

# Safety Checklist

## Wildwater competitions

### Introduction & Instructions

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This checklist is the recommended standard to ensure safety of **wildwater competitions** organised by Australian Canoeing affiliates. Its purpose is to ensure that all appropriate steps have been taken to ensure the safety of all participants in wildwater competitions sanctioned by Australian Canoeing.

This checklist is the second of two safety checklists that AC recommends you complete. It is to be used as an addendum to the first safety checklist, the *Safety Checklist for All Paddling Activities*.

To ensure a safe event:

1. Complete the **Safety Checklist for All Paddling Activities** first, then
2. Complete this **event-specific checklist** to ensure that additional safety issues specific to your event are also addressed.

Requirements noted in this checklist are based the ICF Wildwater Racing Competition Rules, Version 2005.

### Information about the Activity

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<b>Name of organisation hosting the activity:</b>	
<b>Name of activity:</b>	
<b>Description of activity and participants:</b>  <i>'Participants' include paddlers, officials, guides, instructors, coaches, observers, etc</i>	
<b>Activity date(s) &amp; times:</b>	
<b>Activity Venue(s):</b>	
<b>Other relevant information about the activity:</b>	

## Safety Checklist

Please document whether or not the following safety measures have been taken in preparation for your activity by completing the checklist below.

<i>Have the following steps been actioned?</i>	Yes	No	Date completed	Comments (if applicable)
<p><b>1. Safety Officials and personnel</b></p> <p>Have the following personnel been appointed among the officials of the event?</p> <p><input type="checkbox"/> Safety Officer</p> <p><input type="checkbox"/> Rescue squad (as appropriate)</p> <p><input type="checkbox"/> Physician</p> <p><input type="checkbox"/> (only for World Championships) Medical Officer</p>				
<p><b>2. Role &amp; resources of Safety Officer</b></p> <p><input type="checkbox"/> Has the Safety Officer been clearly briefed on his/her role, being (together with the rescue squad and according to the circumstances):</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> to rescue competitors who have capsized and</li> <li><input type="checkbox"/> render effective assistance to a competitor in difficulty?</li> </ul> <p><input type="checkbox"/> Does the Safety Officer have available the necessary safety and first-aid equipment to use in the event of a serious accident?</p> <p><input type="checkbox"/> Is a physician continuously available?</p>				
<p><b>3. Role of Starter</b></p> <p><input type="checkbox"/> Has the Starter been fully briefed on his/her role as being to ensure that competitors are in the correct order and gives permission to start?</p> <p><input type="checkbox"/> Has the Starter had clearly explained to him/her that he/she may refuse to start a competitor if the competitor fails to respect the safety rules?</p>				
<p><b>4. Role of Pre-Start Controller</b></p> <p><input type="checkbox"/> Has the Pre-Start Controller been fully briefed on his/her role as being to confirm that both the competitors' boats and personal attire meet the safety rules (safety helmet, buoyancy jacket and boat)</p> <p><input type="checkbox"/> Has the starter had clearly explained to him/her that he/she may refuse to start a competitor if the competitor fails to respect the safety rules?</p>				

