

# Vatten Paddlar – Canoe, Kayak and SUP Races Rules

1. Age Requirements: Minimum age for the 10 Mile and 5 Mile Races is 18 years. In the case of tandem canoe, only one of the participants must be 18 years or older, the other participant can be under 18 (with parental waiver release.) Under age passengers in canoes and kayaks are allowed (with parental waiver release.)
2. Identification: Race bib must be worn by participants at all times during the race. In the case of tandem canoe, the bib must be worn by the participant sitting in the bow of the canoe.
3. Canoe, Kayak and SUP Requirements: Only paddle-powered watercraft allowed to race in the Vatten Paddlar. No foot pedal or motorized assistance allowed.
4. PFD Requirement: Coast Guard approved personal flotation device must be worn at all times. Failure will result in disqualification.
5. Course Adherence: Participants must stay on the designated race course at all times. (Course will be marked with buoys and the route will be between buoys and the closest shore at all times.) Failure to do so will result in disqualification.
6. Race Start: Mass start for all paddling waves – wave starts are self-seeding. No one will be allowed to start after the race is underway. If you leave the river/lakes for reason other than equipment malfunction or personal health, you are on your own! Motorized safety boats will patrol the course for your assistance.
7. Portaging Requirements:
  - a. There are 2 dams on the Elite Race route, Outlet Bay Dam (a small roller-dam) and the Lock and Dam. Both dams must be portaged and not paddled over. Non-compliance will result in disqualification.
  - b. There is 1 dam on the Lake to Lake Race route, the Lock and Dam. The dam must be portaged and not paddled over. Non-compliance will result in disqualification.
  - c. Assistance in portaging is available to participants at both portages; receiving assistance does not disqualify participants from placing in the race or receiving participation awards.
8. Race Conclusion: Race officially ends at 2:00 PM. No craft will be timed and recorded as finished after 2:00 PM.
9. Release Forms: All Participants must sign a Waiver of Claims and Release of Liability form. Parents must sign for children under the age of 18 who are paddling in a tandem canoe or riding as a passenger in the race.

10. Ability Expectations: 10 Mile Race participants should be able to paddle 10 miles of open water. 5 Mile Race participants should be able to paddle 5 miles of open water. Weather and/or water conditions are not predictable. All paddlers should be prepared for any conditions that may arise.

11. No Firearms Allowed: As crazy as this sounds, some people feel the need to carry guns.

12. No alcohol allowed on any race event watercraft.

## Vatten Paddlar Severe Weather/Safety Policy

The Vatten Paddlar committee is interested in running events that are as safe as possible given the inevitable risks of outdoor activities.

As such, before its events, the Vatten Paddlar safety committee consisting of the Race Director, chief of course, lake safety officer and emergency medical services officer meets (in-person, by phone, or by radio) on the morning of the event to discuss any safety concerns related to the event. Specifically, the safety committee will discuss the course conditions, weather forecast and any other concerns raised by the event that go beyond normal concerns that would be part of any event of this nature.

- 1) The committee may delay, reroute, or cancel the event if, in their discretion, they determine that safety concerns may create an undue risk to the participants.
- 2) Specific lightning policy: **the race will not be started if there is visible lightening, audible thunder, or weather radar showing a threatening system approaching the area.**
  - a) Visible lightning accompanied by thunder within 30 seconds of a lightning strike will result in a minimum 15 minute delay from the last such lightning strike.
  - b) Because of volunteer and police support concerns, the race will not be delayed beyond 1.5 hours from the designated start time.
- 3) In the case of persistent conditions that make it unsafe to run, the safety committee may decide to cancel or modify the route of the event.
  - a) In case organizers determine that conditions have become unsafe once the event has begun, the Committee will decide what course of action to take. For example, if the event has just begun, participants will be summoned back to the start. If the participants are near the end of the course, the Safety Committee may decide to take no action.
  - b) In case visible severe weather develops after the event begins, racers are to take the shortest path to safety.
  - c) Lake safety boats will be informed and assist event boaters off the water consistent with the Vatten Paddlar lake safety monitor duties.
- 4) In case of cancellation registration fees will not be refunded but will be applied to the next year's event.