



ORANGE DESCENT CANOE MARATHON INDEMNITY

SAFETY AND EQUIPMENT

Canoeing South Africa and CDCU have laid down various safety regulations from time to time. The basic rules that will affect all paddlers at all races are as follows:

1. All craft must contain a minimum of 10 litres of buoyancy fixed into each end.
2. Kayaking jackets are mandatory for all B Class river races and should provide a minimum floatation of 6kg lead uplift in water.
3. Helmets are recommended for all A Class river races. The organizers reserve the right to insist on helmets being worn, depending on river level.
4. All paddlers should carry a roll of Duct Tape with them when on river races. The tape may be used for First Aid purposes like immobilizing broken or dislocated limbs and stopping bleeding as well as boat repairs.
5. All paddlers are encouraged to carry a basic repair kit - a small multi-tool, length of rudder-cable or wire and a few cable clamps. Rudder repairs are the most common problem on river races.
6. Competitors in an event who withdraw for whatever reason must notify the organizers of their withdrawal as soon as possible.
7. Competitors must obey the instructions of race officials at all times and failure to do so and / or abuse of the official giving the orders is not permitted. Note that safety regulations on a river race may change during the event from those indicated at the start of the race and officials on the bank during the race must be obeyed.
8. Paddlers of craft with closed or key-hole cockpits must wear helmets and buoyancy aids at all times on the water.
9. If race conditions are such that paddlers of certain proficiency ratings are precluded from racing by the safety officer in charge of the race, no appeal or objection to this rule is permitted.
10. Long distance K1's and K2's used in river racing in KZN should not be constructed with unbreakable decks (eg Kevlar) as this can lead to entrapment in the event of the boat wrapping around an obstacle in the river.

TEN BASIC SAFETY RULES

1. Check all your equipment before you set out.
2. Always check out a rapid you have not seen before, and cannot see the end of, before you shoot it.
3. Always lean towards an obstacle if you are going to hit it.
4. Never brace on the upstream side of the canoe if you are sideways on to the current.
5. Never shoot a weir that you have not checked out before and keep away from all other man-made obstacles.
6. Avoid trees in the river whether paddling or swimming.
7. Always hug the inside of a corner in a fast river.
8. When swimming always try to hold onto the upstream end of your boat. Swim on your back with your feet ahead of you and keep your feet off the bottom until you are in still water. If at all possible, hold onto your paddle as well.
9. In most situations making a decision, even if it is the wrong one, is better than no decision at all and reduces
10. the tendency to panic
11. Never start a race if you are feeling ill.

PLEASE NOTE THAT BREAKING OR REFUSING TO OBEY A SAFETY REGULATION DURING A RACE WILL RESULT IN INSTANT DISQUALIFICATION FROM THE RACE.

1. By signature we acknowledge that we have read the above rules and undertake to abide by them.
2. Assume all risks of participation in the event with full knowledge of these rules and the physical demands.
3. Release and discharge the event organizers and sponsors from all claims for death, injuries, damage or property loss we may suffer arising out of our participation in the event.
4. Undertake to withdraw from the event if instructed to do so by the organizers
5. Agree to meet any costs involved should a rescue call out be necessary.