

# BAKKIE RACE RULES





## **BAKKIE EVENT**

There will be one distances for the bakkie event.

The course of 20km will be a repeat loop of the short course of 5km.

The start will be at the Main beach and proceed out to a bouy directly in front of the start. Bakkies will then turn south towards the same bouy from the swim event, and then turn north towards the outcrop of rocks to the north of the bay. Bakkies will then turn back towards the beach and round another bouy before finishing around the first bouy. Bakkies will beach their boats run around a marker on the beach and then remount their bakkies for the second loop, following the same course.

Course Google map attached

These events are anticipated to start at 14pm and should conclude by 15:30pm.

## **WATER SAFETY PLAN**

### **Aim**

The aim of this water safety plan is to ensure that all involved know what is expected of them and when and where safety support will be at available.

The plan will provide clarity to race officials on procedures and how various situations will be handled.

Water safety management will be provided by Big Bay Events, a very experienced events water safety company and widely recognized as the premier water safety company in the Western Cape. Local lifesavers will be used on the water on kayaks, paddle skis or SUPS and briefed and managed by Big Bay Events

## **ROLES AND RESPONSIBILITIES**

Water safety officer (WSO): Walter Hart: 072 795 5371

Lifeguards: monitor and assist any distressed swimmers and communicate emergencies to NSRI skipper.

Medical Rescue service: on standby to handle more serious medical issues and provide transport to local hospital if necessary.

## **SAFETY OVERVIEW**

Westcoast Medical Rescue will provide basic First Aid to boaters to cover any minor injuries and mild hypothermia. Medical and ambulance services will be provided and managed by Westcoast Medical Rescue for the duration of both swim and kayak events.

The water safety team consists of volunteer lifeguards on the kayak route on a variety of motorized and paddle rescue craft.

Lifeguard numbers are based on anticipated entries but will be subject to change based on actual number of competitors.

## **LOGISTICS**

Lifeguards:

- 6 x safety support on SUP or paddle boards

Westcoast Medical Rescue: on standby on shore for the duration of the events.

Safety craft shall be spaced at approximately 200m intervals on SUP boards so as to achieve a maximum ratio of one safety unit per 20 competitors. At no time should any competitors be more than 100m from safety cover.



No safety cover shall leave the course or be withdrawn until the last boat has left the water.

All turns shall be clearly delineated by buoys or other forms of marking.

First-aid units in attendance must be aware of the requirements for the treatment of shock and cold.

Communication channels will exist between the water safety team and other emergency service providers.

## **COMMUNICATIONS**

Communications channels will be established between NSRI and other support skippers with VHF marine hand-held radios. A lifeguard will be appointed to manage any casualties and will be stationed on the shore at the predetermined emergency exit point. This lifeguard will also be equipped with a VHF marine radio. They will have radio contact with the emergency medical team.

Lifeguards on craft will use standard lifeguard signals to communicate between themselves and support boat skippers. Communication channels to be tested prior to the event and operating frequencies to be confirmed with all role players to the event.

## **RISK ASSESSMENT**

The purpose of the risk assessment is to outline potential hazards, as the likelihood of each hazard, identify severity in worst case scenarios and assign responsibility to manage and reduce the risk.



## **DROWNING, HYPOTHERMIA AND EXHAUSTION**

If water temperature is 12°C or higher and water conditions are deemed to be normal, i.e.: there is no excessive wind swell and no wind chill factor concern, the swim will proceed as planned.

All bakkie participants will sign a declaration of bakkie competence.

The Water safety team will monitor the bakkies in the water. Lifeguards on boards will spread evenly over the course and a high-speed support boat will respond to distressed bakkies.

Blankets and hot drinks will be available at the finish point should they be needed.

An ambulance provided by Westcoast Medical Rescue will be on standby at main beach for the duration of the event in the event that an emergency evacuation or additional medical support is required.

## **WATERBORNE TRAFFIC**

Waterborne traffic is to be controlled by the water safety team.

Any trauma as result of incidents involving waterborne traffic will be dealt with by the Water Safety Team and Westcoast Medical Rescue.



## **FURTHER SAFETY PROTOCOLS**

Further risks include: pre-existing medical conditions, jellyfish stings and swallowing of salt water.

These would be dealt with by the Water Safety Team and Medical services on a case-by-case basis on the day.

## **RULES AND REGULATIONS**

All participants are to heed directions and instructions of the race officials.

All fishermen to wear approved life jackets, bright clothing and caps .

The start will take place from a designated area on the beach. All bakkies are required to launch through the surf within the designated area, and could be disqualified for launching outside of the designated area.

The race director (and crew) shall have the ULTIMATE and FINAL authority to remove a participant from the race if the participant is judged to be physically incapable of continuing the race without risk of serious injury or death.

No participant may use any illegal, detrimental or dangerous drugs, stimulants, depressants or other substances or procedures with the intent to improve performance, eliminate the sense of fatigue or for any other purpose.

Fraud, theft, cheating or attempting to do any of these, abusive treatment of volunteers or others and acts of poor sportsmanship are grounds for immediate disqualification and may result in contestants being suspended from competing in any Challenge event in the future.

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