

The Great Labrador Canoe Race

RULES

(Updated 23 August 2011)

Required Items

1. Watercraft that is seaworthy and suitable for the course.
2. An adequate supply of drinkable water along the race course.
3. Any special medications required for allergic reactions or for any other reason.
4. A Personal Floatation Device (PFD), which must be worn at all times. The PFD must be approved by the Canadian Department of Transportation.
5. Boating safety equipment (i.e., life jacket for each participant, 2 paddles, 1 whistle, 1 bailer, and a 30' length of rope) as required by Transport Canada for 'Human-powered Pleasure Craft'.
6. Any other equipment required by National and Local Regulations regarding safety equipment and operation of your boat.
7. Each participant must provide the required fee (i.e., \$20 each) and submit a completed contact information form that shall include a minimum of one emergency contact.
8. For those involved in the longer Expedition Race, it is advised that each team carry sufficient food, water, clothing and other items they may require over this two day event.
9. Completion of a signed waiver provided at registration.

Suggested Items

1. Sufficient food and water, clothing.
2. Small back-pack particularly for carrying various items over the portage(s).
3. Gloves and sturdy footwear for the portage at Muskrat Falls

Medical Requirements

1. Entrants are encouraged to consult a physician to ensure that they are in good health and can withstand the rigors that participation entails.
2. The Great Labrador Canoe Race is extremely demanding, both physically and mentally. The physical demands of the race, combined with sleep deprivation, heat, cold, water, dehydration and exhaustion often cause participants to become disoriented. Amnesia, hallucinations, hypothermia and other debilitating conditions are not unlikely. Such effects can impair judgment, a condition especially dangerous for the paddler.

Emergencies

1. There will be no emergency services. Lifeguards or medical professionals will not be provided for the Event.
2. The Goose Bay Ground Search and Rescue Team will watch from a distance, and will assist if they see any mishaps but are not responsible for your safety if you become ill or have an accident.

Canoe and Paddle Specifications

1. Canoe width should be between 32" and 40"
2. Canoe length should be between 15' and 20'
3. One ended blade (i.e., non kayak type) paddle with straight or angled blade, any length or width.
4. Two paddlers only per canoe

Age Limits

There shall be at least one person 18 years or older on each team. Persons under the age of 18 must present a waiver of liability signed by a parent, or guardian, in addition to the waiver of liability signed by the entrant.

Capabilities

1. All participants are expected to have previous canoeing experience and are capable of maintaining an appropriate pace that keeps them from being left behind other competitors.
2. Due to safety considerations, pace will be particularly important in the Expedition Race where teams that have not finished the course on Day I after an appropriate time (i.e., 1630 hrs) will be transported to the finish line. On Day II, these teams will be requested to participate in the shorter Classic Race instead on completing the second leg of the Expedition Race.
3. Except at designated portages, teams must keep their watercraft in the water at all times.

Disqualification

1. Intentional interference with another team's progress, whether on or off the water, will result in disqualification.
2. Removal of ones' PFD will result in immediate disqualification.
3. Assisting another Team after the helping Team has checked in.
4. Non-compliance of canoe and other noted required items above.

The Great Labrador Canoe Race reserves the right to change the terms, conditions, and notices necessary to satisfy any applicable law, regulation, legal process or government request, or to edit, refuse to post or to remove any information or materials, in whole or in part.