



ROYAL

CANOE CLUB
OUTRIGGER

HAMPTON COURT CHALLENGE

SUNDAY 6TH OCTOBER 2024

Venue: Royal Canoe Club, Trowlock Way, Teddington TW11 9QY



RACE INFORMATION

We look forward to seeing you at the 2024 Hampton Court Challenge at Royal Canoe Club. We can't wait to welcome you to our stretch of water for a fantastic day of racing. This information pack contains all the details you'll need to ensure you get the most out of the day at this historic site.

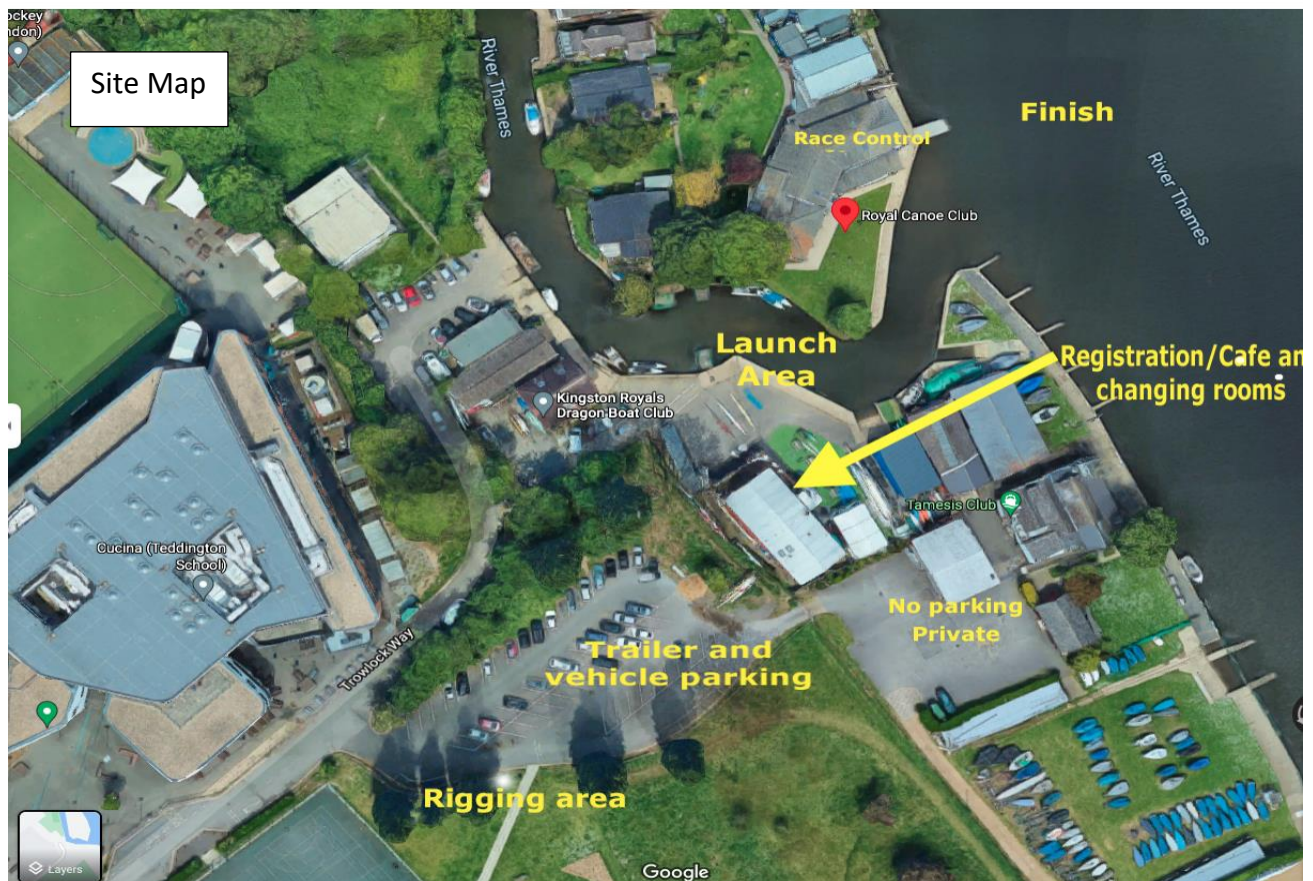
Club Location and Parking

Royal Canoe Club, Trowlock Way, Teddington TW11 9QY.

