



VRC RACE SERIES SAFETY GUIDELINES

Version December 2015 (Rev. 2)

Purpose:

- To ensure all participants in VRC Race Series events are briefed on the safety procedures and take necessary personal safety precautions.
- To be distributed and a waiver signed by all participants before racing in VRC Race Series events.

Failure to comply with the safety requirements may result in disqualification and or exclusion from future events.

Paddlers agree that there is risk of injury or death from the activities involved in this sport and that they paddle entirely at their own risk. They are also recommended to carry personal and third party insurance as they deem necessary and agree to sign a separate release that details hold harmless the VRC, their officers, their committee members, agents, employees, and other participants, with respect to any and all injury, disability, death, or loss or damage to person or property, whether caused by the negligence of the Releasees or otherwise.

Race Series Safety Requirements:

1. Participants must have attended the race briefing.
2. Paddlers who pull-out of the race before the finish and are not escorted or removed by a safety boat **MUST** contact the Race Safety Officer on the safety contact number or report their withdrawal in person to the Race Safety Officer. Failure to do this may result in the Maritime Rescue Control Centre being requested to search for them. Paddlers will be liable for any search and rescue costs incurred by a paddler who pulls out and fails to inform either the Race Safety Officer or race officials.

Race Series Safety Recommendations:

3. All paddlers are recommended to paddle the course before each event and ensure they have adequate knowledge, skill, experience and fitness to complete the event.
4. All paddlers are recommended to dress appropriately for the event conditions.
5. All paddlers are recommended to have a whistle attached to their PFD.
6. All paddlers are recommended to carry a handheld position indicating flare with them at all times during the race.
7. All paddlers are advised to carry a mobile phone in a secure 'dry-bag'. Paddlers can call the Race Safety Officer on the number given.

Race Series Mandatory Safety Requirements

The following requirements are mandatory:

8. All paddlers **MUST** carry a 'vest' design Personal Flotation Device (PFD) with inherent buoyancy. Manually inflating devices are not permitted. The PFD may be worn or attached to the craft.
9. For certain events PFDs **MUST** be worn. Paddlers will be notified in the respective race announcement and at the respective race briefing when this requirement applies to an event.
10. All paddlers **MUST** wear a leg leash, attached to both themselves and their surf ski or outrigger canoe or SUP, throughout the race. Paddlers starting the race without a leg-leash attached and/or not carrying/wearing their PFD will be **DISQUALIFIED** and notified at the end of the race.

Cut-off times

11. In certain races cut-off times may be required. These will be communicated in the respective race announcement and at the respective race briefing.

Emergency Contact Numbers:

Race Emergency Number:	Number as assigned on Race Day
Injury Requiring Immediate Attention:	999 Police, Fire, Ambulance
Marine Rescue 24hrs:	2233 7999 or 2545 0181

Be prepared to provide the following information:

- Type of emergency (e.g. injury, boat in distress)
- Emergency assistance required and where to send it (e.g. please send ambulance to the VRC at 1 Island Road, Deep Water Bay or please send Marine Search & Rescue to South Bay near hospital)
- Your name, location, and number where you can be reached
- Any other information they require.