



**NATIONAL
SPRINT
REGATTAS**

PADDLE^{UK}



2025

**PADDLE UK
SPRINT RACING NATIONAL REGATTA**

12 – 13 July

Open & British Seniors, Under 23, Junior & Paracanoe National Championship Regatta inc Paracanoe, Senior, Under 23 & Junior selection, plus Standup Paddle Board Championships

Photography by Antony Edmonds

Welcome

Welcome to the third National Sprint Regatta for 2025. This is the Open & British Seniors, Under 23, Junior and Paracanoe National Championship Regatta, plus Standup Paddle Board Championships. The event also includes Paracanoe, Senior and Junior Selection events.

National Regattas are held under Paddle UK's Sprint Racing Competition Rules and Terms/Conditions of Participation.

Key Contacts

Chief Official Liz McGown regatta.chiefofficial@vol.paddleuk.org.uk
Competition Queries Cathy Wynne sprintregatta@outlook.com
Volunteer Coordinator Ann Hoile Regatta.Volunteers@vol.paddleuk.org.uk

New for the 2025 season

Personal Flotation Devices (PFDs)

All Junior D competitors, including Mini Sprint competitors, must always wear buoyancy aids when on the water. The buoyancy aids must conform to the BS EN ISO 12402-5 standard.

Regatta Event Ticket

To submit entries, paddlers must purchase a Regatta Event Ticket instead of paying fees per event entered. Paddlers can enter as many events as the Event Schedule supports for each Class.

Masters Events

Master's ability classes have been combined with the Seniors' ability classes.

Intermediate Series

The Intermediate Series for U14s has been combined with the Junior D class.

Ability Class Re-classification

The Standards For Racing times were adjusted between the April and May/June regattas. We used performance at the April Regatta to determine the Ability Classes for subsequent regattas.

Long Distance Courses

The Domestic 5000m long-distance events in 2025 will be raced clockwise and consist of two long laps. The first and third turns will be after the 1000m Start Cabin, and the second turn will be by the Finish Tower.

The Selection 5000m long-distance events will be raced clockwise and consist of six short laps and five portages. The turns will be after the 200m Start Cabin and by the Finish Tower. The portage will consist of a beach landing, run, and departure from the concrete pontoon to the right of the Finish Tower when looking towards the scoreboard

The Juniors' 2500m long-distance events will be raced clockwise and consist of one long lap. The turn will be after the 1000m Start Cabin.

Parking

Parking for this season will be located on the far side of the lake from the tower.

Entry to the parking area will be through the wooden gate by the Desperate Measures shop (//hired.march.villa), with the exit via the playground gate at the country park (//doctor.sport.drop). Cars should park parallel to the lake and face up the lake.

Riverside Parking (the rugby field) will be used as an overflow car park if needed.

Parking charges will be in operation and can be paid online, in advance or on the day, or via the machine in the country park car park (card payments only). Parking can be paid up until midnight on the day via the app.

Parking can be paid using the Tap2Park Service on <https://parkpcm.co.uk/index.php>, using code 4455. You can prepay.

Please note that parking charges cannot be backdated, so they must be paid in advance or on the day.

There is no 2-day parking package discount code this year. The only discount available is if you purchase an annual ticket at £55, via cindy.appleby@serco.com which is a saving if you attend all four regattas.

The charges will be:

Up to 30min - FREE

Up to 1 hour - £3.00

Up to 2 hours - £4.00

Up to 4 hours - £5.00

All day - £7.50

All year - £55.00 - apply to cindy.appleby@serco.com

Gazebos

Club gazebos should be positioned along the lake on the North bank, opposite the tower. Please pitch them 5m back from the perimeter road to allow spectators to congregate but not block the path. Please do not pitch your gazebos in the middle of the bank. Place them either at the top or at the base of the bank to avoid obstructing the parking.

Please also allow space between adjacent gazebos.

Gazebos must not exceed 4m x 4m in size. Above this size, they are deemed commercial and have associated health and safety conditions applied. Depending on paddler numbers, clubs may bring more than one gazebo.