Directions to the club can be accessed at <https://www.royaloutrigger.com/location>

There is a public car park at the end of Trowlock way on the right-hand side before you enter the club site. All trailers and towing vehicles must be parked in this car park in the designated areas. **Please contact us in advance to confirm if you are bringing a trailer/s** so we can allocate you a space – email Ian on ian_mcnuff@hotmail.com. Marshalls will be on site from 07:00 on Sunday morning to assist.

Parking is available from 17:00 Saturday evening onwards and from 07:00 Sunday morning. If you are intending to arrive on Saturday please get in touch so that we can ensure there is someone on site to help you.



Boat Rigging

Please rig your boats in the car park. There is limited space on site for this but plenty of space on the field adjacent to the car park. We will have a couple of trolleys to aid with moving boats to the water but if you can bring your own that would be helpful. Boats can be trolleyed down to the launch site from the car park from 09.30.

As soon as you get your boat off the water please trolley boats back to the car park as soon as you land to make space for crews who follow you.

Club Facilities

The mainland clubhouse has changing rooms, showers and toilets upstairs and additional facilities are available in the club's building on Trowlock Island. Please note that a no smoking policy applies inside all club facilities.

Security - Please do not leave valuables in the changing rooms. There are a limited number of lockers which require a padlock to be operated.

Access to Trowlock Island

This is via a short hand-wound ferry. Please note that only 10 people can use the ferry at a time!

Food and Drink

The café in the mainland club site will be open from 08:00. Hot and cold drinks, cakes, hot filled rolls will be available before and after the race. The bar will be open once all racing has finished.

Time Table

The site will be open from 07:00. Timings are approximate and subject to change on the day:

Registration First Race from	09:00
Briefing First Race	09.40
First Race start	10.15
Registration second race from	11:30
Briefing second race	12.45
Second race start	13:15
Prize giving for both races approximately	14.45

REGISTRATION

Registration will be open from 09:00 for Race 1 and 11:30 for race 2. All crews/paddlers must be registered prior to the race briefing. **Only the team captain should register crew boats.** Please bring your signed crew information form to registration.

Event Insurance – all paddlers must have current Paddle UK or GBO membership. Paddle UK Affiliated clubs are also covered by event insurance. For paddlers who are not members, day event insurance can be obtained via Paddle UK at £5 per person and must be obtained in advance. Details can be found at <https://paddleuk.org.uk/purchase-sem/>. Crew captains/paddlers are required to sign that they have appropriate event insurance to compete.

Health - Crew captains/paddlers must bring to the race organisers' attention details of any medical conditions that a competitor is known to suffer from which could adversely affect their safety. The race organiser will then decide what, if any extra control measures are required to ensure the safety of these competitors. Crew captains/paddlers will be assumed to have read and understood this policy by completing the registration process. We will notify you of any updates should there be changes in Covid protocols.

EA River Licence – crew captains/paddlers are responsible for ensuring they have a licence to use their canoe on the River Thames.

Safeguarding

Any competitor under the age of 18 will be considered a child at the event. The participating club is responsible for notifying the organisers of any children in their crew, and for following the Safeguarding guidelines of their club and the event. The club should ensure that they have details of any medical needs/allergies that the child may have and have sufficient medication if needed. They should also have emergency contact details for parents/carers and have an identified person acting in “loco parentis” if the parents/carers are not at the event.

For further information around Safeguarding of all on site please see our **Welfare Plan** <https://www.royaloutrigger.com/safety-documents>.

Briefing

The briefing will take place outside of the main clubhouse. All steerers, and competitors in small boats must attend the relevant briefing where up-to-date course information, hazards and obstructions will be made available, and any changes to the course or programme.

Club/Crew Captain and Paddler Responsibilities

Club/Crew captains, single boats and SUPs must read and note the Safety Rules and Safety Plan <https://www.royaloutrigger.com/safety-documents>.

