BUCS Flat Water Kayaking Norwich 2026
Safety Briefing

1. Welcome to the BUCS Flat Water Kayaking event

- It is a hot / cold day. Please make sure you wear sunscreen / wear enough clothing and that you drink enough particularly if you are racing.
- There is no scheduled fire alarm test at Whitlingham Boathouses over the weekend so if you do hear the fire alarm please treat it as a real emergency and evacuate the building to the designated assembly point. The fire alarm is a continuous bell. The assembly point is between the Norwich Canoe Club boat house and Whitlingham Adventure near the trailer park.
- Smoking and vaping are prohibited at both Norwich Canoe Club and Whitlingham Adventure - this includes the immediate vicinity as well as the buildings themselves.

2. Briefing for Paddlers

- **Briefing:** Team Leaders are required to attend the Safety Briefing at 9am, promptly, on Saturday morning.

3. Rules and Racing

- **British Canoeing membership**
  - BC membership is required for all competitors.
- **The Sprint Racing Rules in the 2026 Racing Handbook will apply to this event:**
  - Failure to observe sprint racing rules may result in a time penalty or disqualification.
  - Failure to observe racecourse rules (do not paddle on to the racecourse unless you are racing) and navigation buoys may result in a time penalty.
  - The organizers have the right to introduce further event-specific rules.
- **Safety**
  - There are safety boats on the Big Lake during racing (but not on the river if you warm up there - you do so at your own risk). If you are a competent paddler and you see someone in difficulty, please assist.
- **Lane Numbers**
  - Please bring and use racing lane numbers for your boat if you have them. It will make it easier for officials.
- **Checking in to collect Competitor Numbers**
  - Check in is open at the following times and location:
    - Friday 20th: 18.00 - 20.00 (Gym - upstairs at Whitlingham Boathouse)
    - Saturday 21st: 8am - 10.00 am (Gym - upstairs at Whitlingham Boathouse)

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- **Competitor Numbers**
  - Please wear bib with your competitor number over your University / College racing vest/top when racing
- **Racing colours**
  - All paddlers, where possible, must wear their University or College colours.
  - In the event that poor weather requires the use of extra layers or buoyancy aids, University / College colours should be worn on top of these with your competitor bib over the top of the racing colours i.e. the Bib with the competitor number on it must be the top layer.
- **Scratching / retiring**
  - Please contact Race Control, located at Whitlingham Adventure, to inform them if you are not racing.
- **Progressions**
  - The timetable, lane numbers and progressions will be available on the Linktree App. The link is:

    https://linktr.ee/BUCSCanoeSprint2026

  - You can scan the QR codes that are up around the site.
- **BUCS points**
  - These are awarded by BUCS after the event.
- **Race Protests**
  - Any protests concerning racing must be made within 30 minutes of the race finishing to Tim Scott on 07944 209 522.
- **Medical Conditions:** Competitors must bring to the race organisers' attention any known medical conditions that may adversely affect the safety of a competitor.
- **Buoyancy aids:**
  - All paddlers with a Sprint ranking of Men's D or Women's D, or below, must wear a buoyancy aid.
  - If you are unranked then you must wear a buoyancy aid.
  - Paddlers competing in a Surf Ski, and who have been signed off by their coaching team as competent in self-rescue, are exempt from the requirement to wear a buoyancy aid

- The Race Director and organising committee will make a decision on any buoyancy aid requirements for all other paddlers in the event of bad weather and this decision will be communicated to all paddlers prior to the race starts.
- Any paddler who is required to wear a buoyancy aid, who is found on the water not wearing a BA, will be immediately disqualified.

- **Boat check and boat buoyancy:**
  - All boats must have enough buoyancy in them to support the boat and the paddler(s) in the event of capsizing. Failure to do so will result in being DQ'd.
- **Boat weight**
  - Boats will be called to boat weigh-in at random after a race has finished. The first 4 boats in all Finals will be weighed. Any boat found to be underweight will be immediately disqualified.
    - K1 boats must weigh a minimum of 12kg.
    - C1 boats must weigh a minimum of 14Kg.
    - K2 boats must weigh a minimum of 18kg.
    - C2 boats must weigh a minimum of 20Kg.
- **Warm Up Paddling**

Friday - please use the river and not the lake

Saturday - the lake opens at 9am for warm up and racing starts at 10.30. Please do not use the lake before 9am. The river is open before this time.