Cooking & Club Catering

An individual camping stove is now permitted, provided it is set up securely away from anything flammable and lit stoves or boiling water are not left unattended.

Clubs can provide cold catering to members; however, relevant food hygiene regulations should be followed.

Any clubs wishing to provide hot catering to members must contact Serco and Paddle UK using this [online form](#) no later than two weeks before the regatta. Depending on the requirements, there may be costs associated with this, although these will be kept to a minimum. Clubs that have not arranged this in advance will not be permitted to cook on site, and anyone doing so will be asked to leave the site. For further information, please contact Richard Stacey-Chapman (richard.stacey-chapman@paddleuk.org.uk) and Cindy Appleby (Cindy.Appleby@serco.com).

Traders and electrical connections

Traders who require an electrical connection must pre-book with Cindy Appleby at Serco.

Paddler access lane

The paddler access lane is on the North Side of the lake (scoreboard side), and the motor boat access lane to the South Side (tower side).

Boat control

Boat control is next to the tower.

Facilities and catering

The Lakeside Main Café will be open for breakfast from 7 a.m. until 9.30 a.m. Hot food is also available from the Country Park Café (1066) from 8:30 a.m. until 5:00 p.m.

Information point

Promotion certificates, 2025 Canoe Sprint Handbooks, and sets of Lane Numbers can be purchased from the Information Point, which is in the Event Organiser's Cabin, near the Finish Tower.

Distribution of promotion and mini-sprint certificates

Team Leaders can collect past Junior Promotion and Mini Sprint Certificates from the Information Point, which will be in the Event Organiser's Cabin, near the Finish Tower.

Communication

All information regarding the event will be posted on the [SRC website](#) and the [National Regatta site](#). 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.

Regatta organisers will use one-way WhatsApp to disseminate important information during the event.

Scan this QR code to join this WhatsApp group

National Regatta
WhatsApp community



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

[Late entry form](#) - only to be used before the Team Leaders Meeting

[Crew boat changes](#)

[Withdrawal/scratches](#)

[General enquiries and questions](#)

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. Access via the Centre Building stairs.

Protests

Protests made during a competition must be in written form. Verbal protests will not be recognised. Protests addressed to the Competition Committee can be emailed to the Chief Official at Regatta.chiefofficial@paddleuk.org.uk. A fee of £15 will be applied when a protest is not upheld.

A protest regarding a race's published result 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.

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 warm up sessions, rowers could be training on the lake between the 1000m and 2000m marks. They will travel 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 between lanes 1 to 9 from the Finish Tower to the 1000m Starts until the rowers leave the course.

If you park a trailer on the hardstand in front of the Boathouses, please watch for rowers carrying boats crossing this area to reach the boathouse and their coaches on bikes.

2025 Regatta Dates

The remaining National Regatta in 2025 will be on:

6th – 7th September - The British National Sprint Racing Inter-Club MacGregor Paddle Challenge, the Inter-Services Championship, and the Andrew Bonham Memorial C4 Race.

2026 Regatta Dates

The National Regattas in 2026 will be on the following dates:

11-12 April

29-31 May

4-5 July

5-6 September

Changing/shower Room Codes

The NWCP changing/shower rooms entry codes are:

Men's code - 1967

Ladies code - 1974

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 taking big steps toward 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.

Please ensure you carry out the following BEFORE entering the site and when you LEAVE the site:

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

We will provide a boat washing service for the June Regatta by the end pontoon of the Boat House hardstanding.

Social Media

Subscribe to our Instagram or Twitter accounts, **canoesprintUK**, where we'll be sharing sprint-related photos and videos.

