



sydney harbour  
SURF CLUB

**Vaikobi**  
OCEAN PERFORMANCE



## SYDNEY PADDLE SERIES



# **Race Guide**

## **Mosman Marathon**

**Saturday 26<sup>th</sup> February 2022**

**Middle Harbour, Mosman NSW**

Thanks for being a part of the Mosman Marathon, Race 2 of the inaugural Sydney Paddle Series (SPS), a collaboration between Manly Warringah Kayak Club, Sydney Harbour Surf Club and Shark Island Paddlers, supported by Paddle NSW and Paddle Australia.

Like most events over the last 18 months, Covid 19 has changed the way we run procedures on the day. This guide replaces the traditional Race Briefing, so please be sure to read about the race day procedures and the course layout.

You also must check-in using the QR code provided.

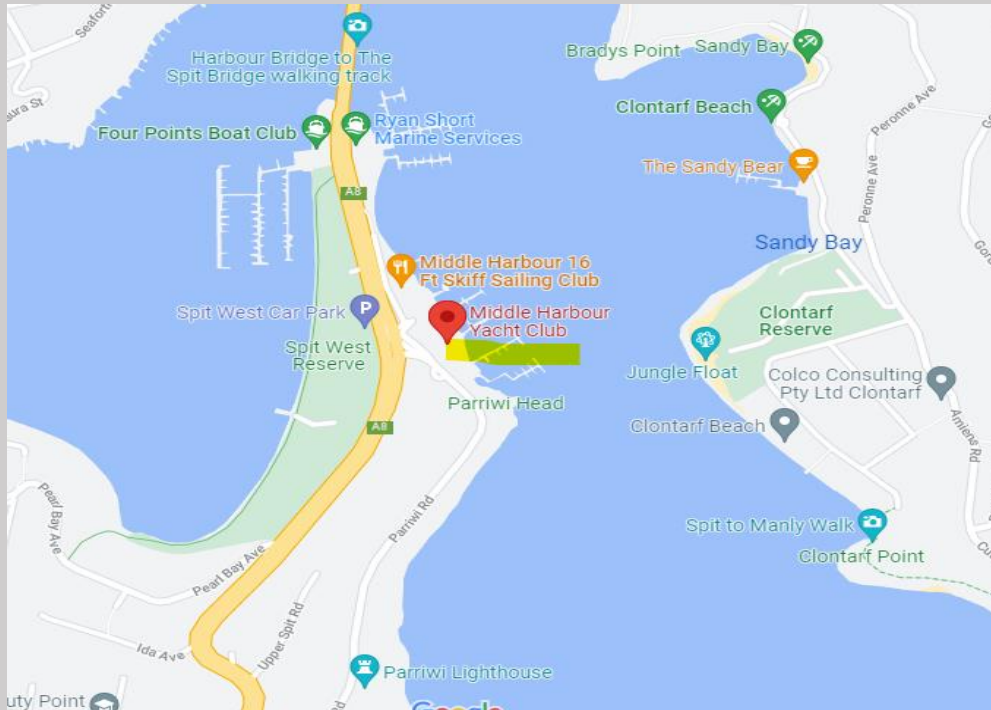
### **Covid-19 Procedures**

The latest NSW Health advice can be found here:

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/default.aspx>

- Do not attend if you are unwell or display any Covid-19 symptoms.
- Do not attend if you have had a Covid-19 test and have not yet received a negative result
- Only handle your own equipment, and wash your hands regularly
- Consider the welfare of others – if in doubt about your Covid-19 health status, do not attend.

## Race Day Procedures



This event is conducted at Middle Harbour Yacht Club, Parriwi Road, Mosman NSW. There is metered parking in the Spit West Car Park across the road, on Parriwi Road (with minimal parking at the Yacht Club car park) and at Clontarf (paddlers can paddle across from Clontarf for race briefing and safety check). Please note the following and refer to the attached MAPS.

