

# FBOR'25 Elite – Acceptance of Risk

## ENTRY CRITERIA

### INSURANCE

To compete, all individual paddlers must be covered by British Canoeing Event Insurance: Paddle Cymru/PaddleUK/Paddle Scotland/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 Ski. Where a Ski has been borrowed/rented/hired etc. it is the paddler's responsibility that the Ski meets the required standard and insurance requirements.

**When taking part in this event you agree to abide by the [FBOR'25 Racing Rules](#)**

### COMPULSORY EQUIPMENT

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

### COURSE DESCRIPTION

Fishguard Bay Ocean Race – FBOR'25 Welsh National Championships is a demanding, open-sea offshore race for Surfskis, OCs and SUPs across 13 km of very exposed deep water at the meeting of the Atlantic and the Irish Sea. It will be both mentally and physically challenging for even well prepared, fit and experienced paddlers.

Start on Goodwick Beach, a) 3km out around the Outer Breakwater, around the Cow & Calf rocks c) 5.5km exposed open-sea downwind to round Dinas Head, d) 5km of exposed open-sea down or across the wind to finish on Newport Sands Beach (further details in the Online Briefing).

### EXPERIENCE

The race is intended to be a continuous and intense test of fitness, endurance, boat handling skills, seamanship and common sense for 1 to 2 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 and, for much of the race, you will be up to 2.5km off shore. **Confident and consistent self-rescue is essential.**

Experienced, competent paddlers with several previous competitions behind them who can be vouched for by other race organisers or known elite paddlers will enjoy the challenge of FBOR'25.

We will require evidence 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 be required to **provide a signed copy of the Acceptance of Risk Statement**, below, which will be your **statement of assurance to the Race Officer that you are both fit and capable** of safely finishing the Fishguard Race.

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***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.***

### Acceptance of Risk Statement

"I have read the above description of the Fishguard Bay Ocean Race (The Race) and confirm that:

1) I have solid and provable experience in the expected conditions (up to continuous Beaufort force 6) and duration (14km and 1 ½ hours) of The Race.

2) I can consistently self-rescue/remount my ski in these conditions – ***multiple times if necessary.***

3) I take full responsibility for the accuracy of my declared experience and competence as provided to the race officer.

4) I am physically and psychologically fit and capable of successfully and safely finishing The Race without assistance.

5) I conform that I will wear the mandatory GPS tracker securely and take responsibility for returning it in good condition to the race team after I finish.

6) I confirm that my equipment includes each of the mandatory safety 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 Ski / OC / SUP. Where a Ski / OC / SUP has been borrowed/rented/hired etc. it is my responsibility that the craft meets the required standard and insurance requirements.

"When taking part in this event I agree to abide by the **FBOR'25 Racing Rules**"

Signed .....(Paddler/Team Captain)