



CHELMSFORD SPRINT REGATTA

26th March 2023
Information Pack





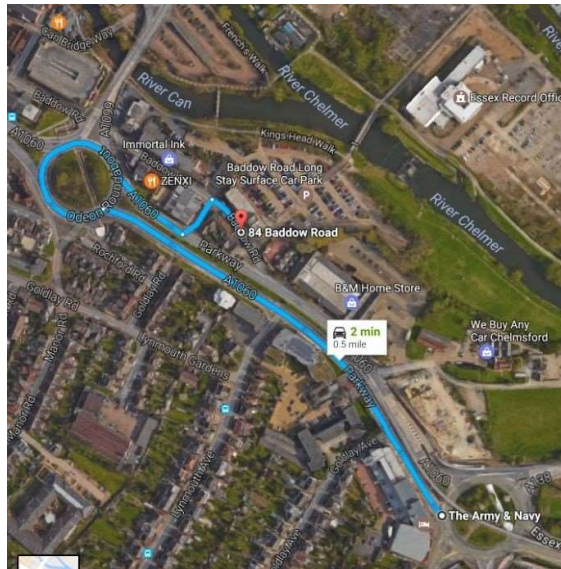
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Venue: Chelmsford Canoe Club

Where is Chelmsford? Chelmsford is to the East of London just off the M25, some examples of approximate travel times from other clubs are below;

Bishops Stortford	25 Miles	00:40
Barking & Dagenham	35 Miles	00:45
Cambridge	47 Miles	01:00
Tonbridge	50 Miles	00:55
Royal / Richmond	70 Miles	01:25
Leighton Buzzard	72 Miles	01:35
Elmbridge	75 Miles	01:15
Wey	76 Miles	01:15
Viking Bedford	80 Miles	01:45
Norwich	82 Miles	01:54
Reading	90 Miles	01:40
Falcon Oxford	100 Miles	01:40
Nottingham	150 Miles	02:30

PARKING: Parking is available at Baddow Road, CM2 7PJ



With our City Centre location and limited club space we are unable to offer Free Parking. We have limited space for Disabled parking on site, please contact us if you have a specific requirement.

The car park restriction height barrier will be open between 9:00 - 09:30am.

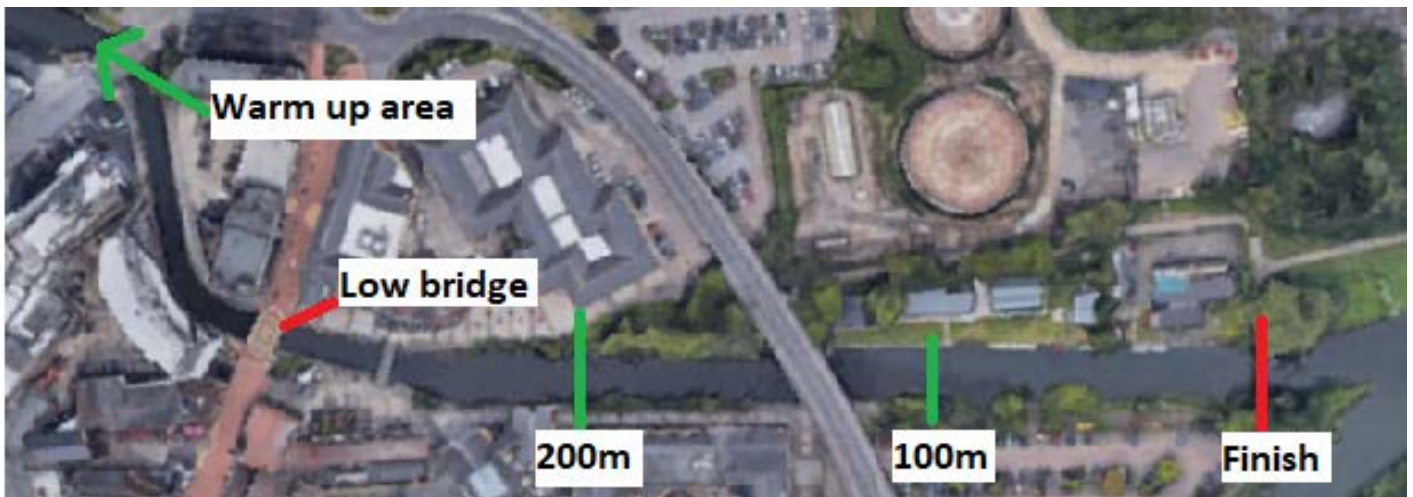
Trailer parking must be pre-arranged with the club, please advise us of any requirement when submitting your entries.



