

SUP Beach Sprint – 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 - open to all paddlers.

The SUP Sprint Race is about 200m off and back to the Newport Sands Beach and is open to all paddlers.

That comes with the understanding that you'll very likely be punching out through light surf, make a fierce 180° around the turn mark, before sprinting back through the surf to the finish line..

The course involves:

- START between the flags on Newport Sands Beach
- Turn at the mark approximately 100m offshore.
- Return to the Start/Finish line on the beach.

Acceptance of Risk Statement Statement

"I have read the above description of the SUP Sprint Race (The Race) and confirm that:

- 1) I have solid experience in the expected conditions – possible onshore wind and surf, wind up to Beaufort force 5, for the duration 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) My equipment includes each all the mandatory safety items listed below:
 - Bouyancy Aid/PFD
 - Calf or Waist Leash
 - Whistle

"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)