

To: 2017 CVGT Echuca Mini Marathon Paddlers
From: Canoeing Victoria Marathon Committee
Date: 1st September 2017
Subject: **Safety requirements for participation in the 2017 CVGT Echuca Mini Marathon**

All paddlers are required to have the following safety equipment with them while on the water.

1. A correctly fitted Type 1 or Type 2 PFD complying with AS4758 Level 50 or higher. Please note inflatable PFDs are not acceptable, due to the need for the paddler to be conscious to activate the PFD and for the need for annual testing to ensure compliance.
2. A pea-less whistle, tied to your PFD. This provides greater range in alerting others to your situation than shouting. Toy whistles are not acceptable.
3. An emergency blanket and a dry bag with a change of clothes (e.g. a thermal and/or cag and a hat/beanie).
4. Appropriate clothing (including headgear) for the conditions (heat, cold, sun, wind, etc.).
5. Sufficient food and drink.
6. All craft must carry a mobile phone in a waterproof pouch. The mobile phone should have the "Emergency+" and "Glympse" apps loaded. These apps are free. The Emergency+ app provides rapid access to 000, SES and Police services, as well as providing your latitude and longitude coordinates to aid in the event of rescue. The Glympse app is a tracking app that enables your land crew and event safety personnel to determine your location.
7. All craft must have sufficient fixed buoyancy to remain floating level when full of water.
8. All craft must have a race number holder fixed to the craft so that your craft can be identified. (For SUP and ski paddlers: these holders can be affixed with double-sided waterproof tape).

There will be three safety boats on the river, equipped with UHF radios. The checkpoints (Start, "C", "D" and Finish) will also have UHF radios.

As with all our marathon races, all paddlers are required to offer assistance to any other paddler in difficulty. Please do not pass another paddler in difficulty; ask if they need assistance. We shall provide an adjustment to your race time to reflect the time you spend helping others. Failure to assist another paddler in distress will result in disqualification.