shed boat controllers
- promoters (and demoters)
- medal presenters
- first aiders
- chief officials

We're always looking for additional pairs of hands to help things run efficiently and are very flexible with the amount of time you can commit during the weekend. If any of the above roles capture your imagination, or you are just interested in finding out what we do, we can introduce you to and train you in any of these roles. Pop up to the Information Point in the Event Organisers cabin (near the foot of the Finish Tower) and ask to speak to Ann Hoile.

Can I follow the race by bike or scooter?

The National Water Sports Centre (NWSC) allows cyclists to use the towpath on both sides of the regatta course when weather conditions permit and at their own risk. Cycling, skating, rollerblading and scootering is however not allowed in the main areas around the regatta centre. A dedicated cycle path has been set-up to allow cyclists to follow the race to the finish line.

Coaches/supporters must be conscious of those around them, observing social distancing with each other and the public and should only follow races in which they have athletes competing.

Cyclists are required to dismount to pass the main regatta tower. We encourage you to follow the NWSC's Towpath Code for Cyclists

- always give way to pedestrians and service vehicles
- use your bell to alert other people of your approach, particularly if approaching from behind
- be prepared to stop, dismount and push your bike past walkers, particularly when families and young children are present
- take special care if dogs or other animals are present
- ride in single file and not in more than groups of four
- keep your speed down and never race along the towpath
- keep to the paths and minimise path erosion by not skidding
- wear an approved safety helmet

Remember that you are responsible for your own safety and the safety of others.

Are there any guidelines for taking photographs or filming racing of young people?

We encourage you to follow the British Canoeing guidelines, which provide sensible advice, whilst recognising that publicity and pictures/ recordings of young people enjoying paddle sport are essential to promote the sport and a healthy lifestyle.

The key concerns regarding the use of images of children and young people relate to:

- the possible identification of children when a photograph is accompanied by personal information
- the inappropriate use, adaptation or copying of images for use on child pornography or illegal website
- the taking of inappropriate photographs or recorded images of children

Guidelines for taking photographic/recorded images

- ensure parents/guardians and the young person have granted their consent for the taking and publication of photographic images
- all children featured in recordings must be appropriately dressed with outer clothing garments covering torso from at least the bottom of their neck to their thighs, i.e. a minimum of vest/ shirt and shorts
- the photograph or recording should focus on the activity rather than a particular young person. Personal details, which might make the young person vulnerable, such as their exact address, should not be revealed
- clubs, coaches and volunteers should be allowed to use video equipment as a legitimate coaching aid and means of recording special occasions. Care, however, should be taken in the dissemination and storage of this material
- you should not use any images of a child or young persons who is the subject of any court order or who has denied you their consent
- parents and spectators taking photographs/recordings should be prepared to identify themselves if requested and state their purpose for photography/filming

- any instances of the use of inappropriate images should be reported to the Club, British Canoeing or the Police

Guidelines for publishing photographic/recorded images

- if a photograph is used, avoid naming the child by using their first name only. Personal details of children such as an email address, home address and telephone numbers should never be revealed on a website or in print
- think about the level of consideration that you give to the use of images in all publications, for example, the process used in choosing photographs for a publicity brochure for the club. Apply an increased level of consideration to the images of children used on websites

Information for everyone

Are there any parking restrictions?

The National Water Sport Centre does place some restrictions on where vehicles can park around the venue. Parking marshals will be on hand to guide you to the right locations. Please follow their directions as to where to park.

The main area for competitors is Grassy Bank on the south side of the lake, with an overflow car park behind the Grassy Bank. Access to the overflow Car Park B is further down Adbolton Lane past the Centre's Main Entrance.

Additional parking is allowed on part of the concrete area in front of the Boathouses at the end of the course.

The pontoons and access road in front of the Centre on either side of the Finish Tower is either designated 'Reserved' parking or a 'No Parking Area'. Please note that for your safety there is a 'Pedestrian only' area in the vicinity around the Tower.

Please see the lake circulation plan on the back cover of the Regatta guide or Regatta Programme for full details.

Access for emergency vehicles must NOT be impeded.

Please pay attention to keeping the access roads clear near the Centre Buildings.

All vehicles should be parked responsibly, safely and without causing obstruction.

At certain times during a competition, it may become necessary for safety reasons to restrict the movement of vehicles on parts of the access roads around the course. Notice will be given if this is required.

Are there charges for parking?

When an event is being held, the National Water Sport Centre charge £5 per day per vehicle for parking.

