



**Illawarra Canoe Club Inc.**

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Tuesday, 11 May 2010

Dear Paddler

The Illawarra Canoe Club regulations requires any person participating in any Illawarra Canoe Club sanctioned activity to be a member of:

1. Illawarra Canoe Club or any other canoe/kayak club affiliated with Paddle NSW or Canoeing Australia; and
2. Paddle NSW or Australian Canoeing.

The ICC Ocean Series 2010 will be one of these events.

**The organizing committee has the right to refuse a competitor start if they consider :-**

- ◆ That the craft does not meet safety requirements.
- ◆ The competitor is not sufficiently skilled for the paddling conditions.

**Series rules are :-**

- ◆ **Safety is paramount.** If there is a paddler in difficulty or falls from their craft fellow competitors must stop and provide assistance to this paddler. Failure to do so may result in exclusion from the event and the series for the paddler/s who did not provide assistance.
- ◆ All paddlers must **sign in** prior to starting and **sign out** at the completion of the event. Failure to do so may result in exclusion of the event results and the remainder of the series for those paddler/s.
- ◆ All paddlers must attend **race briefing** prior to the event – this will normally be (approx) 15 minutes prior to the start.
- ◆ An event may be cancelled at late notice if conditions are considered unsuitable. The decision may be made as early as noon on the Saturday prior to the event or as late as the morning of the event.
- ◆ Paddle or craft leashes will be required if the conditions deem so. When required, any paddler that does not have a paddle or craft leash will not be allowed to start the event. **There will be no exceptions.**

It is requested by organisers that the more experienced paddlers – normally division 1 and 2 – provide assistance to less experienced paddlers following completion of their race. As part of their warm-down, they can return to the course to offer advice, encouragement and a safety back-up.

# ICC Ocean Series 2010

## Entry form: (Please Print)

Name \_\_\_\_\_ Male/Female

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Phone \_\_\_\_\_ OR Email \_\_\_\_\_

Date of Birth \_\_\_\_\_

Emergency contact name \_\_\_\_\_ Phone \_\_\_\_\_

PaddleNSW Membership Number \_\_\_\_\_

Double partners name \_\_\_\_\_

Entries close at 8:30am, Race briefing (Approx) 8:45 am, Race Start (Approx) 9:00am

16<sup>th</sup> May Mullet Creek race 1 (Competency and time trial)

23<sup>rd</sup> May Wollongong Harbour

30<sup>th</sup> May Wollongong Harbour

6<sup>th</sup> June Wollongong Harbour

13<sup>th</sup> June Wollongong Harbour

20<sup>th</sup> June Wollongong Harbour

Official use only:

### Event Division

Division 1	<input type="checkbox"/>	Division 2	<input type="checkbox"/>
Division 3	<input type="checkbox"/>	Division 4	<input type="checkbox"/>
Division 5	<input type="checkbox"/>		

**Craft Number:**

**Please turn over and sign waiver**

# ICC 2010 Ocean Series

## WAIVER

### MEDICAL ADVICE

- Don't compete if you have been suffering from any illness within the previous 48 hours.
- Stop if you are dizzy, have chest pains or nausea and seek help from our medical teams along the route.
- If feeling unwell, raise 1 hand directly above your head and other paddlers will assist you. First Aid station will be provided on course at the finish line.

### DISCLAIMER

- I, the undersigned, in consideration of and as a condition of my entry, for myself, my heirs, executors and administrators, hereby waive all and any claim, and any other right of course or action which I or they might otherwise have had, arising out of my life or consequent upon my participation in the said event.
- I hereby attest and verify that I am physically fit and have sufficiently trained for this event and that a licensed medical doctor has verified my physical condition.
- I agree to be bound by the official rules and regulations of the event.
- I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during the event.
- I hereby permit the free use of my name and picture in broadcast, telecast and the press as they pertain to the event.
- I hereby agree that in the event of as race cancellation due to storm, rain, inclement seas or weather, winds or another "Act of God" conditions my entry fee shall be non-refundable.
- Illawarra Canoe Club, Paddle NSW and any associated sponsors, promoters or any of their agents, servants or members shall have no responsibility liability for injury, loss or damage to craft.

I understand and accept the above DISCLAIMER, RULES and CONDITIONS of the Ocean Series.

**Name:** \_\_\_\_\_  
(Parent or Guardian if under 18yrs)

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_