

FBOR'24 SUP Technical Race – 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 Technical Race demands high levels of skill, fitness and experience to achieve a good result. It is mentally and physically challenging for experienced paddlers.

What is a tech race?

Start on the beach, run to the shore, jump on your boards and paddle out through the surf to race on an m-shaped or figure-of-eight course marked with buoys. After completing a few laps, athletes race back to the shore and run up the beach to cross the finish line.

Course To Be Decided on the day.

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 Intermediate to Elite level paddlers, verified by other organizers, will gain entry. Evidence of completing a parallel race within the last 18 months is required.

Acceptance of Risk Statement Statement

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

- 1) I have solid and provable 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)