

Epic Bay Ocean Ski Race

13 May 2023

Race Brief

Welcome to the Epic Bay Race

Thank you to EBRC for Hosting

This Race is:

- An SLSGB authorised event
- A GB Ocean Racing Assessment Race for Surfski

Introductions:

Jim – Race organiser

Keith – Race Safety Officer

Snowy – Water Safety Officer

Nick – Course Marshall

Race Notes:

- Have you registered and signed in?
- Please consider the public at all times.
- High Tide 13.50
- Please be on time!

Race Requirements:

- PFD / Whistle / Leg Leash / Means of Communication
- Must wear high-viz race bib with number on the front.
- No wash riding IRBs or other non-race craft.

Timings:

Start:

- Race Marshall 12.45
- Start 13.00

Starting Line for each Start:

- Start line is between flags with RNLI Station to Right.
- Come into the start area when requested.
- Keep space between competitors.
- Line on the Pre-start Marshall Line in numerical order.
Lowest number away from the RNLI station.
- Pre-start safety kit check

The Start for each Race:

- Water start - Knee deep, stand to the left of your craft.
- Whistle - move into the water.
- Flag up on safety boat – Start within 1 minute
- Flag down - Go
- False start – Continuous air horn or whistle.

Course Description:

Full Course: Approximate 10 Miles

Each Lap: Just under 3 Miles

Out Leg: Approximate 1 Mile

Return Leg: Approximate 1 Mile

The course consists of an outward leg:

Cross the Swimming Area

Leave the Turn Buoy to your left.

Leave the Navigational Buoys to your right

To the Offset buoy marked by the course Control Boat

The paddlers are directed onto the lap course.

A lap consists of three buoys in a triangle, with the downwind leg being longest leg and two upwind legs.

When the Race leader has completed 3 Laps the course closes.

The Safety Boats will sound a horn to say the course is closed – finish the lap you are on.

The paddlers then reverse their route back to the start area to finish on start line.

Inform the Control Boat if you are finishing early.

The race Control Boat will be taking a running tally as you pass the control buoy.

At the Finish

- Finish line - between the flags (flags will be waist deep)
- Carry your ski through the funnel
- Ensure you are ticked off as finished
- Tell the finish official how many laps you have completed.
- Hand in your race bib and Tracker.
- Move your ski away from the finish area.

Safety:

- This is an Ocean Race – there is an assumed level of risk in competing in this event.
- Understanding your own personal competency and making the right decisions will keep you safe - You are responsible for your own safety.
- By entering and making the declaration you have confirmed:
That you have the required Surfski, paddles and safety equipment as by the event instructions, which you have inspected, know how to use, and self-certify they are 'fit for purpose'.
- Contact for the race organiser is: **07813 845890 Back up: 07768630388**
- **VHF Channel 10.**
- Hot Day – fluids, clothing. Race approx. 1hr20mins.
- If you are in difficulty, wave your paddle or arm in the air and blow whistle if possible.
- Spare paddles will be carried by Safety Boats.
- If you are near to a person in the water who requests help / or needs assistance – please give assistance / attract attention, until an IRB crew take over. Report any delay to the finish Marshall and we will adjust your time / result accordingly.
- If you exit the race early, you must return to the finish and hand in your race bib and Tracker, ensure you have been recorded off the course.

- If possible, inform an IRB or the Race Control Boat you are retiring from the race.
- If there is there is to be a Mass Evacuation of the course – The IRB's and Race Control RIB will sound continuous air horns – If possible, leave the course via the control buoy and return to the finish, unless instructed otherwise.
- Keep your distance from other competitors and race officials where possible.

Safety Cover:

- Coastguard and RNLI informed
- 4x IRBs with VHF.
- 1x Race control boat.
- Race Control Boat – on the course, with VHF and Mobile
- Race Safety Officer on Beach with VHF
- First aid and defib at EBRC & Lifeboat station
- The priority for safety boats is the person not your Surfski.
- Safety crew has final decision on your continued participation.
- Follow the Safety and Race Organisers instructions.