



## 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. By registering, you consent to photographs and videos being taken on the day and used by the committee, for and not limited to, social media & communications.
6. Do not enter the water if the Lifeguards or safety boat are not present
7. Every competitor must wear closed toe shoes.
8. Every competitor must wear their bibs whilst racing, racing in bib number order, 1-4.
9. Team members must stay the same for the heats and the finals.
10. On completion of the races, lifejackets and bibs must be returned immediately to the issuing point.
11. Only one person is allowed in the coracle at any one time
12. At all times, only Race Marshalls and the 2 team members handing over to race are to be on the pontoon at any one time.
13. Do not lift the coracles onto the pontoon to empty the water, this additional weight can cause extensive damage to the pontoon.
14. Racers will not be allowed to touch another team's coracles.
15. Racers must touch the far side of the bank with either a part of their body or a paddle before returning.
16. 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.



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17. Capsized racers can re-embark with assistance at the nearest bank.
18. Capsized racers can seek assistance from a safety boat to help them to the pontoon.
19. Capsized racers, if swimming to a bank with a Coracle, will forfeit their position if they overtake other coracles
20. Capsized racers should be prepared for “cold water shock” - concentrate on stabilising breathing if affected. Participants are also advised to wash their hands after racing.
21. 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.
22. 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.
23. The Stewards decision is final.

**The Coracles cost money. Please look after them.**



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