



Friday 13th September 2019
at the Pengwern Boat Club, Shrewsbury

Rules, Safety & Race Conduct for Macmillan Coracle Relay World Championship

1. Every competitor must have signed the disclaimer.
2. Every competitor must wear a buoyancy aid / lifejacket provided by the event.
3. Every competitor must be able to swim 200 metres clothed.
4. Competitors must be completely sober and not under the influence of alcohol or drugs.
5. Safety boats and lifeguards will be on hand throughout to assist if necessary.
6. Do not enter the water if the Lifeguards or boat are not present
7. Listen to race officials rules must be obeyed.
8. Every competitor must wear trainers.
9. Every competitor must wear their bibs whilst racing, racing in bib number order, 1-4.
10. Each of the four team members must race.
11. Team members must stay the same for the heats and any finals.
12. Non attendance for start risks disqualification.
13. On completion of the races lifejackets must be returned immediately to the lifejacket issuing point.
14. On completion of the races, bibs must be immediately returned to the team marshal.
15. Only one person is allowed in the coracle at any one time
16. No team members apart from the pair handing over must be on the pontoon.



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17. Racers will not be allowed to touch another team's coracles with either paddles or body.
18. Racers must touch the far side of the bank with either part of their body or a paddle before returning.
19. If racers capsize they must clearly signal with a "thumbs up" to the marshals and lifeguards that they are OK before proceeding. Should anyone need assistance after a capsize they must raise their arm, otherwise we will assume self rescue.
20. Capsized racers can re-embark with assistance at the nearest bank.
21. Capsized racers can seek assistance from a safety boat to help them to the pontoon.
22. Capsized racers, if swimming to a bank with their coracle and paddle in tow then we will allow the racer to get back into their coracle and complete the race.
23. If anyone should capsize be prepared for "cold water shock" which can incapacitate quickly. Concentrate on stabilising breathing if affected.
24. Anyone developing flu like symptoms after the event should attend their GP and advise that they have been in or near the river. Weil's disease is particularly nasty and begins with what appears to be flu symptoms.
25. The organisers reserve the right to stop a race before all team members of all teams have finished. This will only be done if a clear winner has emerged and if the race is taking so long that it threatens to hold up the programme.
26. The Stewards decision is final.

The Coracles cost money. Please look after them.

Best wishes

The MacCoracle Committee



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