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Event Timings:	Check In:	9:00 – 09:45
	Briefing:	10:00
	Boat Checks:	From 10:10
	200M Heat 1:	10:30
	200M Heat 2:	11:15
	Break:	12:00
	100m Semi Final:	12:45
	100m Final:	13:15
	Prize Giving:	14:00

Race Area



Boat put in from the club and travel upstream to warm up area, There is a Low bridge on route to warm up area any C1 paddles to speak to Race organiser before getting on.



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The Club Site:

- 1) Check In Desks
- 2) Race Control (Team Leaders & Officials Only)
- 3) Results (outside)
- 4) Female Changing & Toilets
- 5) Male Changing & Toilets
- 6) Drink and Cake (First Aid Point)
- 7) Barbecue



Fire Safety:

If the fire alarm sounds, please exit the club house via the nearest exit and club grounds and head to the muster point in front of Under the high bridge. No fire alarm tests or drills are planned.

Toilets:

We have 4 toilets on site, 2 Men's on the left hand side of the Kitchen Area and 2 Ladies on the right hand side of the Kitchen.

Disabled Facilities:

We have separate disabled changing and toilet facilities, please contact the race organiser if you require access to this area.



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Entries, Rules and Fees

Fees:	Senior:	£6.00 per seat
	Junior:	£5.00 per seat
	Late Entry:	+£2.00 per seat

The above fees include British Canoeing race Levies

Please make cheques payable to: Chelmsford Canoe Club.

Entries: To be received by midnight on **Friday 24th March 2023** using the provided entry spreadsheet.

Payment for entries will only be accepted on the day, cash, card or cheque. Please do not post cash or cheques.

Entries should be accompanied with Proof of membership of British Canoeing, any not provided in advance will be checked on the day.

Please enter your team entries to:
chelmsfordraceentries@gmail.com

Rules:

BC Sprint Rules apply as per the racing year book,

Canoe Sprint is a non-contact sport, any reports will be investigated and penalties including time penalties and disqualification. Serious incidents will be reported to British Canoeing in line with incident reporting protocols.

Approved life jackets or buoyancy aids must be worn by all paddlers that are not ranked Sprint Division A,B C or ranked Division 6 or higher. Any paddler should wear buoyancy aid if directed to by their team leaders. In certain circumstances buoyancy aids may be made compulsory for all competitors if conditions dictate.

All boats must carry sufficient buoyancy to remain afloat and support their crew in the event of capsize. **In all cases there should be visible additional Buoyancy on Inspection.**

All boats will be subject to a boat check prior to access to the water being granted, any boats not being or meeting additional buoyancy standards will not be allowed access to the water. Acceptable buoyancy can include;

- 1) Visible air bags
- 2) Bulkheads
- 3) Appropriate foam buoyancy



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Important Notices

- Pre-Event Communications:** Official sources of Information on the event will be the Race Organiser (Owen Shephard-Wyatt) by email (chelmsfordraceentries@gmail.com) or Chelmsford Canoe Club website
Communication during event will be via the event team
- During Event Comms:** Team Leaders will have submitted contact details ahead of the event and this will be used for emergency contact during the event by the Race Organiser.
- Bank Safety:** The banks and the tow paths around the river may be slippery, uneven.
- Photos & Social Media:** Please can you tag any photos on Instagram or Twitter with the hashtag #CLMSprints23
- Trailer Parking:** If you intend to bring a trailer, please contact the Race Organiser for details.
- Tall Vehicles Parking:** Access through the height restriction is tightly controlled at the request of the council, this will be open between 9:00 and 9:30 before the race and 14:30 and 15:00 after the event.
Arrival or departure outside of these windows must be arranged via the Race Organisers.
- Construction Works:** The development of the Wharf Road peninsula is well under way, this area is an active construction area and people should not enter this area.
- Data:** As part of the entry process we will be collecting name, club, BC Number, Age Group (Senior, Masters, and Junior Age Category)
Proof of BC Membership may be required on request.
Results information will be shared with BC via the SRC as well as published on the Chelmsford Canoe Club Website
Team leaders contact information will be collected on the day for contact purposes



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Sustainability &
Environment:

Disposable drink systems, energy gel sachets and other racing rubbish should be disposed of appropriately, any reports of littering by competitors may lead to time penalties and disqualification

Boat Clean Down:

We kindly request that all competitors clean down their boats to remove organic material to help prevent the spread of invasive species.

Lastly only team leaders are allowed at race control, for entries, queries and any other business.