

Competitor Briefing Checklist

Event: _____

Date: _____

Location: _____

Chief Official: _____

Instructions:

1. Complete details under each section.
2. Tick each item as it is announced.
3. At the conclusion of the briefing, the Chief Official should sign this checklist.
4. Keep this document with all race records.

<input type="checkbox"/>	<p>Welcome</p> <ul style="list-style-type: none"> • Competitors • Spectators • Volunteers and Officials • VIPs (list) _____ _____ _____ _____
<input type="checkbox"/>	<p>Acknowledgement of Country (for major events)</p> <p style="text-align: center;"><i>“I acknowledge the traditional owners of the land on which we are gathered today and I pay my respects to their Elders, past and present.” Or</i></p> <p style="text-align: center;"><i>“We meet today on the traditional lands of the _____ people and I pay my respects to their Elders, past and present.”</i></p> <p>Melbourne: Wurundjeri</p> <p>Geelong Canoe Club: Wadda Wurrung</p> <p>Nagambie: Taungurung.</p> <ul style="list-style-type: none"> ▫ The Taungurung people have a long association with the surrounding land and Nagambie waterways. Their country encompasses the area between the upper reaches of the Goulburn River and the waters flowing north from the Great Dividing Range. Nagambie in their language means lagoon or still waters. Lake Nagambie on which we shall paddle today was formed from the old lagoon when the Goulburn weir was built in 1890. <p>Albury Wodonga: Wiradjuri, Waveroo and Dhudhuroa people.</p> <ul style="list-style-type: none"> ▫ The Wiradjuri Nation extends from Coonabarabran in the north, straddling the Great Dividing Range down to the Murray River and out to western NSW. Wiradjuri traditional country includes the townships of Dubbo, Condobolin, Orange, Bathurst, Wagga Wagga, Albury, Narrandera, and Griffith. ▫ The Dhudhuroa inhabited territory defined by the Mitta Mitta and Kiewa rivers. It included Tallangatta and the Murray River Valley land from Jingellic and Tintalra to Albury. ▫ The Waveroo inhabited territory extending south from Wodonga to between Wangaratta and Benalla. <p>Aboriginal language map of Victoria: By Tirin aka Takver - Own work, CC BY-SA 3.0, https://commons.wikimedia.org/w/index.php?curid=5541910</p>

<input type="checkbox"/>	<p>This briefing is in addition to the General Competitor Briefing competitors agreed to at time of entry to this event.</p>
<input type="checkbox"/>	<p>Acknowledge and Thank Sponsors:</p> <ul style="list-style-type: none"> • Major Sponsors (list) _____ _____ • Minor Sponsors (list) _____ _____ _____
<input type="checkbox"/>	<p>General information</p> <p>_____ _____ _____ _____</p>
<input type="checkbox"/>	<p>Emergency procedures</p> <p>Emergency Chain of Command _____ _____ _____</p> <p>Emergency assembly area(s) _____ _____ _____</p> <p>Emergency alert signal e.g. loudhailer, flags and what to do when you hear/see it _____ _____ _____</p> <p>Other _____ _____ _____ _____</p>
<input type="checkbox"/>	<p>First Aid</p> <ul style="list-style-type: none"> • First Aid is being provided by _____ • First Aid is available at _____. • No on-water first aid is available at this event.
<input type="checkbox"/>	<p>Emergency Medical and Contact Information</p> <ul style="list-style-type: none"> • Competitors may voluntarily provide information that might assist medical personal in the event of an emergency. This information will be destroyed after the event. If you wish to do so

	please see the First Aid officer before the start of racing.
<input type="checkbox"/>	Paddling during breaks and lunch time not permitted as no rescue boat on water.
<input type="checkbox"/>	<p>Course description</p> <hr/> <hr/> <hr/> <hr/>
<input type="checkbox"/>	<p>Water conditions & obstacles, including any water quality warnings.</p> <hr/> <hr/> <hr/> <hr/>
<input type="checkbox"/>	<p>Start & finish lines & warmup/cooldown areas</p> <hr/> <hr/> <hr/> <hr/>
<input type="checkbox"/>	<p>Competitor responsibilities for boat control (scrutineering)</p> <ul style="list-style-type: none"> • Each competitor is responsible for ensuring his/her boat meets the construction & weight requirements of the ICF rules. • The boat must be constructed so that it remains buoyant when filled with water. • Facilities are provided for competitors to check the weight of their boats before racing.
<input type="checkbox"/>	<p>Post-race Boat Control</p> <hr/> <hr/>
<input type="checkbox"/>	<p>Returning boat numbers</p> <ul style="list-style-type: none"> • Return your boat number to the raft marshal as you get off the water. • If you withdraw from the race you must notify the nearest official as soon as possible, so we have a record of how many boats remain on the water, and you must return your boat number to the Finish line.
<input type="checkbox"/>	<p>Safety briefing</p> <p>_____ will now provide the safety briefing, after which I shall run through the start</p>

	order
<input type="checkbox"/>	Start order and race schedule
<input type="checkbox"/>	Other <hr/> <hr/> <hr/> <hr/> <hr/>

Any questions, please see the Chief Official before the start of racing.

Signed: _____ (Chief Official)

Safety Briefing Checklist

<input type="checkbox"/>	<p>PFD Policy</p> <ul style="list-style-type: none"> • Our event licence requires that all competitors wear a correctly fitted PFD while they are on the water. Inflatable PFDs are not acceptable.
<input type="checkbox"/>	<p>Weather update & implications</p> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/>
<input type="checkbox"/>	<p>Hot Weather / Heat (if applicable)</p> <ul style="list-style-type: none"> • Drink plenty of fluids. • Don't wait to feel thirsty. • Be aware of and react quickly to the symptoms of heat injury or heat stroke.
<input type="checkbox"/>	<p>Sunsmart (if applicable)</p> <ul style="list-style-type: none"> • Make use of natural and portable shade. • Sun protective clothing (brimmed hat, long sleeves, long pants, sunglasses) • Sunscreen – available at Registration. Apply every few hours.
<input type="checkbox"/>	<p>Cold weather / hypothermia (if applicable)</p> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/>
<input type="checkbox"/>	<p>Lightning/extreme weather (if applicable)</p> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/>
<input type="checkbox"/>	<p>Other water traffic (if applicable)</p> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/>
<input type="checkbox"/>	<p>Off water hazards, e.g. bicycle traffic, slipping portage</p> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/>