They are responsible for:

- assessing the risks and the ability of the crew to cope with the prevailing and forecast conditions; in particular to confirm that steerers are experienced and signed off by their club as competent for the conditions they are expected to experience.
- in adverse conditions the Race Organiser may call Club Captains to confirm that their paddlers are able to cope with the conditions.
- checking that their canoe/SUP is river worthy and the appropriate safety equipment is carried (see below);
- ensuring that the crew respects all navigational and safety rules,
- informing finish marshals of the return of any crew/paddlers who have retired

Safety Equipment & Clothing

- All boats/SUPs must carry a mobile phone in a waterproof case with a stored emergency number. The emergency number will be communicated on race day.
- All SUP paddlers must wear leashes
- All paddlers must bring a buoyancy aid with them to the event.
- In the event of adverse conditions, the Race Safety Advisor will confirm if the wearing of buoyancy aids is compulsory for all paddlers.
- Crew captains must ensure that no wellies are worn in any racing boat.

Cold Water Shock

There is a risk of cold-water shock for anyone who capsizes as the water is likely to be below 15c. Holding onto your canoe/board is essential but paddlers should also be aware of the RNLI guidance of 5 steps to FLOAT.

1. Fight your instinct to thrash around
2. Lean back, extend your arms and legs
3. If you need to, gently move your arms and legs to help you float
4. Float until you can control your breathing
5. Only then, call for help or swim to safety

First Aid

There will be a First Aider at the event who will have an event Safety and Emergency Contact sheet. There are two defibrillators on site. One is located in the entrance to the mainland

club site and one in the Island Clubhouse entrance. If competitors have capsized then they will be made aware of water borne diseases as needed. With respect to any potential river pollution, paddlers are recommended to cover any cuts and wash hands after paddling.

RACE COURSE

Warm up and cool down – competitors must keep a look out for all other river traffic. The start and finish area will be buoyed to keep boats clear – but this will mean that more craft will be travelling up and down the Surrey side of the river. A sharp look out must be maintained.

Start – paddlers should navigate to the right-hand side of river within the buoyed area.

Finish – after Stevens Eyot paddlers **must move to the left-hand side of the river** to finish within the buoyed area and finish buoy.

Race 1 – 12km - OC6

Start is about 200metres downstream of the club on Trowlock Island, boats race up to Hampton Court. The turn is around a buoy downstream of the bridge. Turns are anti clockwise. Finish at club pontoon.

Race 2 – 6km and 3km – OC1, OC2, V1, SUPs

6km Start from Club pontoon and turn **below** Ravens Ait Island. The turn is around a buoy downstream of the island. Turns are anti clockwise.

3km Start from Club pontoon and turn around Kingston railway bridge. Turns are anti clockwise.

Both races finish at club pontoon.

Please refer to the race map on page 6 where accident black spots are noted. At the turns all competitors must adhere to Safety Rules 6 & 7:

SAFETY RULE 6. All competitors, officials and others must abide by EA navigation rules. In particular byelaw 34 crossing the river. At the turn all competitors crossing the river must be alert to any craft whose path they may cross and to avoid collision.

SAFETY RULE 7. If there is an overlap heading into the turn (on reaching the flag on the righthand bank), the crew that is ahead has priority and other craft must give way. Not giving way or impeding the leading craft could result in disqualification

For navigation at islands and bridges, please follow the guidance on the following pages. There will be marshals at the turn - on the bank and in a launch.