- **Race check-in opens between 06:30am – 7:30am.** You must check in with your Service NSW App using the QR Code available on the day, and then check-in with the race timer.
- There will be one check-in queue. Please maintain social distancing whilst waiting. Plan to arrive early to avoid delays.
- **A race number will be issued** at check-in. These must be affixed on the LEFT HAND SIDE of your craft so they are visible to finish line staff. Failure to do so may result in your time not being recorded.
- **Ensure you have the minimum safety equipment:**
  - PFD (life jacket)
  - Leg Leash. *See race rules.*

These will be checked prior to race start and at the finish line.

Failure to have the required minimum safety equipment will lead to disqualification (DSQ).

## **Race Start / Finish Procedures**

- **Race briefing** at MHYC **7:40am**
- Paddlers must enter the water through the “entry gate” (two flags) to enable the mandatory equipment check.
- The start line will be near the MHYC Marina, where the Sydney Water pipe crosses to Clontarf. Start line will be fully explained during the race briefing. Paddlers are required to stay the behind the start line until your race category has been called up. Starts will commence as follows:

Intermediate:	07:55am.
Long Course Singles:	08:05am
Fun, <u>all</u> short course and all Doubles:	08:10am

**DO NOT break the Start.** You must remain behind the start line until the siren is sounded. Anyone breaking the start will incur a 2-minute penalty.

- A 1-minute warning will be given by the Race Director verbally over a loud-hailer in the start area, listen out for this call.
- **Race Start** will be signalled by the Race Director though a **single blast of an air horn**
- You **MUST GIVE WAY** to all other waterway users.
- Remember, **you are required to assist any paddlers in difficulty throughout the race.**
- If you see any of the safety boats **wave a red flag** on course, the race has been stopped and you must proceed as directed by the safety boat.

- Your course will be marked by orange buoys. Take note of the course maps to clear on which side of the buoys you should be on depending the direction in which you are paddling, i.e out v return, to avoid collision risk with oncoming paddlers. If in doubt and collisions potential arises, use maritime rules of diverting course you are travelling to the right.
- There is a **minimum progress cut-off point for the Long Course**. If you have not reached Middle Head (on the first passing) at a time determined acceptable to the organisers (given conditions on the day e.g., wind) you will be turned around and required to paddle back to the start. As a conservative guide, the minimum still/flat water speed is 7.5 km/h and may be varied on the day.
- **The Finish Line** will be at a set location on MHYC Marina. You will paddle between the **large black and white checker marker buoys** to finish the race. **DO NOT call your race number as you cross the line UNLESS asked** to do so by one of the Finish Line officials/timers.
- If conditions warrant on the day, organisers may choose to run a Contingency Course within the confines of Middle Harbour and will not pass Grotto Point.
- If there is adverse weather predicted, a decision to run or postpone the event will be made at 3pm the day prior and communicated via social media or [mwkc.org.au](http://mwkc.org.au)



## AREA MAP



## COURSES

**Short Course 10Km:** (1 x Long Lap) MHYC – Balmoral Beach – Middle Head – Georges Head (turn LEFT around **orange** buoy) – (Follow course back) Middle Head - Balmoral Beach – MHYC Finish

**Long Course 20 km:** (1 x Long Lap) MHYC Start – Grotto Point – Past Dobroyd Head to orange buoy – **right turn** (left hand side of northern **orange** buoy) Middle Head – Georges Head – Bradleys Head – turn left around orange buoy located just past Bradleys Head – *return lap* – Bradleys Head – Georges Head – Middle Head - Dobroyd Head – **left turn** around southern **orange** buoy – then Grotto Point – on to MHYC Finish line.



# COURSE MAPS

## LONG COURSE





## Short Course





# **SYDNEY PADDLE SERIES RULES & SAFETY REQUIREMENTS**

- All paddlers must be able to swim a minimum 50m unaided in open water.
- All paddlers, no matter what craft used, must wear a Level 50 or 50S non- inflatable life jacket that conforms with Australian standards.
- Ski paddlers must be able to remount their craft without assistance.
- One paddler of every Ski or SUP must wear a leg leash.
- All kayak paddlers must use a paddle leash and are advised to wear a skirt.
- Kayaks must have sealed compartments or additional buoyancy material fitted.
- Equipment will be visually checked at the start and again as paddlers cross the finish line.
- Non-compliance with the above will lead to instant disqualification from the race.
- All competitors MUST GIVE WAY to commercial vessels.
- A 'one minute' warning to be signalled by Race Director verbally over loud-hailer in starting area
- The race will be started with the blast of an air horn.
- When you finish, you must pass back through the start line marked by black and white chequered buoys.