<i>Have the following steps been actioned?</i>	Yes	No	Date completed	Comments (if applicable)												
<p><b>5. Role of the Boat Controller</b></p> <p>Has the Boat Controller been fully briefed on his/her role, to include the fact that he/she may refer any concerns about the safety of equipment (including boats) being used by participants, to the chief judge?</p>																
<p><b>6. Invitations to the event</b></p> <p>Do the invitations to the event include information about safety measures, as required in clause 10.1 of the ICF Wildwater Racing Competition Rules, Version 2005?</p>																
<p><b>7. Instructions to Team Managers</b></p> <p>Do instructions provided to Team Managers include the time and place for the inspection of boats, as required in clause 17.1 of the ICF Wildwater Racing Competition Rules, Version 2005?</p>																
<p><b>8. Safety Measures</b></p> <p>Are the following safety measures enforced throughout the event:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> All boats must be made unsinkable (stability walls can be added to complement the flotation devices) and be equipped at each end with a handle attached no more than 30 cm from the bow and from the stern.</li> <li><input type="checkbox"/> The following are considered as handles: loops of rope, with handles, or rope running the length of the boat from stem to stern, or a handle that is an integral part of the boat construction.</li> <li><input type="checkbox"/> The handles must at all times permit easy insertion of a template which measures 10cm x 10cm x 1.5cm.</li> <li><input type="checkbox"/> The material used must be at least 6mm in diameter, or a minimum cross-section of 2 x 10mm.</li> <li><input type="checkbox"/> Taping of the handles is not permitted.</li> <li><input type="checkbox"/> All boats must be fitted with air bags in both the front of the boat (in front of the foot rest) and the back of the boat (behind the seat). The minimum total volumes capable of being contained in the air bags are to be as follows:</li> </ul> <table style="margin-left: 40px; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;"><b>Front</b></th> <th style="text-align: center;"><b>Back</b></th> </tr> </thead> <tbody> <tr> <td>K1</td> <td style="text-align: center;">30 litres</td> <td style="text-align: center;">50 litres</td> </tr> <tr> <td>C1</td> <td style="text-align: center;">40 litres</td> <td style="text-align: center;">50 litres</td> </tr> <tr> <td>C2</td> <td style="text-align: center;">60 litres</td> <td style="text-align: center;">60 litres</td> </tr> </tbody> </table>		<b>Front</b>	<b>Back</b>	K1	30 litres	50 litres	C1	40 litres	50 litres	C2	60 litres	60 litres				
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continued over...

<i>Have the following steps been actioned?</i>	Yes	No	Date completed	Comments (if applicable)
<ul style="list-style-type: none"> <li><input type="checkbox"/> The volumes will be taken from the manufacturer's stamp on the air bags. In case of dispute the first decision shall be taken by Boat Control Judge and the second decision if appealed by the Jury.</li> <li><input type="checkbox"/> Each competitor must wear a fastened safety helmet and a buoyancy jacket (buoyancy aid) as described below:</li> <li><input type="checkbox"/> A buoyancy jacket (buoyancy aid) shall consist of a non-absorbent flotation material equally distributed, front and back, in a jacket or vest worn about the upper torso. It must have buoyancy sufficient to float a 6kg legalised lead weight or its equivalent in other metals, and should be designed to keep a conscious person floating in a face-up position in the water.</li> <li><input type="checkbox"/> Each competitor must wear a fastened safety helmet with the chinstrap under tension at all times which is designed to protect the forehead, temples and ears. <ul style="list-style-type: none"> <li><input type="checkbox"/> The helmet shall at least comply with the Standards applicable in the country where the competition is held.</li> </ul> </li> <li><input type="checkbox"/> (recommended) organisers establish spot-checks at both start and finish to ensure conformance with rules 7 – 18.1 and 18.2 of the ICF Wildwater Racing Competition Rules – Version 2005.</li> <li><input type="checkbox"/> In doubtful cases, buoyancy of the boat is checked. The boat must float level at the surface when filled with water.</li> <li><input type="checkbox"/> Competitors must be able to free themselves immediately from their boat at all times</li> <li><input type="checkbox"/> In the event of non-observance of the safety rules, the Starter, the Pre Start Controller, the Boat Controller and the Chief Judge each, according to their assigned duties, are responsible to prevent a competitor from starting.</li> <li><input type="checkbox"/> In any event, competitors start at their own risk, neither the ICF nor the organisers bear responsibility for accidents or damage to equipment that may occur on the competition course.</li> </ul>				
<p><b>9. The course</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Is the course navigable for its entire length?</li> <li><input type="checkbox"/> Have dangerous passages been marked with gates to indicate the correct channel?</li> </ul>				

<i>Have the following steps been actioned?</i>	Yes	No	Date completed	Comments (if applicable)
<p><b>10. Briefing the competitors of their responsibility to ensure safety while on the course</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Was due care taken to ensure that all competitors have been fully briefed, and understand, their responsibility to ensure safety while on the course?</li> <li><input type="checkbox"/> Did their brief include the following, as noted in rules ICF Wildwater Racing Competition Rules – version 2005, rules 25 &amp; 26? <ul style="list-style-type: none"> <li><input type="checkbox"/> Clearing the course – Any competitor overtaken by another competitor shall allow the overtaking boat free passage if the overtaking competitor shouts, "FREE".</li> <li><input type="checkbox"/> Rescue of a competitor in danger – any competitor finding another in real danger, must immediately render him/her rescue assistance at pain of disqualification for life.</li> </ul> </li> </ul>				

**END OF CHECKLIST**