

SUP ELITE 17km Saturday – Acceptance of Risk

Please read the following statements carefully. By signing below, you are confirming your understanding and acceptance of the risks involved in participating in this demanding 13km open ocean SUP race.

Insurance Requirement:

Competitors must hold current membership to one of the following: Canoe Wales, Paddle UK, Paddle Scotland, or Canoe Association of Northern Ireland. Non-members can purchase [Canoe Wales Day Membership](#) (£5) by following the link when purchasing race entry.

Course Description:

The SUP Elite 17km Race is a demanding, open-ocean, offshore race crossing approximately 17km of exposed, deep water ocean at the meeting of the Atlantic and the Irish Sea. It is mentally and physically challenging even for well-prepared, fit and experienced paddlers.

The course involves:

- 4km START Goodwick Beach around the Outer Breakwater to Pen Anglas
- 10km Exposed open-sea downwind, passing Dinas Head, to round Cerrig Edrywy
- 1.5km across open water against potential wind to the FINISH on Newport Sands Beach

Weather conditions can change rapidly throughout the course duration of approximately 1-2.5 hours. The race is intended as a continuous and intense 1-2 hour test of fitness, endurance, SUP skills, seamanship and common sense.

Experience Requirements:

The course has appointed get out and sheltered water areas but most will be paddled up to 2.5km offshore. Confident self-rescue is essential. All paddlers must be confident at paddling in open ocean in conditions up to Beaufort Force 5.

Experienced, competent paddlers with several previous competition experience who can be vouched for by other race organizers or known advanced paddlers will gain entry to this race. Evidence of successfully completing a minimum 15+km open-sea, ocean downwind race within the last 18 months is required.

Acceptance of Risk Statement

"I have read the above description of the SUP Elite 17km race and confirm that:

1) I have solid and provable experience in the expected conditions up to continuous Beaufort force 5 winds/seas for the full 17km distance and approximate 1 ½ to 2 hours duration of this race.

2) I can consistently self-rescue and remount my SUP multiple times in these conditions.

3) I take full responsibility for accurately representing my experience and competence to the race organizers.

4) I am physically and psychologically fit and capable of successfully and safely finishing this entire race without assistance.

5) I will wear the mandatory GPS tracker securely throughout the race, and return it to the race team after the finish.

6) My equipment includes each all the mandatory safety items listed below:

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

"My safety, the safety of my craft, equipment management, and insurance cover, are solely my responsibility as the owner/paddler racing the water craft. For any borrowed/rented gear, I confirm that it meets all rule and insurance requirements.

"I agree to abide by the **ISA Racing Rules** when participating in this event."

I understand that in an emergency situation, rescue priorities are the survival and safety of casualties over the recovery of craft or equipment.

With my signature, I accept all risks involved in participating in this extremely demanding open ocean race.

Signed(Paddler/Team Captain)