



## Frome Canoe Club warmly welcomes you the first ranking slalom at the Market Yard Clubhouse.

The event is a flat water Div 4 and Open, 12 gate short course, and is the ideal first slalom to introduce young and old to our exciting Olympic Sport.

The slalom is right next to the newly built Clubhouse, so everything is on site:

- Changing rooms with underfloor heating and hot showers
- Refreshments on sale - Tea, Coffee, Cake, etc
- Huge car park right next to the Course
- Loan of FCC C2's or C1's (just ask at control)

The clubhouse is short 2min stroll from the centre of town with all the high street shops as well as the quirky, boutique and antique shops on the cobbled Catherine Hill.

### Programme - Sunday 18<sup>th</sup> July 2010

08:00 - Course opens for free unsupervised practice

10:30 - Official practice - full organised runs only

**11:00 - Control Closes**, No more late entries. Judges briefing @ control

**11:30 - First Runs** (estimated start times)

- 11:30 - Div 4 C2 and C1 (A group)
- 11:40 - Div 4 K1 Women
- 12:20 - Div 4 C2 and C1 (B group)
- 12:30 - Div 4 K1 Men
- 13:10 - Open Event & Officials

13:30 - Lunch

**14:00 - Second Runs** (estimated start times)

- 14:00 - Div 4 C2 and C1 (A group)
- 14:10 - Div 4 K1 Women
- 14:50 - Div 4 C2 and C1 (B group)
- 15:00 - Div 4 K1 Men
- 15:40 - Open Event & Officials

**16.30 - Prize Giving**

As many entries are expected on the day, start numbers and exact start times will only be available on the day of the event. A limited number of numbered bibs will be provided, but please be ready to put a number clearly on your boat.

### Location

[Frome Canoe Clubhouse](#) is in the Centre of Frome, Next to the Cheese and Grain Building in the [Market Yard Carpark](#).

From the main Shopping Street of Frome (Market Place/North Parade) turn into Bridge Street, then in 100 yards turn into the Market Yard Car Park. Go through to the far right of the Car Park to find [Frome Canoe Club](#)

- **Map 183 Ref** - ST777483
- **Sat Nav** - BA11 1BE

### Entry fees (per boat)

- Division 4 Senior = £6.20
- Division 4 Junior = £4.25
- Open event = £4.00

**Entries to:** Andy Avery, The Cottage, Nettlebridge, Oakhill, RADSTOCK, BA3 5AA

**email information:** andy\_avery@yahoo.com

**Cheques payable to:** Frome Canoe Club

All entries must be on standard blue slalom entry cards. These can be obtained from the club/organiser, or by following the instructions found on the [canoeslalom.co.uk](http://canoeslalom.co.uk) website.

No extra fees for late entries on the day but to avoid queues at control it is strongly recommended to send in an entry in advance.

A discount of £2 per boat will be offered for second and subsequent individual entries at the by the same competitor. Why not ask to borrow one of Frome's Canadian boats and give C1 or C2 a go!

## Prizes

Dependent on the number of entries, but roughly;

- K1 Men - 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> and junior prizes
- K1 Women - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and junior prizes
- C1- 1<sup>st</sup> and 2<sup>nd</sup>
- C2- 1<sup>st</sup> and 2<sup>nd</sup>
- Open and Officials - edible prizes!

## Etiquette and safety

The River Frome is narrow and the course uses the full width of the river. As we only have a jetty at the finish end of the course, we ask all competitors to get on the water at least ten minutes before your run. Groups of 6-10 boats will be organised by the Boat Marshall and you will be asked to paddle up the course as a group during brief breaks in the runs. Please look out for the Boat Marshall in the bright bib on the Jetty and follow their instructions before your run.

**Do not just get on and paddle up the side of the course to the start!**

Please remember that two boats must remain on the water at the end of the course at all times. When you complete your run, do not get off until you have been replaced.

If a judge blows a whistle during your run it means that you have been caught up by the next paddler. Please make way for them, then continue when they have passed.

## Around the clubhouse ...

At the end of a run all competitors must carry their boats up the steps, across the grass and path, and leave them neatly stacked in the boat store area in the reserved car parking bays in front of the clubhouse.

**Under no circumstances must boats or kit be left on the jetty or grass areas** as these will be needed at all times for competitor access (*shared C2's excepted*). The footpath by the side of the course is a popular local walk so please do not block it. Be careful when carrying boats and show consideration to members of the public who may be walking or spectating.

Please help us to keep the site tidy, and put your litter in the bins provided.

## BCU Membership

To comply with the requirements of the British Canoe Union competition insurance, all competitors must be BCU members or members of a BCU affiliated club, and be able to show proof of current BCU or affiliated club membership at control.

Non members may obtain temporary event membership of the BCU for insurance purposes from the slalom control at £5 per competitor.

## **Refreshments**

Refreshments will be on sale during the event: tea, coffee and cake, etc. There are several Fast Food type places nearby in Frome Town centre.

## **Car Parking**

There is ample space for Parking in the Council Car Park in front of the Clubhouse. This Car Park is Pay and Display, but free on Sundays.

Please do not park in the nearest 5 rows of bays to the clubhouse as we will use these for boat storage.

## **Photography**

In line with the NSPCC Child Protection in Sport Unit and BCU recommendations, we require any person who wishes to engage in video or zoom photography to register with the Event Organiser prior to carrying out such photography. If you are concerned about photography taking place please contact the Event Organiser.

## **Supervision of Minors**

A child must be accompanied by a parent, guardian or a nominated adult who shall assume responsibility for the child throughout the time the child is at the event. Neither the BCU nor the Event Organiser will assume responsibility or be liable for a child who is unaccompanied or unsupervised. Note that while the definition of a child is a person under the age of 18, the statement applies particularly to children under the age of 16.

## **Helmets**

Please note that all helmets worn at this event MUST be to the CEN standard for water sports and carry the CE mark

## **Leptospirosis / Weil's disease**

The Frome is a fairly clean River, with wildlife like Kingfishers frequenting the bank opposite the Clubhouse. However its good practice to follow the standard advice when paddling. To minimise risk of infection cover all cuts and abrasions with waterproof plasters. Club rules state that footwear must always be worn, to avoid cutting the feet on the uneven riverbed... Where possible shower quickly after competing. If in doubt contact your doctor.

Leptospirosis is an animal infection caught by direct contact with the urine of an infected animal. This usually happens in water during periods of very low water level. Bacteria enter through skin abrasions, or via the eyes, nose or mouth with an incubation period of two to twelve days. Usually a "flu-like" illness occurs which resolves in two to three weeks (here may be fever, severe headaches, pains in the back and calf and prostration). In a very small number of cases this develops into jaundice when the condition is known as Weil's Disease. Although death may occur in about 15% of jaundiced patients, death without jaundice is virtually unknown. If you think you may have the infection go to your doctor and tell them that there may be a risk of Leptospirosis.

*"Canoeing and Kayaking are "assumed risk" - "Water contact sports" that may carry attendant risks. Participants should be aware of and accept these risks. And be responsible for their own action and involvement".*