



WAIKATO 100

RULES AND SAFETY

Rules & Safety

Emergency Information

- At least one person in each crew must carry a cell phone in a waterproof case. This will act as a transmitting location device for safety purposes and for supporters to be able to see positions at real time. Instructions for downloading location app and registration:
 - Download the TrackIt app onto the cell phone ([Android](#) and [iOS](#))
 - DO NOT create a user account. This will be given to you closer to race day.
 - Once given your user name, please check to see the App is working correctly.
 - On race day, you will be required to have your cell phone data and location on. This is beamed up to the Cloud and then live onto our website.
- First aid supplies will be available at Start and Finish Line areas and on safety boats. An ambulance will be transiting between each start/transition point.
- Participants in need of pick-up/assistance on the River should call 021 081 57698 or 0226 738 780. Pick-ups/assistance on the river by safety boats may result in you and your craft being taken to shore at the nearest reserve where you can contact your onshore support crew to pick you up.
- If you see another competitor in trouble on the water please help them. We want everyone to have a fantastic time on the day but safety is paramount!

Existing Medical Conditions of Competitors

- Competitors must take full responsibility for any existing medical conditions i.e. asthma or heart conditions and disclose any info regarding these medical conditions on their entry form.
- Competitors with existing medical conditions are advised (at race briefing) to carry with them any medications needed in their boats.
- These competitors with existing medical conditions will be emailed a Competitor Medical Form which must be filled out and placed in a snap seal bag that is carried in their boat. Also they will be asked to place an identifying sticker by their race number to indicate they have a medical form with them.

Rules

Life Jackets (PFDs) and whistles

- Each contestant is **REQUIRED** to have a Certified and approved PFD for each person in the crew. Kayak and SUP entrants must wear these at all times during the race.
- **No Certified and approved PFD will mean that you will not start the race**
- All craft must carry a whistle or sounding device.
- **Race numbers** on LH side of craft. When approaching Rangiriri go close to RH bank and may need to call out number.

Behaviour on the water

- **No alcohol or illegal drugs.** The use of alcohol is prohibited on the water during the entire event and is of danger to the user and other participants. The use of illegal drugs is prohibited on or off the water.
- Wash hanging is allowed. There are no restrictions on who may wash hang whom.
- **No interference with other participants, no unsporting behaviour.** Any behaviour that impedes the passage or safety of other boats on the river, such as forming rafts (boats linked together), or ramming, or otherwise deliberately interfering with another craft's progress, and any other unsporting behaviour is prohibited.
- No starting before the official starter starts your race.
- **Following a race official's instructions.** All instructions given by any race official must be followed.
- Leaving the race course at one location and re-entering at another is prohibited.
- **Pulling out of the race.** If you have to abandon the race you must call the hot line 021 081 57698 or 0226 738 780 within 20 minutes of pulling out, to give your boat number, names, and the location where you pulled out. (This is important to avoid diverting safety resources.)

Deadline for the End of the Event

- The event finishes at 5 pm and all craft should be off the water by then. If you are held up on the river please contact 021 081 57698 or 0226 738 780 to let the organisers know the situation. Note: This is for your own safety! Whilst the 100km race starts at 7am we are allowing as long a timeframe as possible so that you can finish this epic challenge but we have to have cut off time for your safety.

Deadline times for the transition points are as follows:

100km and 50km events: crews must make the final 25km mark by 2pm

80km event: crews must make the final 25km mark by 2.15pm

Waivers

- All participants must have signed a waiver of liability through the online registration procedure... .. **No entry will be accepted without a signed waiver form.** An entrant registering a team will sign online on behalf of him/herself and any minor for which he/she is responsible. Waivers, whether electronic or printed, not received by Race Day must be completed at the Start Line Registration

Clean Rivers

We ask that you please check your equipment for any signs of living organisms on your vessel. Regardless, please give it a wash with hot soapy water to be sure. And we will be

supplying the necessities to give your vessel the once over once she's out of the water at the finish.

Safety Tips

Comfort and safety tips for paddlers planning to enter the Waikato 100:

- **Arrive early**, at least an hour. The start line will be crowded! There will be between lots of competitors trying to find a parking space, unload their vessels, hit the port-a-potties, and launching.
- Listen to ALL instructions at the Start.
- **Bring plenty of non-alcoholic fluids.** The race course will take anywhere from two to ten hours (depending on distance entered) to complete and the sun may be hot. Drink before you get thirsty. Even if you are not working hard, you will be losing fluids. Bring water or sports drinks.
- Drinking alcohol during the event is a violation of the event rules. If you wish to drink alcohol, please do so AFTER the race.
- **Sunscreen!** A person can get a serious sunburn while on the water. Even on a cloudy day the sun's effects are magnified by the water. Excess sun causes sunburn and may lead to skin cancer. Zinc is the best!
- **Keep your shirt on.** You are cooler with a cotton t-shirt on than with a shirt off. Sweating cools off your body. If your t-shirt is wet with sweat it will do a better job of cooling you. Show off your muscles after the race!
- **Your head is important!** Wear something on your head, a bandana or a hat, to keep the sun off.
- **Blisters** are probably the most frequent medical problem experienced by rowers/paddlers. Try not to grip the paddle too tightly. Change hand position periodically. Sometimes keeping your hands wet will help.
- **Be alert to danger!** Avoid strainers, i.e. trees and branches that hang over, lie in or under the water.
- **Water conditions on the river can change with wind and rain.** Be sure that your skills are up to the challenge of higher water, tricky currents, and wind.

Important numbers

Important Numbers

- Hamilton Police 07 827-5531
- Ambulance 111
- Waikato Hospital 07 839 8899
- Race Director 021 081 57698
- Poisons & hazardous chemicals Ph 03 474 7000