Sunday – the lake opens at 08:30 for warm up and racing starts at 08.50. Please do not use the lake before 08:30. The river is open before this time.

NOTE: All warm-ups are carried out at the paddlers own risk. There is no safety cover for warm-ups on the river and only within the race area during designated times. We strongly recommend there should be a minimum of two paddlers on the water, together, for any warm-up.

3. Medical and Safety

- **General safety:** This is an area open to the public so please be careful when moving boats around and be considerate to all. Please exercise the normal cautions with potentially slippery areas and potential trip hazards.
- **Footwear:.** We strongly recommend you wear something on your feet at all times.
- **Getting on/off the water:** The launch point is marked on the map. Because of recent rainfall the get in may be wet and very slippery, and may be partly under water. You will get wet feet. We recommend you consider suitable footwear

- **Other Paddlers:** If you see a paddler in distress you must ask if they require help. Do not just paddle by. Consider whether they need help, even if they say they do not.
- **Safety boats:** There will be safety boats should anyone require them. They will assist anyone requiring it to a point of safety.
- **Capsizing:** In the event of a capsize, if you can swim (with your boat) to the bank please do so. Consider the direction of the wind and distance to the bank. Swimming with the wind behind is preferable. If you are more than 25m from the bank wait for assistance.
- **Leptospirous/Weil's Disease** – Please ensure you shower after the race.
- **First Aid:** Available at Whitlingham Adventure. In an emergency please call 44 7944 209 522
- **Boat washing:** Please wash and dry your boat before leaving. You should have done this prior to arriving. If you have not please do so before racing. There are buckets, water and sponges at Norwich Canoe Club boat house. There is a tap to re-fill the buckets on the side of the building if you need to.

5. Event timings

- Please refer to the separate event sheet for race times and entry lists.

6. Starts

- **Retirements:**
  - All competitors who withdraw from the event must report to Race Control and inform them of their retirement.
  - Alternatively, you can send a text message to 07944 209 522 and we will acknowledge receipt when received.
- **False start:**
  - Any boat jumping the start will be given one warning and a penalty. A second false start by the same competitor will be an automatic disqualification
  - In the event of a false start there will be a recall by the starter. All boats must stop paddling immediately and return to the start line ASAP
- **Starting procedure – straight race, 200m & 500m:**
  - Competitors should be at the start line a minimum of 5 minutes before their start (i.e. before the preceding race starts) and lined up behind their lane, clear of the start.
  - Starts will generally be every 5 minutes. Races will NOT start early (or late), so anyone pushing the line and delaying proceedings will be given a warning.

- Competitors must adhere to all instructions given by the start and pre-start marshals. All paddlers must stay in line as directed.
    - If you consistently push forward and impede a start before you then a penalty will be given, repeated offences may result in disqualification.
- The start is marked by buoys; you will be racing towards Whitlingham Adventure Outdoor Center.
- The start will be a stationary start
    - You will be given a 30s warning of the start time
    - The start call will be "Ready, Set, Go". Do NOT start until the Go!
    - The starter will set the race off as soon as there is a clear and straight line of boats.
    - Stay in line as directed by the starter, failure to do so will result in warnings:
        - First warning to get in line
        - Second warning to get in line will result in a time penalty – this is your LAST warning
        - Third warning – disqualification. Paddler(s) MUST leave the course immediately and will not be allowed to race. To be clear – disqualified competitors must paddle away from the start line and not attempt to join the race.