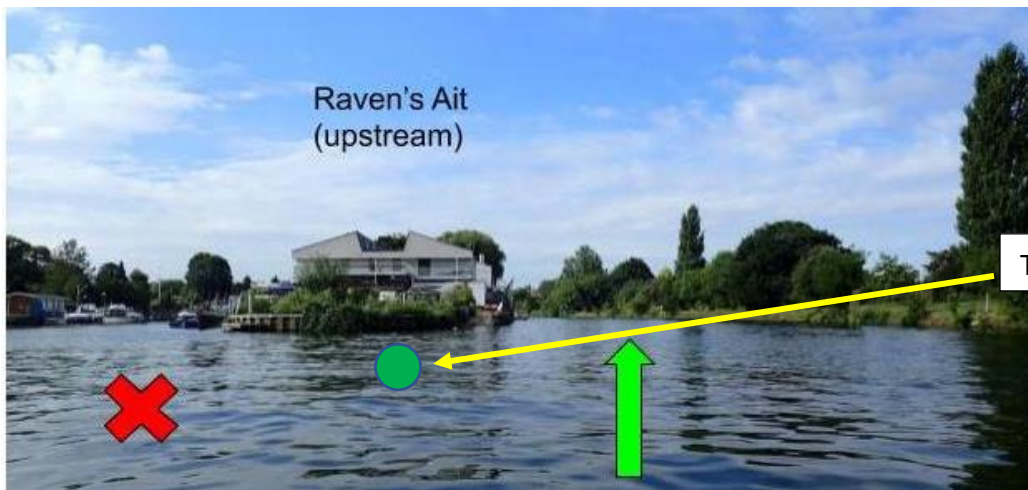
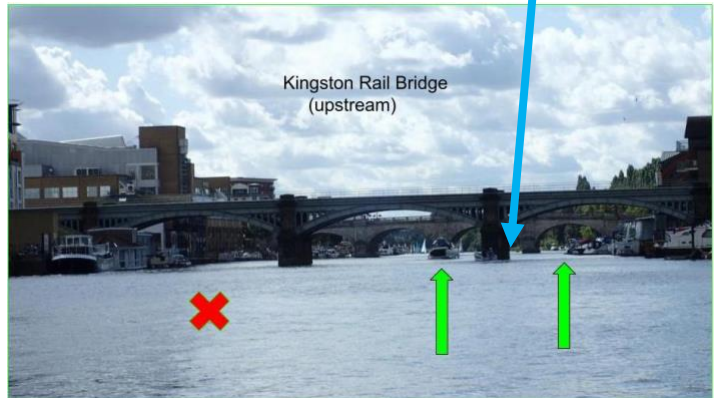
Photos indicating start, finish plus route to take at islands and bridges

