

FBOR'20 – Competitor Waiver Release

ENTRY CRITERIA

INSURANCE

To compete, all individual paddlers must be covered by British Canoeing Event Insurance: Canoe Wales/Canoe England/Scottish Canoe Association/Canoe Northern Ireland. If you're a member of any of these NGBs you're already covered. If you're **not** a member you will have to pay £5/day for day membership (cash at registration) **in addition** to your online entry fee.

Your safety, the safety of your craft, its entire management, including insurance, shall be the sole responsibility of yourself the owner/paddler racing the kayak. Where a kayak/ski/SUP has been borrowed/rented/hired etc. it is the paddler's responsibility that the kayak/ski/SUP meets the required standard and insurance requirements.

When taking part in this event you agree to abide by the [GB Ocean Ski / Canoe Wales rules](#)

COMPULSORY EQUIPMENT

Buoyancy aid/PFD, Calf Leash, Whistle, VHF or Mobile phone (in waterproof pouch with lanyard to PFD) and Orange Smoke Flare

To enter the race online you will be required to agree to a waiver release. We will require proof of your successfully completing a minimum of one equivalent (15+km open-sea) ocean downwind race within the last 12 months. At the very least, you will sign the waiver release form in person which will be your statement of assurance to the Race Officer that you are fit and capable of safely finishing the Fishguard Race.

COURSE DESCRIPTION

Fishguard Bay Ocean Race – FBOR'19 is a demanding, open-sea offshore race for Surfskis and SUPs across 13km of deep water at the meeting of the Atlantic and the Irish Sea. It will be both mentally and physically challenging for all but well prepared, fit and experienced paddlers.

Starting on Goodwick Beach, a) to Pen Anglas, b) 2km of entirely exposed open-sea across the wind, c) about 14km downwind to round Cerrig Edrywy, a rock below the cliffs of Cemaes Head, d) across the wind to finish on Newport Beach (details at Briefing).

The race is intended to be a continuous and intense test of fitness, endurance, boat handling skills, seamanship and common sense for up to 1 ½ hours. As a race committee we have to be sure that every competitor who enters this race is capable, in all the above respects, of successfully completing the course. There are a few safe havens and pull-outs but, for much of the race, you will be up to 2.5km off shore.

Confident self-rescue is essential.

Experienced, competent paddlers with several previous competitions behind them who can be vouched for by other race organisers and known advanced paddlers will enjoy the challenge of FBOR'20. Any paddler NOT having an established record of safe finishes in equivalent races MUST prove their fitness and competence to the

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race officer before or at registration, or you will be excluded from the race.

***Please note that,
in the event of an emergency,
rescue crews have been briefed to prioritise
the survival and safety of the casualty
above recovery of boat or equipment.***

Competitor Waiver Release Statement

“I have read the above description of the Fishguard Bay Ocean Race (The Race) and confirm that I have solid and provable experience in the expected conditions (up to Beaufort force 6) and duration (17km and 1 ½ hours) of The Race. I take full responsibility for the accuracy of my declared experience and competence as provided to the race officer and declare that I am fit and capable of successfully and safely finishing The Race without assistance.

“I confirm that my equipment includes each of the items listed below:

- Bouyancy Aid/PFD
- Calf Leash
- Whistle
- VHF or Mobile Phone (in waterproof pouch with lanyard)
- Orange Smoke Flare

“My safety, the safety of my craft, its entire management, including insurance, shall be the sole responsibility of myself the owner/paddler racing the water craft. Where a kayak/ski/OC/SUP has been borrowed/rented/hired etc. it is my responsibility that the kayak/ski/OC/SUP meets the required standard and insurance requirements.

“When taking part in this event I agree to abide by the [GB Ocean Ski / Canoe Wales rules](#).”

Signed(Paddler/Team Captain)