

## Barrow series Wild Water Event.

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### 1. Overview

The Soar Valley Canoe Club WWR race is a wild water paddle sport race over approximately 2miles (3.3km). Starting below the weir on the Barrow loop following the river Soar Back to the Moorings Pub at Barrow on Soar. The race is centred around the Moorings pub who kindly allow us to use their facilities for free.

The race is run under the rules of the Paddle UK WWR Committee and is governed by Paddle UK (formally British Canoeing) WWR Committee. The race is run on an Individual time trial start format.

The race is open to all Paddle UK members and clubs, affiliated club members or participants with a single event membership of paddler UK. We anticipate up to 80 competitors. Starting individually at

30 or 60sec intervals. This is not a mass start.

The racing rules are set out in the Paddle UK WWR [Racing Rules](#) Published 2023. Each paddler must agree that they are competent and fit to enter the race.

This Safety plan to be read in conjunction with the event Risk Assessment.

The race involves paddling from the start to the finish of the course, navigating the natural part of the river Soar. Starting below the weir the river is quite narrow and meanders around some sharp bends, in normal conditions there is a gentle flow to the river. At higher levels the river flows faster, and additional care and skill are required to navigate the river. The course is flat with no rapids but can be fast flowing when high.

## 2. Event Details

The event is a series of races ran monthly from October through to March and dates can be found on the WWR website.

**Venue** – The Moorings Pub. 14 Bridge St, Barrow upon Soar, Loughborough LE12 8PN.  
<https://themoorings.pub/> Note the Race is run and organised by Soar Vally Canoe club with the pub kindly hosting us. All participants and supporters are encouraged to purchase refreshments and a bacon cob from the pub.

Race Start – Below the weir on the barrow loop, which can be reached by a short paddle along the canal and a portage around the weir. [///cornering.searches.sailors](#)

Race Finish – Is outside the pub just below Barrow on Soar Bridge [///hedgehog.elects.dilute](#)

- The course is approximately 2miles (3.3km) and can take up to 30minutes to complete.

## 3. Event Timing

Check In and late entries– 9:00am-10:15am

Race Briefing – 10.15am First Start – 11:01am

Race finishes at approximately 12:30 pm

Prize Giving 13:00pm or before

Competitors leave 13:30pm

## 4. Key Contacts (at time of writing)

Race Organisers – Jamie Christie, Richard Vincent, Jon Folland

Event Safety – Jamie Christie

Safeguarding – Helen Christie

First Aid – Jamie Christie

All staff can be contacted easily at the event

## 5. Briefing

A safety and general information briefing will be held prior to the race. The briefing will be given by the race or organiser or designated official. The briefing will take place before any competitor gets onto the water. It is compulsory for all participants and or team leaders to attend the race briefing and pass on all relevant safety information to their team members / competitors. All competitors are advised to attend the briefing

The briefing will clarify the following safety items

Course description and on the day conditions.

Use of PFD, and boat buoyancy.

If any competitor capsizes, is in distress or requires any other safety related assistance during the race any other competitor that can help must do so. Competitors aiding others will receive a rerun.

All boats must have enough buoyancy to keep the boat and paddler afloat in the event of a capsize or swamping of the boat. It is the responsibility of the paddler to ensure that their boat is not put into danger.

Any race withdrawal or missing person to be notified to the timekeeper.

Any competitors that are racing for the first time should be advise to hang back at the end of the briefing and extra information will be given to these participants regarding how the race works and their safety responsibilities.

Remind participants about water quality and washing after the event

The penalty of infringing a safety rule is disqualification.

## 6. Race Map & Course

A map and description of the course can be found on the Paddle UK website <https://paddleuk.org.uk/paddle-the-barrow-loop-via-the-river-soar/>

## 8. PPE

All competitors will wear a suitable personal buoyancy aid, spray deck is optional, helmet is optional.

## 9. Boat Buoyancy

All boats must have enough buoyancy to keep the boat and paddler afloat in the event of a capsize and swamping of the boat. It is the responsibility of the Paddlers, team leader, parent or guardian to check that all their competitors comply with this. Soar Valley Canoe Club do not accept that foam in the laminate or any other laminate composition alone will provide sufficient buoyancy. Additional fixed buoyancy or watertight bulkheads are required.

## 10. Spray Covers

Spray decks or spray covers are not compulsory in for kayaks and decked craft

## 11. Self-Rescue

All competitors must be able to swim adequately wearing their paddle sport kit in turbulent water. It is the responsibility of the paddler, team leader, parent or guardian to ensure that all the competitors are sufficiently strong swimmers. competitors will be expected to self-rescue.

## 12. Existing Medical Conditions.

It is the responsibility of the competitor to inform their team leader of any medical conditions that may affect their safety. The team leader must inform the race organiser of any medical issue they think appropriate.