Access via the Main Car Park entrance then the Elms Gate at [what3words ///foods.stored.runqs](#).

Event Parking can now be pre-paid via the NWSC [website](#) or on the *paybyphone* app using the location code 800800

There is also a cash payment machine for use on the day, located near the Country Park café at [what3words ///lies.took.harder](#).

Follow the Marshals instructions when parking alongside the lake and allow space to support social distancing

Can I camp overnight or set up my motorhome or caravan on the regatta site?

The National Water Sport Centre's camping licence only includes the campsite and ski tow camping areas. Tents, motor homes, caravans or vans found anywhere other than these camping areas will therefore be removed, as they will be in breach of NWSC's licence.

Can I have a BBQ?

No, BBQs are not allowed on the Regatta site.

What should I do if there is an accident or emergency?

During racing hours medical and first aid facilities are provided on-site. Medical facilities are intended to cover emergencies only. Medical support is provided by a Paramedic as well as First Aid volunteers, is available in the First Aid Cabin which is located below the main building opposite the Finish tower. Alternatively, contact the main reception desk in the main building (0115 982 1212) or any Regatta Official.

All accidents and emergencies must be reported to the Regatta Organisers as soon as is practicable using the [National Regatta Incident Reporting form](#). On the advice of the Paramedic, additional medical support will be requested if necessary. The Paramedic will also ensure that the Regatta Organisers, Chief Official and Main Reception Centre are made aware of any incidents. The online Incident Report Form MUST be completed by the Team Leader of the appropriate clubs for all accidents, collisions, near-miss incidents.

Emergency numbers	999
Emergency Services	0115 977 3078
Police, Nottinghamshire Authority	npa@nottinghamshire.pnn.police.uk
NWSC Reception Office	0115 982 1212
NHS Direct	0845 4647

National Water Sports Centre, Holme Pierrepont Country Park
Adbolton Lane, Nottingham, NG12 2LU

What is the BC Regatta Policy and Code of Conduct?

The British Canoeing Sprint Regatta Committee is fully committed to safeguarding the wellbeing of its paddlers, officials, volunteers and coaches. We ask that everyone shows respect and understanding to each other, conducting yourself in a way that reflects the principles of the event. We believe that taking part in paddle sport should be a positive and enjoyable part of both children's and adults' lives and that all paddlers should be able to improve their

performance and have fun. The BC Regatta Committee also adopt and regularly review a Health & Safety Policy.

Everyone involved in the event should abide by the British Canoeing *Rules, Code of Conduct and Policies*, and to achieve this we have the following expectations:

Everybody

- always use correct and proper language
- set a good example by applauding performance of all paddlers
- always treat others with respect
- be considerate and respectful to other paddlers on and off the water, treating all paddlers as you would want to be treated yourself
- control tempers and avoid behaviour which may inconvenience or upset others
- co-operate with and listen to your coaches, team leader, volunteers and parents/carers and officials
- be on time for the event and your races or inform your team leader/coach if you are going to be late
- take care of all property belonging to the centre, regatta, clubs or members and the public
- junior paddlers are not allowed to smoke or consume alcohol, and no person may use non-medicinal drugs of any kind while at the event or representing the sport of canoeing

Team leaders, coaches, officials and volunteers

- in line with British Canoeing Policy/Codes on safe recruitment for any volunteer role, vetting practices including appropriate Disclosure checks, where eligible will be undertaken, in accordance with home nation and government guidelines
- all those working with young people and vulnerable adults should also have read and adhere to the *British Canoeing child and vulnerable adult policy* and *British Canoeing anti-bullying policy*. These can be accessed on the British Canoeing website. The regatta will follow the guidance of these policies in the event of any concerns or allegations
- follow the British Canoeing Code of Ethics and Guidelines and Policies
- consider the well-being and safety of paddlers before their personal development or performance
- encourage paddlers and officials to value their performance and not just results
- develop an appropriate working relationship with performers, based on mutual trust and respect
- display consistently high standards of behaviour and appearance
- hold the appropriate, updated qualifications and insurance
- the Regatta Committee will encourage, train and support volunteers to gain qualifications and assist officials to stay updated
- team Leaders/Coaches will obtain written medical details of young paddlers, which will be made known where deemed appropriate and/or necessary
- never condone the use of prohibited substances, as defined by British Canoeing