Start 12km race

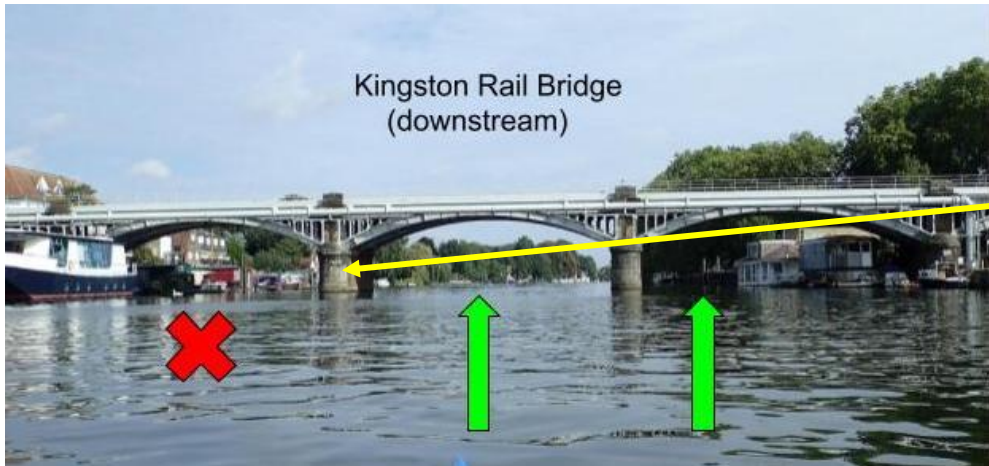
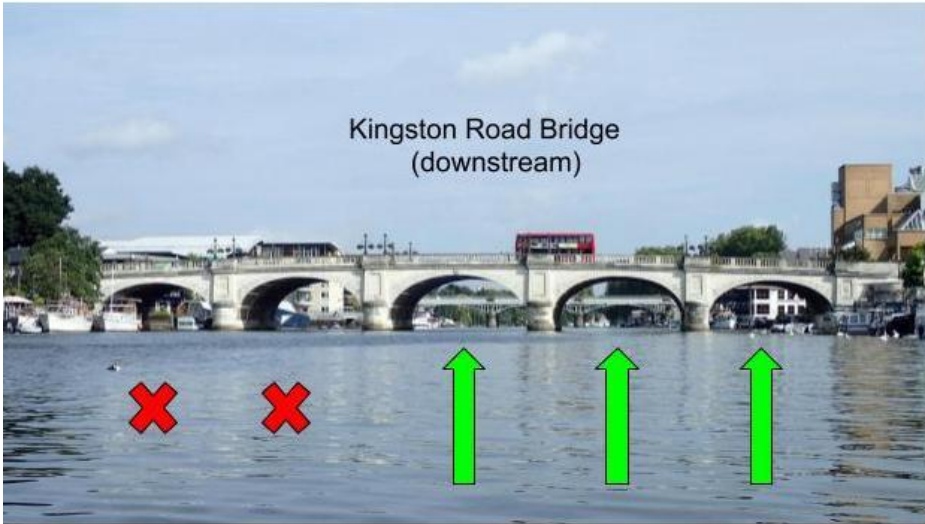
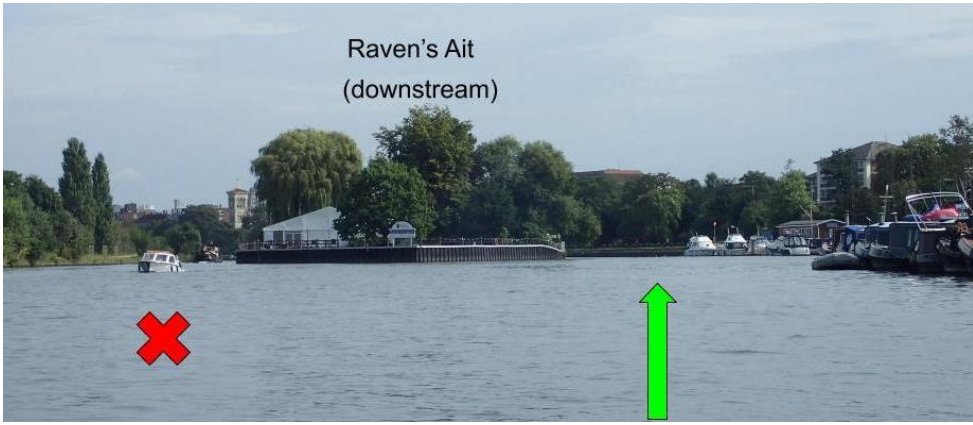
Start Race 2 – 6km & 3km