- **Starting procedure – relay:**
    - Competitors should be at the start line a minimum of 5 minutes before their start (i.e. before the preceding race starts) and lined up behind their lane, clear of the start.
    - Starts will be every 5 minutes races will NOT start early (or late) so anyone pushing the line and delaying proceedings will be given a warning.
    - Competitors must adhere to all instructions given by the start and pre-start marshals.
        - All paddlers must stay in line as directed.
        - If you consistently push forward and impede a start before you then a penalty will be given, repeated offences may result in disqualification.
    - The start line is in front of Whitlingham Adventure Outdoor center (the straight race finish buoys),
        - The 1st boats line up here, they will race down the lake.
        - The relay partner, the 2nd boat, should line up at the 200m start line,
        - The 2nd boat may only start when the nose of the 1st boat has crossed the 200m start line.
    - The start will be a stationary start
        - You will be given a 30s warning of the start time
        - The start call will be "Ready, Set, Go". Do NOT start until the Go!
        - The starter will set the race off as soon as there is a clear and straight line of boats.

- Stay in line as directed by the starter, failure to do so will result in warnings:
    - First warning to get in line
    - Second warning to get in line will result in a time penalty – this is your LAST warning
    - Third warning – disqualification. Paddler(s) MUST leave the course immediately and will not be allowed to race. To be clear – disqualified competitors must paddle away from the start line and not attempt to join the race.

- **Starting procedure: 5K - BUCS**
    - Competitors should be at the start line a minimum of 5 minutes before their start
    - Competitors must adhere to all instructions given by the start and any pre-start marshals.
    - The start will be with all boats backed up to the Whitlingham Adventure deck
    - Each boat must be backed up against Whitlingham Adventure deck and remain in place with the rear of the boat against the deck. All competitors must follow the Chief Starter and Starting Marshals instructions to reverse their boats. Failure to swiftly comply may incur a penalty. Where possible the organisers will have someone holding the back of the boat.
    - The start call will be “Ready Go”. Do NOT start until the Go!
        - The starter will set the race off as soon as all boats are ready.
        - Stay in place as directed by the starter, failure to do so will result in warnings:
            - Persistently ignoring the start marshals will result in a warning
            - Second warning to get in line will result in a time penalty – this is your LAST warning
            - Third warning – disqualification. Paddler(s) MUST leave the course immediately and will not be allowed to race. To be clear – disqualified competitors must paddle away from the start line and not attempt to join the race.

- **Starting procedure: 5K - JDS**
    - Competitors should be at the start line a minimum of 5 minutes before their start
    - Competitors must adhere to all instructions given by the start and any pre-start marshals.
    - The start will be with all boats backed up to the Whitlingham Adventure deck
    - Each boat must be backed up against Whitlingham Adventure deck and remain in place with the rear of the boat against the deck. All competitors must follow the Chief Starter and Starting Marshals instructions to reverse their boats. Failure to swiftly comply may incur a penalty. Where possible the organisers will have someone holding the back of the boat.
    - There will be multiple starts based on the handicap system applied. You have been advised of your start, if you are unsure, please refer to the racing schedule for your start time and start number.

- The start call will be "Ready Go". Do NOT start until the Go for YOUR start!
    - The starter will set the race off as soon as all boats are ready.
    - Stay in place as directed by the starter, failure to do so will result in warnings:
        - Persistently ignoring the start marshals will result in a warning
        - Second warning to get in line will result in a time penalty – this is your LAST warning
        - Third warning – disqualification. Paddler(s) MUST leave the course immediately and will not be allowed to race. To be clear – disqualified competitors must paddle away from the start line and not attempt to join the race.

7. General

- **Showers**

  There are showers at Whitlingham Adventure.

- **Toilets**

  There are toilets at Whitlingham Adventure.

- **Presentations**

  Medal presentation ceremonies will take place at the times outlined on the race timetable.

  The location is the deck of the Whitlingham Adventure Centre

- **Food**

  Betty's Bar (Upstairs at Whitlingham Boathouses - home of Norwich Canoe Club) has a large kitchen which serves great food and is opening longer hours especially for the BUCS event.

    - Cooked All Day Breakfasts
    - Snacks
    - Hot and Cold Drinks
    - Cakes

  Opening times are:

    - Saturday 21st 9:30 am to 14:30
    - Sunday 22nd 9:30am to 14:30