To help us increase Sprint Racing's social media presence nationally, please use the following hashtags alongside any photos or videos you publish on social media before, 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
- 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 has passed, 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 Paddle Scotland/CANI/Canŵ Cymru or Paddle UK 'On the water' membership before submitting their entries.
- submitting and paying for the Regatta Event Tickets
- submitting late entry requests, if lanes are available, using the late entry form (see page C2 for link), if possible, before the Team Leaders meeting.
- 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 Junior D paddlers wear a buoyancy aid whenever they are on the water.
- ensuring that all your club paddlers have achieved the relevant standard (time and proficiency) to compete at National Regattas.
- ensuring that all paddlers can swim at least 50 metres.
- ensuring that paddlers are suitably dressed for the conditions prevailing during 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 capsize.
- 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 Competition Committee 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 the Competition Committee raises. You will be asked to come to the top of the Finish Tower (via the Centre Building stairs) where required. You will be called there by the Commentary Team and via WhatsApp broadcast.
- completing Incident Report Forms for any accidents/incidents involving attendees from your club that have occurred during the regatta.
- advising Junior D paddlers who have been promoted that they need to become Paddle UK members and update the paddler database with their membership number.
- encouraging paddlers to shower after using the Regatta Course and ensure that all cuts and abrasions are covered with waterproof plasters before proceeding on the water. 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 and before the Team Leaders Meeting **if payment is**

outstanding and isn't received by 15:00 the day before the regatta, you will be charged an additional £5 per seat as a late payment surcharge.

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 **8 pm on Tuesday, 8th July**. It will be open to Team Leaders, who should sign in via the chat feature at the start of the meeting. The meeting will start with a review of the technical information for the regatta, including any competition changes being implemented, followed by a review of the deletions and any name changes submitted via the online 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 at least 60 minutes before the race.

[Crew Changes](#)

[Withdrawals/Scratches](#)

What additional rules do I need to know?

In addition to the rules outlined in the *Information for Competitors* section, you also need to be aware of the following:

Ensuring adequate buoyancy

Paddle UK 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 Competition Committee and will result in Penalty Points being issued to the paddler.

You should also ensure that all your paddlers always bring buoyancy aids/life jackets. 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 BS EN ISO 12402-5. Spraydecks are also strongly recommended for all sprint competitors when the Orange Flag is displayed.

All Mini-Sprint and Junior D class paddlers must wear buoyancy aids/life jackets whenever they are on the lake. There are no exceptions to this rule.

Ensuring paddlers have Paddle UK Membership

All competitors from your club must be current Paddle UK members. The only exception to this is Junior club associate members ranked in Girls D, Boys D, or Mini-Sprint classes.

Junior paddlers who are associate Paddle UK members must become full 'On the Water' members of Paddle UK before the next regatta when they are promoted to 'C' or above.

Please update your club paddlers' paddler record details with the new Paddle UK number once promoted to Junior C.

Penalty points and disqualification

You are asked to ensure that your club competitors know and accept the racing rules and terms/conditions 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 Competition Committee at the top of the Finish Tower and relay the outcome to the relevant paddlers. 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 ensure your club members and supporters observe the car parking rules outlined in the *Information for everyone* section below.

Information for Competitors

What happens if I discover a timetable clash?

As a paddler, you can enter selection and ability class events, but timetabling cannot avoid potential clashes between these event types. After the Start Lists are released, and in the event of timetable clashes, you must ask your Team Leader to scratch you from the impacted races using the online form no later than the Team Leaders meeting to allow for redraws.

How is the course laid out?

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 Umpire boats are on the water, you can use the regatta lake to warm up. No paddling is permitted on the lake without appropriate safety cover. Umpire boats will be in place from 7:45 a.m. on Saturday and 7.30 a.m. on Sunday. The 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 you may not hear your race being called to the start line. Remember 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 would like a refresher on how to line yourself up into the buckets, we will hold open practice sessions at the start of Saturday. See the timetable for details.

Are there any rules I need to know?

The National Sprint Regattas follow a detailed set of rules. The Paddle UK Sprint Racing Competition Rules and the National Sprint Regatta Terms/Condition of Participation. These can be read in full in the annual Canoe Sprint Handbook. This can be purchased at the Information Point.

A few specific rules you need to know 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, boats must have minimum weights (PUK SRC Regulation 9), which 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)

You are responsible for ensuring that your boat is at least that weight or heavier and bringing any additional weights 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 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.