**PADDLERS WHO JUMP THE START WILL BE NOTIFIED TO THE RACE DIRECTOR AND HAVE TWO (2) MINUTES ADDED TO THEIR DOCUMENTED FINISH TIME**

## **WEATHER AND CANCELLATION POLICY**

The Sydney Paddle Series is committed to providing safe, enjoyable racing for intermediate and advanced paddlers on protected harbour waterways in NSW.

Adverse conditions in the form of 'white caps' and excessive swell typically signal the arrival of difficult conditions for the less experienced paddler.

Consistent with the PNSW Harbour series, the Sydney Paddle Series organisers have set the upper wind level of 18 knots steady (with peaks above) as the upper safe limit for harbour races, but this may change slightly depending on the particular course or wind direction involved.

**A decision on whether to proceed will be made between 12.00pm and 3.00pm on the day prior to the race. The decision will be published on social media and under 'Latest News' on [mwkc.org.au](http://mwkc.org.au). Please keep an eye out for last minute changes**

**Organisers also reserve the right to modify the course, or use an alternate course which is more protected. The alternate course for this event will be contained within Middle Harbour and will not pass Grotto Point.**

**Finally**, where possible, a race that has been postponed or cancelled on the day, will be run at a later date.

All entries for that race will be transferred to the new race date. No refunds of entry fees will be possible, and entry fees cannot be transferred to a different race.

## **SAFETY BOAT PLACEMENT**

The race is supported by a safety boat contingent, both for short and long courses

Any paddler requiring assistance should make themselves known to any of these boats and assistance can be rendered via radio/mobile phone. Competitors are reminded of the Race Rules which make it mandatory to provide assistance to any paddler in distress. Time allowances will be made for any time taken performing a rescue.

Safety boat deployment remains flexible to the prevailing conditions on the day. The following is the tentative deployment envisaged, subject to amendment at the discretion of race management.

### **Short Course:**

- A lead boat will escort the fleet until George's Bay. At this point, the lead boat will maintain position at George's Head and ensure that all participants turn as required at this buoy (Boat #1)
- 2 safety boats will cover the course from the 2<sup>nd</sup> turning buoy near Middle Head to a point at which craft are clear of Middle Head and on a safe course to

George's Head. These boats will remain in this area for paddlers returning to this zone after rounding George's Head (Boat #2 and Boat #3)

- A safety boat will follow the last paddler until he/she has navigated the final turning buoy at Balmoral Beach (Boat #4).

### **Long Course:**

- A lead boat will take the fleet until Bradley's Head turning buoy. At this point, the boat will provide coverage to the back end of the fleet (Boat #5)
- A boat will be stationed at the Bradley's Head turning buoy, ensuring that all participants turn at this point (Boat #1 redeployed from Short Course)
- 2 safety boats will patrol the Middle Head region (Boat #2 and Boat #3 from Short Course)
- A safety boat will be positioned at the back of the fleet for the duration of the race (Boat #6)
- A boat will be in station in the vicinity of Grotto Point for the return leg of the race. Prior to the leading craft reaching this point, this boat will patrol the area between Grotto Point and the Northern Buoy (Boat #4 redeployed from short course)
- A boat will patrol the Dobroyd Head/Northern Buoy area. After the fleet has passed this area in the outbound leg and before the fleet returns to this area in the return leg, this boat will patrol the open water East of Middle Head (Boat #7)

## **RACE OFFICIALS**

Race Director: Peter Grimes and Luke Horder

Safety Director: Tony Mitchell and Spencer Richards

First Aid: Deanna Stratford – PNSW / St Johns First Aid



## **FIRST AID**

Onshore First Aid coverage will be provided by the First Aid provided used by PNSW Marathon/Harbour Racing (Deanna). The first aid tent will be located at the Start/Finish.

Additionally, the MWKC Club Defibrillator will be placed in a safety boat to allow on water response.

**END**