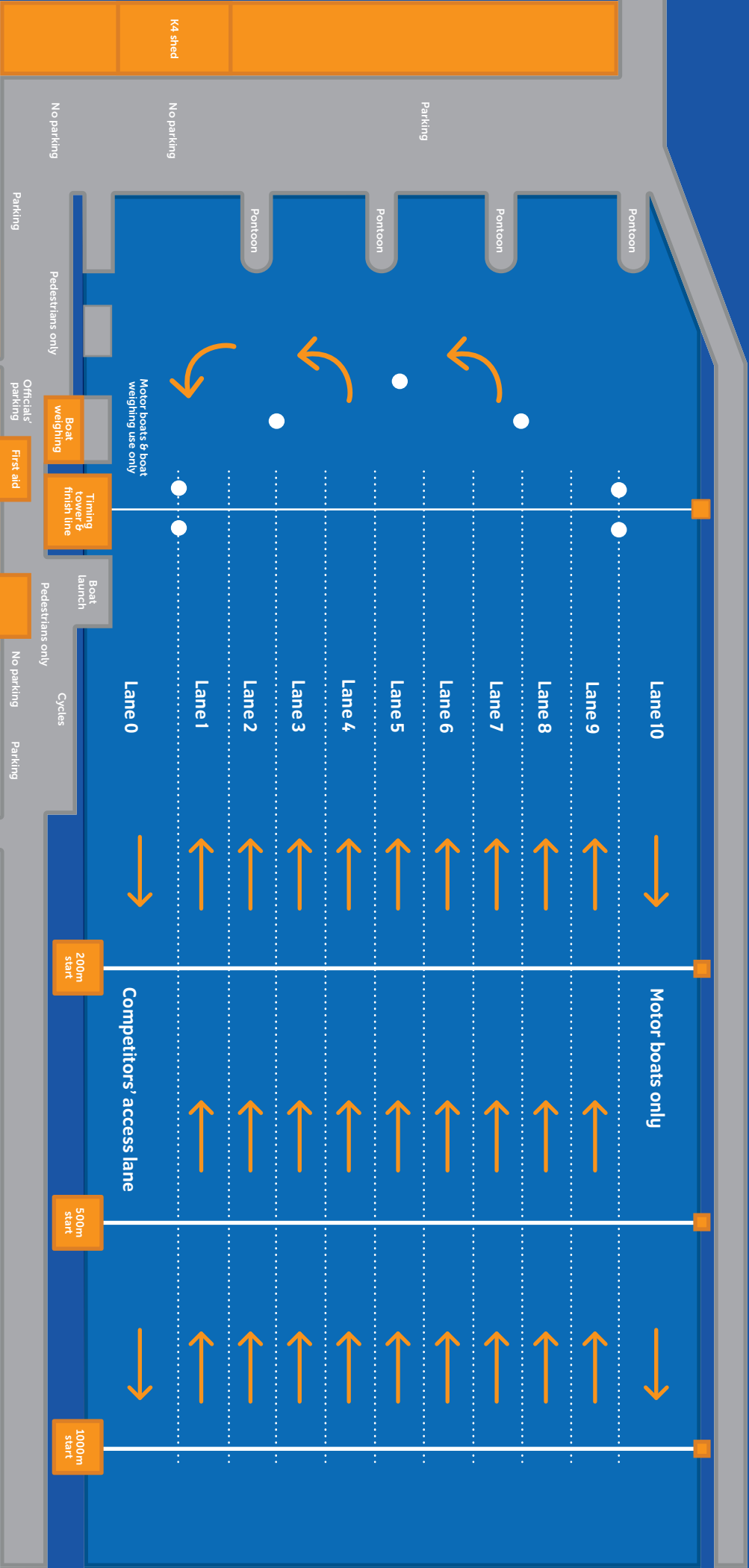
Parents, guardians and carers

- help your child to recognise good performance, not just results
- support your child's involvement at the event and help them to enjoy the sport of canoeing. Never force your child to take part in the sport
- never punish or belittle a child for losing or making mistakes
- publicly accept officials' judgement

Trade stands

Trade stands are welcome at the event. Please contact the duty manager at NWSC for information about charges, and to pay and receive a VAT receipt.

National Water Sports Centre, Holme Pierrepont, Nottingham Lake
circulation plan for British Canoeing National Sprint Regattas



All paddlers proceeding to the start must use the Competitors' Access Lane and stay outside of the buoyed lanes. Please do not launch from the motor boat pontoon. Competitors warning up, or launching from pontoons, must not cross the racing lanes at any point, nor must they attempt to delay race proceedings by approaching the start on the course itself. The area between the finish line and the 5km turn buoys at the boathouse end of the course must also be kept clear.