## 13. Race Communication.

All race officials will have mobile phones.

The Event Safety Adviser will act as coordination point for any incident on the water. Any water-based incident which is part of a bigger overall emergency, will be coordinated by the emergency services.

## 14. Welfare and Safeguarding

Soar Valley Canoe Club believe that the welfare and wellbeing of all children is paramount.

All children, regardless of age, disability, gender, race, religion or belief, have equal rights to safety and protection. All suspicions, concerns and allegations of harm will be taken seriously and responded to swiftly and appropriately. A welfare officer for the event will be appointed and will act as the point of contact for any concerns or allegations. Their contact number will be displayed throughout the duration of the event.

## 15. Emergency Services

Nearest Hospital with A&E is Leicester Royal Infirmary, Infirmary Square, Leicester LE1 5WW. The race officials will maintain clear access for emergency vehicles at race control.

## 16. Access and egress

Launching will take place along the canal tow path and after the race participants can leave the water onto the pub lawn area.

Once the individual's race is complete, they must remain on the water and wait for the new 2 finisher to finish before leaving the river.

## 17. Other water users

The River Soar is used by other leisure users.

## 18. Record of participating boats/paddlers

Entries will be via the WWR or Paddle UK event entry system web site. The results officer will have a full list of race entrants. On the day of the race every paddler, team leader, parent or guardian will account for their members and inform the results officer of any people who may have entered but have chosen to withdraw. The results officer will collate a list of competitors who are competing on the day of the race.

All participants will have identifying bib numbers.

The race results official is responsible for ensuring that all competitors are counted off the water.

During the race, the starter will monitor the number and time of paddlers starting, and number of paddlers and time will be recorded at the finish.

In the event that a participant starts but does not finish the organisers will take suitable measures to locate the missing person, if the person cannot be located the emergency services will be contacted.

## 19. Safety

**General** – Each participant confirms during the entry process that they have read and understand the risk assessment and event plan and are entering at their own risk.

The racecourse starts below Barrow weir; participants must not shoot the weir and portage from the canal to the pool below the weir ready for the start.

The river is narrow and twists around some sharp bends before slowly widening and slowing, there are sections of the river where trees overhang the water and at higher levels can be in the water. At higher levels trees become the main hazard on the river and should be avoided.

Lower down the course there are sections that are narrow and trees overhang the river, from approximately halfway along the course there are some moored narrow boats and jetties attached to the banks, participants should avoid paddling too close to these.

In the event of a capsize participants should stay in the middle of the river until they find a clear section of bank where it is easier to exit the water.

The start list at WWR events is organised by ranking order, which means the participants with a better ranking and more experience start later so the next person on the course in most situations will be more competent, have more experience. If you come across a participant in the water you must stop and offer the person assistance and inform the finish officer of the incident.

If a swimmer is separated from their equipment they should make their way along the bank where there are public footpaths on both sides of the river by following the riverbank they will eventually arrive back at the finish. If this is the case the swimmer should notify the next participant on the course and ask them to inform the finish official.

Each participant must wait on the water at the finish until at least 2 more participants have finished and render any assistance needed if another participant is experiencing difficulties.

**Weir** – Participants are not permitted to shoot Barrow weir at the start and should portage from the canal to the river via the access points.

There is always a small stopper at the bottom of the weir and participants should not paddle too close to

the stopper.

The Barrow loop is an official canoe trail, and details can be found here.  
<https://paddleuk.org.uk/paddle-the-barrow-loop-via-the-river-soar/>

To access the canal to paddle to the start competitors may need to cross the main road, this is by the traffic lights which control traffic over Barrow bridge, so the traffic is moving slowly. Parents, Guardians and or team leaders must ensure anyone under 18 is accompanied across the road. No traffic control or marshals are provided by the organisers.

**Chaperone** – Chaperones are permitted to paddle the course with any very inexperienced or junior paddlers, the organisers can request volunteers to chaperone paddlers with appropriate experience, or the participant should arrange for their own suitably experience chaperone to accompany them during the race.

## 20. First Aid

There will be a first aider and first aid kit at race control.

## 21. Casualty recovery locations

Emergency service should be directed to either the start or finish locations

Start location. ///cornering.searches.sailors

Finish location. ///hedgehog.elects.dilute or the Mooring Pub Barrow on Soar, 14 Bridge St, Barrow upon Soar, Loughborough LE12 8PN.

## 22. Race Cancellation

The race may be cancelled due to weather conditions, water conditions, unexpected river users or any extenuating circumstances that may give rise to a safety issue. Cancellation is at the discretion of the race committee that includes the following officials.

Race Organiser, Welfare office, Event Safety Official.

## 23. Race Parking

Parking is available in the pub carpark and also across the road at the Bengal Tandoori restaurant. Alternative packing is available.