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. 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 checked.

You should also be aware that your boat's weight may change depending on the temperature. Boats are lighter on a hot day, so if you are in doubt about the weight, especially if it 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 matter. Too many athletes worry about being disadvantaged 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 many things, including the shape of the boat's hull, the displacement of the water, how high your seat is, 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 to run the regatta effectively and to ensure the accuracy of results.

Your lane number will likely change from race to race, so ensure you display the correct number before you paddle to the start of 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 about your race, the club colours help us easily identify specific paddlers. This, in turn, allows us to resolve any issues and contact the relevant club Team Leaders if necessary. It also allows us to post the race results more quickly.

How do I know if I have to wear a Personal Floatation Device (PFD)?

All Junior D and Mini Sprint competitors must always wear buoyancy aids when on the water, which must conform to the BS EN ISO 12402-5 standard.

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 BS EN ISO 12402-5.

How much buoyancy do I need in my boat?

PUK Sprint Racing Competition Rules require that following a capsize, all kayaks and canoes must be able to remain level on the surface of the water when filled with water and support the crew.

You 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 Competition Committee. Disqualification or penalty 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 long pontoon after the finish line on the north side. Please be aware of others using the pontoons.

Athletes called for boat control can egress the water on the pontoon next to the tower.

All other athletes should egress at the end of the lake or from the long wooden pontoon

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 10. This is the lane closest to the Scoreboard.

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 on the bank next to the starter's hut.

What happens at the start?

The starters will call you to the start line by your race number. 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 stop and hold off about 5-10m away. When the timing team has given clearance for the next race, the starter will 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.

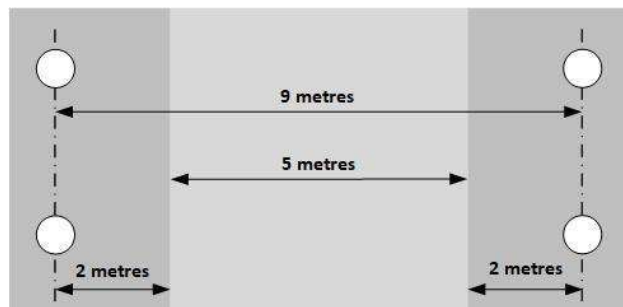
If you miss your start, you may not be allowed to race.

Remember that races start every 3 or 4 minutes throughout the day, leaving 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 that you must not put yourself in a position where you interfere with the progress of or seek to take advantage of other competitors.

PUK 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. *PUK 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.

If you deviate outside the central five metres, the race Umpire is required to report this to the Competition Committee 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.

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 (except in races of more than 1000m – Rule 28.4).
- 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).

Umpires may 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?

PUK 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 Judges' view and 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 motorboats on the course?

There are normally three Umpire 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 Competition Committee 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 0 to move around the course, which is the lane closest to 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 time and that other races may finish shortly after your own.

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

The commentary team will advise you which boat(s) needs to go to Boat Control. The Boat Control team will also display these boats' lane number(s) on the pontoon from which to egress the water to attend Boat Control.

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 *PUK SRC Regulation 12*. This means you must remove every 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

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 on the Boat Control pontoon. If your boat is found to be under the required weight or lacking sufficient buoyancy, it will be reported to the Competition Committee, who may apply a penalty.

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 10, the lane closest to the Scoreboard. DO NOT re-enter any of the racing lanes.

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 Competition Committee has received confirmation from the Umpire and Boat Control that no rules have been broken or 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 Organizers will try to back this up via one-way WhatsApp.

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

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

You must check if you have qualified for a Final in your class. The Live results service displays details of who is in each final and their lane numbers. **Please wait at least 15 minutes after the last heat before checking the details of lane draws for the resultant finals.**

Can I obtain the race results on my mobile phone?

