



St Helena Hospice
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Brightlingsea Regatta and Carnival 2023

Paddle board racing
SATURDAY 22ND JULY 3.00 PM

BSC BEACH START

Organised by Brightlingsea Sailing Club in association with
St Helena Hospice

Eligibility:

1. Stand up paddle boards are eligible to compete in the race and can be of inflatable or solid construction.
2. One crew member is permitted per craft
3. The crew must wear life jackets or buoyancy aids, be competent swimmers and be at least 12 years of age.
4. It is recommended that waist leash belts are used in preference to ankle tethers.
5. Each crew will be issued with an identification number which must be clearly displayed on their chest.
6. No alcohol or "weapons" (flour bombs, water pistols, etc) are permitted.
7. Any competitor that does not comply with these rules will not be allowed to launch and the entry fee will be forfeit. The decision of the Event Security Officer will be final.

Race Rules

Race:

1. **Participants take part at their own risk and no liability is accepted by Brightlingsea Sailing Club or St Helena Hospice for any loss, damage or injury however caused.**
2. **Weather conditions on the day of the race will determine the length of the racecourse and, if necessary, whether the event has to be cancelled. The decision of the Event Safety Officer will be final. Entry fees are non-refundable.**
3. **By participating in the race competitors give permission for images taken by and on behalf of the organisers to be used for promotional, reporting and display purposes.**
4. No craft or participants are allowed on the Brightlingsea Sailing Club launch slipway which is to be kept clear for boat launching and recovery and emergency access only.
5. Participants will assemble in the race assembly area on the beach at Brightlingsea Sailing Club from 14.00.
6. The crew of each craft must present themselves at Registration by the clubhouse on the day of the regatta to complete the necessary registration and disclaimer form (note consent forms must be signed by a parent/responsible adult for competitors aged under 18). They will be given a safety tally band which must be worn on the wrist during the race and returned to the Event Safety Officer at the end of the race.



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7. In the event that the entry numbers require that racing be run in divisions, the divisions and race order will be determined by the organisers.
8. The start(s) will be a Les Mans style start from the beach in front of Brightlingsea Sailing Club.
9. The Race(s) will start from the beach when signalled by the Starter. Details of the starting procedure will be confirmed at Registration on site.
10. The race route will be around a course starting at the beach, going around a turning mark to the west of Brightlingsea Sailing Club beach (exact location will be confirmed on the day and will be dependent on the weather conditions on the day), leaving the mark to port – on the left side of the craft – and then returning to the sailing club.
11. To finish, the craft and crew must cross the Brightlingsea Sailing Club finish line.
12. Once past the finish, craft will return to the launch beach and must then be removed from the beach as quickly as possible to allow space for subsequent regatta events.
13. If a craft cannot finish, or cannot after finishing return to the launch beach, the crew must come ashore at the nearest available point where they can then carry the craft back to the launch beach.
14. There will be safety boats and personnel along the route able to be called in to assist in case of an emergency.
15. No interference with other craft will be allowed. Race marshals will report any such activity for possible disqualification of the offending raft.
16. No flotsam, jetsam or other debris is to be left in the water or on the beaches.