

## **SUP OPEN 13km Sunday – 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 13km Open Race is a demanding, open-ocean, offshore race covering approximately 13km of exposed, open crossings and downwind sections between headlands along the Pembrokeshire coastline. It is mentally and physically challenging for experienced paddlers.

The course involves:

- 3km START Goodwick Beach around the Outer Breakwater then around the Cow & Calf rocks
- 5.5km Exposed open-sea downwind, passing Dinas Head.
- 5km Exposed open-sea downwind, crossing Newport Bay
- FINISH on Newport Sands Beach

Weather conditions can change rapidly throughout the course duration of approximately 1-2.5 hours. The race tests paddler fitness, skills, and seamanship.

### **Experience Requirements:**

The course has exposed sections paddled up to 2km offshore. Confident self-rescue skills are essential. All paddlers must be able to handle open ocean conditions up to Beaufort Force 5.

Experienced paddlers with recent open-water race experience, verified by other organizers, will gain entry. Evidence of completing a minimum 13km ocean race within the last 18 months is required.

## Acceptance of Risk Statement

"I have read the above description of the SUP Open 13kn race (The Race) and confirm that:

- 1) I have solid and provable experience in the expected conditions (up to continuous Beaufort force 5) and duration (14km and 1 ½ hours) of The 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)