

Eden Wild Water Event.

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1. Overview

River Eden Classic.

Organised by the WWR Committee

The race starts approximately 5-8 minutes paddle downstream for the get in at Lazonby <https://maps.app.goo.gl/qQKLFwR69yHXKYj48> and finishes by the last high cliffs which are a 15 minute paddle from the get out at Armathwaite <https://maps.app.goo.gl/AMLEQKQ6ZLeJpGrb9> . The Eden is a white-water river with easy slow moving flat sections of water with shingly shallow grade 2 rapid with narrower sections creating easy grade 3 rapids which run out into flatter sections of river. There is a natural fall/weir just before the get out at Wetheral which is grade 4 and can be inspected or portaged river right.

Under normal river conditions the river has very pleasant forgiving rapids with stunning views. In higher water conditions the rapids become less technical but the size of the waves and the overall power of the water can increase dramatically but can still be raced comfortably. In very high conditions trees can become a significant hazard and paddling the final fall can become a significant challenge.

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

The race is open to all Paddle UK members, it is not suitable for novices. 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.

2. Event Details

The event is a runs along side a GB National training camp held in the Lake District.

Venue – Event HQ is at the Carpark in Lazonby <https://maps.app.goo.gl/kuWDBQLrrQGamFfe7> this is also the get on for the race.

Start - The race starts approximately 5-8 minutes paddle downstream for the get in at Lazonby <https://maps.app.goo.gl/qQKLFwR69yHXKYj48>

Finish - The race finishes by the last high cliffs which are a 15 minute paddle from the get out at Armathwaite <https://maps.app.goo.gl/AMLEQKQ6ZLeJpGrb9>

Get off – Egress from the river is at <https://maps.app.goo.gl/QsGW4DqM5yvisJte7> parking is available along the side of the road just over the bridge.

3. Event Timing

Check In and late entries– 8:30am-09:00am

Race Briefing – 09:00am-09:15am

Practice run - 09:15am

First Start – 10:30-11:00am approx..

Race finishes at approximately 12:00 pm

Competitors leave 12:30pm

4. Key Contacts (at time of writing)

Race Organisers – Jamie Christie

Event Safety – Jamie Christie, Nicky Cresser

Safeguarding – Jamie Christie

First Aid – Jamie Christie, Nicky Cresser

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.
- 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 to be notified to the timekeeper.

The penalty of infringing a safety rule is disqualification.

6. Race Map & Course

Start and finish point are indicated above via the google map links and useful information about the river Eden is available here <https://gopaddling.info/rivers/river-eden/>

8. PPE

All competitors will wear a suitable personal buoyancy aid, spray deck is optional but strongly advised, helmet is compulsory and suitable paddling clothing.

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.

10. Spray Covers

Spray decks or spray covers are strongly recommended.

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 or competitor 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

The Organisation 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 Cumberland Infirmary, Newtown Rd, Carlisle CA2 7HY, +44 1228 523444, Approximately 22 miles away (about a 28-minute drive).

The race officials will maintain clear access for emergency vehicles at race control.

16. Access and egress

Get in at Lazonby <https://maps.app.goo.gl/qQKLFwR69yHXKYj48>

Get out at Armathwaite <https://maps.app.goo.gl/AMLEQKQ6ZLeJpGrb9> .

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 is open to other paddlers and competitors are reminded to be courteous to other users of the river at all time

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.

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.

In the event of a capsize participants should stay in the middle of the river until they exit a rapid, 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 separate from their equipment they should make their way along the bank until they find a suitable route away from the river. Roads follow the river down each bank and can be found approximately 2 fields away from the closest road. Where the individual can walk back to Lazonby or the Armathwaite.

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.

Wetheral falls – This is a natural grade 4 fall situated after the race finish and approximately 500m before the get out, the organisation advises all competitors portage the fall river right and accept no responsibility for anyone that chooses to shot the falls.

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. [///confronts.potions.archives](#)

Finish location. [///appealing.clockwork.globe](#)

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 at Lazonby and along the road just over the bridge in Armathwaite.