Turn for 3km race



Turn buoy Race 2 - 6km

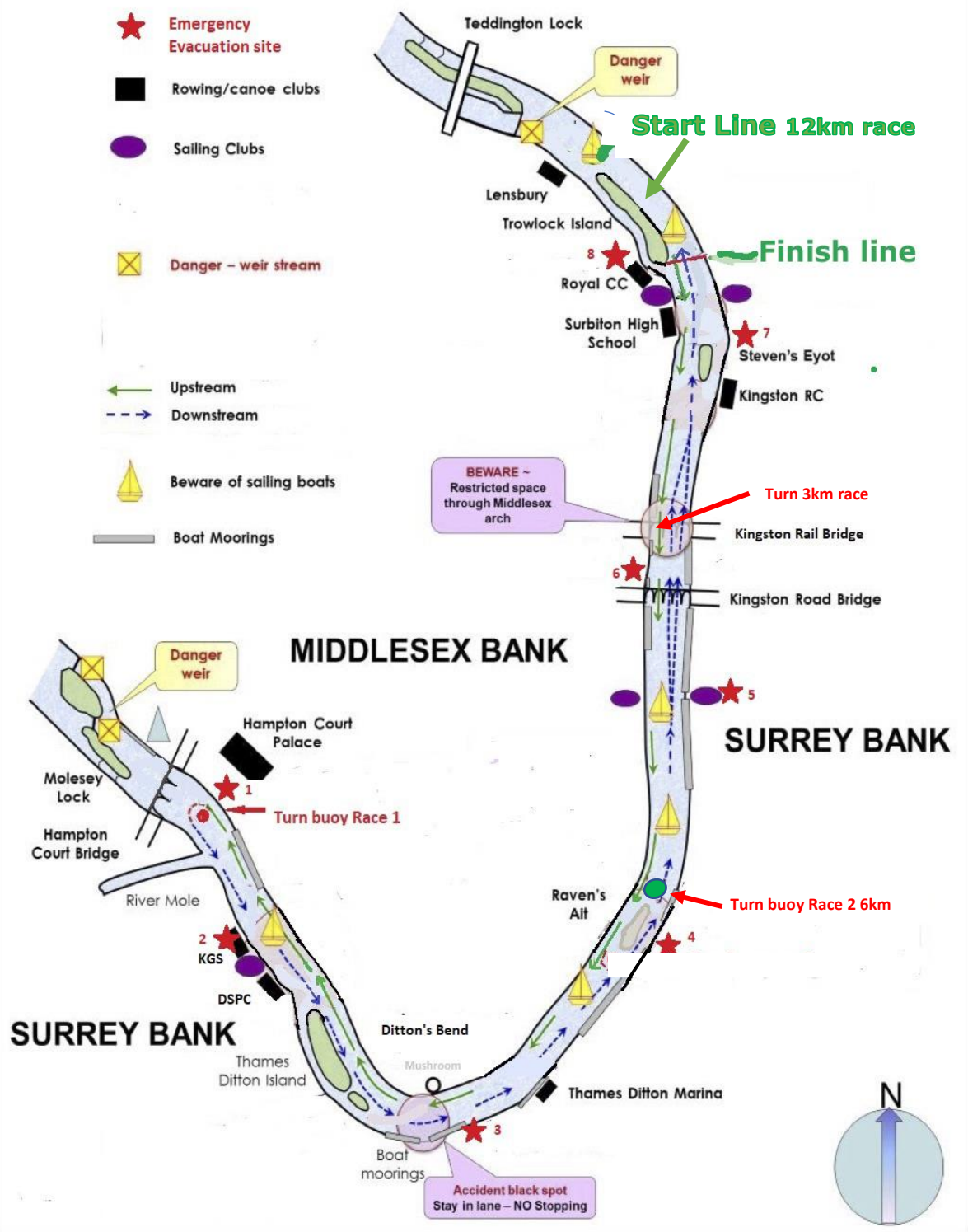


Turn for
3km race



THE HAMPTON COURT CHALLENGE

COURSE MAP



Retirements

All competitors or their crew captains that retire from the race must report to a finish marshal and inform them of their boat number and the fact that they have retired.

Complaints and Appeals Process

Any complaint or appeal must be lodged with Race Control within 30 minutes of the last boat finishing the race. The appeals panel will consider the complaint/appeal and their decision will be final.

Supporters

The race can easily be followed by bicycle along the towpath (Middlesex side of the river) from Kingston Bridge to each race turn. The race finish can be viewed from Trowlock Island but spectators are requested to stay clear of the timing and marshalling officials.

Race Cancellation/Suspension

In the week before the event the water levels in the river will be monitored via the Gauge Map, Environment Agency website and weather forecasts. The event Decision Making Guide will support the process leading up to and on the day of the race. In addition, the Safety Adviser and the Event Organiser, will monitor weather and water conditions during the event and the period immediately prior to the commencement of racing.

The race organisers reserve the right to CANCEL the event up to and including on the day in the case of incident, emergency or conditions. We will do our best to notify Crew Captains but please check the website for the latest information.

In the event of a cancellation the race organisers will endeavour to refund entry fees less any costs.

Helping the Environment

As the last canoe club on the non-tidal Thames we are keen to prevent more plastic reaching our seas! We encourage participants to avoid single use plastics at this event. Water refills are available on site.

Volunteers

This event could not run without the time and effort of all our volunteers before, during and after the event. So, a big “mahalo nui loa” to all involved!

Sponsorship

Our thanks to Icon who have kindly donated some of the prizes

