



# Racer Requirements

**Kayakers** must meet the following guidelines:

1. The Kayak team member must be at least 18 years of age and considered one of the following levels:
  - **Intermediate:** Kayakers who have been paddling for over a year, have a solid understanding of basic techniques, can control their kayak in various conditions, and may have participated in smaller races or non-competitive paddling events.
  - **Advanced:** Experienced kayakers who have been paddling for multiple years, possess a high level of boat control, advanced paddling techniques (e.g., high-angle strokes, bracing, rolling), and have extensive experience in racing environments.
  - **Elite:** Kayakers with professional-level skills, often participating in national or international competitions. They have mastered advanced techniques, can handle extreme conditions, and are often training year-round.

## 2. Pre-Race Guidelines

- **Safety Briefing:** All Kayakers should familiarize themselves with the Kayak leg of the course prior to the race. This should include an overview of the racecourse, potential hazards, and water conditions (e.g., currents, wind). Experiencing crossing a Channel is required.
  - **Health Screening:** Participants should have a basic level of fitness. For those entering advanced races, health screenings or clearances from a doctor are recommended.
  - **Equipment Check:** Ensure all kayaks, paddles, life vests, and safety gear are in good condition and meet race regulations, failure to pass the boat inspection at check in will disqualify your team from the race. Personal flotation devices (PFDs) are mandatory. Kayakers should also be familiar with their boat's handling and mechanics.
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## 3. On the Water Guidelines

- **Race Start:** Kayakers must respect the start procedure and follow race director's directions to ensure safety for all racers.
  - **Course Navigation:** Kayakers MUST follow the marked course without shortcuts or violations of the race boundaries. Kayakers must follow the instruction of the Safeties placed at the Crossing to the Marina.
  - **Passing Etiquette:**
    - Beginners should remain aware of faster kayakers approaching from behind and allow them to pass safely.
    - Advanced kayakers should give a clear signal (e.g., by calling out or using hand gestures) when overtaking a slower racer.
    - All kayakers will pass with caution and avoid making sudden maneuvers that could cause collisions.
  - **Respect for Conditions:** Understand the current water conditions and adjust techniques accordingly
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## 4. Race Etiquette

- **Respect for Others:** Always maintain respect for fellow racers, whether they are beginners or advanced. Avoid blocking the path or creating unnecessary obstacles for others.
- **Accidents or Capizing:** If a kayaker capsizes, they should immediately attempt to re-enter their boat if possible. If they cannot, they must signal for help to a safety and move toward the safety boat or shore.
- **Self-Sufficiency:** Kayakers will carry the necessary safety equipment, including a approved PFD and whistle.
- **Respect the Environment:** Stay mindful of the waterway's natural environment. Do not litter, and avoid disturbing wildlife.