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

This service, 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 regattareresults.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 based on several factors. If you have been promoted, details about this are included in the published 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 *PUK 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/carer or coach/leader can talk to. Please speak to our Event Welfare Officers:

Louise Clive Tel: 07816 786987
Wendy Dodson Tel: 07855 629334

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

Paddle UK Safeguarding Lead:

(For anyone wishing to report a safeguarding incident or concern) Tel: 0115 8655354

(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@paddleuk.org.uk

Home Nations

Paddle Scotland Safeguarding Officer

Andy Murray Tel: 01887 292040:

Email andy.murray@paddlescotland.org.uk

Canoe Wales Lead Safeguarding Officer

Cath Sykes, Tel: 0708 683984: Email childprotection@canoewales.com

CANI Safeguarding Officer

Stephen Craig or Louise Wallace:

Email: safeguarding@cani.org.uk

For immediate confidential advice (24hr Helplines) contact:

NSPCC Child Protection Helpline Tel: 0808 800 5000

Childline Tel: 0800 1111

The Paddle UK Safeguarding Policies and Guidance documents, including other related information, are available at www.paddleuk.org.uk.

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

How do I enter future events?

The Team Leader submits race entries for your club, so let your Team Leader know if you want to enter any future events. Team Leaders will then submit their club's entries online with payment to Paddle UK.

Where can I find event schedules for future regattas?

The event schedule for each of the National Sprint Regattas is published on the SRC website at <https://canoesprint.org.uk/all-events/upcoming-events/>

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 *PUK Sprint Racing Committee* Facebook group page.

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 *PUK 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 Paddle UK 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, an infectious disease caused by bacteria that is spread by ticks. The most common sign of infection is an expanding area of redness on the skin that begins at the tick bite site about a week after it has occurred. Please report any cases to the Paddle UK Office as they monitor occurrences and identify areas that pose a risk to canoeists. Tel: 03000 119 500 or online via <https://www.paddleuk.org.uk/access-and-environment/access-to-water/incident-reporting>

Can I get involved in helping run the regattas?

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 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
- administrators
- motorboat 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
- competition judges

We're always looking for additional pairs of hands to help things run efficiently and are very flexible with how much 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 into the Information Point 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 are not allowed in the area around the Tower and Boat Control. Cyclists, rollerblading and scooters following races should use the Southside roadway (Finish Tower side of the course).

Coaches and supporters must be conscious of those around them, including the general public, and should only follow races in which their athletes are competing.

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 the racing of young people?

We encourage you to follow the Paddle UK guidelines, which provide sensible advice. We recognise that publicity and pictures/ recordings of young people enjoying paddle sport are essential to promoting 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 in outer clothing garments covering the 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 person 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, Paddle UK 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 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 Sports 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 north side of the lake.

The pontoons and access road in front of the Centre on either side of the Finish Tower is designated 'Reserved' parking or a 'No Parking Area'.

Access for emergency vehicles must NOT be impeded.

Please keep the access roads clear near the Centre Buildings.

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

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

Are there parking charges?

Parking charges are noted above.

Follow the Marshals' instructions when parking alongside the lake.

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

The National Water Sports 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.

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 provided by a Paramedic and 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 as soon as practicable using the Paddle UK Incident Reporting Form, available at <https://paddleuk.org.uk/online-incident-reporting/>. If necessary, additional medical support will be requested on the advice of the paramedic. The Paramedic will also ensure that the Regatta Organizers, 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, and 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 PUK Regatta Policy and Code of Conduct?

The Paddle UK Sprint Regatta Committee is fully committed to safeguarding the well-being of its paddlers, officials, volunteers and coaches. We ask that everyone shows respect and understanding to each other, conducting themselves in a way that reflects the principles of the event. We believe that taking part in paddle sports 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 PUK Regatta Committee also adopt and regularly review a Health & Safety Policy.

Everyone involved in the event should abide by the Paddle UK *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 the 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 Paddle UK 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 *Paddle UK child and vulnerable adult policy* and *Paddle UK anti-bullying policy*. These can be accessed on the Paddle UK website. The regatta will follow the guidance of these policies in the event of any concerns or allegations

- follow the Paddle UK 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 their results
- develop an appropriate working relationship with paddlers 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 Paddle UK

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 enjoy the canoeing sport. 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.