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# Paddlefest Liverpool 2007

Saturday 7th July 2007  
Merseysport, Queens Dock, Liverpool

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## General Information

### Pre-Requisite

Please note, for all these events the young people should be water confident.

### Acknowledgement of Entries

Upon receipt of your completed Entry Form / Team Registration Details, and cheque, we will email an acknowledgement by return. Your Registration Details will be used to prepare individual Event Time Forms and Result Sheets for your Team, in advance, so your subsequent registration on the day can be completed in the shortest possible timescale.

### Registration

Registration will be open on the day from 9 a.m. Events will start promptly at 10 a.m. so please register as early as possible.

Upon arrival at Merseysport, Team Leaders should check in at the Paddlefest Registration Desk to confirm the details already provided on their Team Registration Form, or provide any last minute changes if necessary.

Leaders will then be provided with a set of Results Sheets for their Team for all the events during the day. The appropriate Results Sheet should be given to the Event Marshal upon arrival at each event. These Sheets will be used to record times and/or scores of the Team, or individual Team Members, as appropriate.

At Registration, Leaders will also be given a timetable of events for their team and any last minute information.

### Equipment and Safety

Boats and paddles will be supplied. Please note that it is a condition of use at Merseysport that all young people and Team Leaders wear buoyancy aids on the Lower Deck of the Centre, and whilst on the water and the pontoons. Helmets are compulsory for the Slalom and Canoe Polo events.

Please bring your own buoyancy aids (and helmets if possible) if you have them. This will help to speed up changeovers between events and ensure that your paddlers have correctly fitting equipment. Please make sure your equipment is clearly marked with the name of your Club / Organisation.

There will be a limited number of spare buoyancy aids and helmets available for those who do not have their own. Please let us know on your Entry Form if you need to borrow buoyancy aids. If you do borrow equipment the Team Leader will be responsible for its safe keeping, for ensuring their team members wear the appropriate equipment, and for returning it at the end of the event.

Please ensure that all your Team Members fully understand that no running or horse-play is allowed in, and around, the Centre building or on the pontoons.

## **Clothing**

Merseysport's policy requires that young people wear adequate footwear at all times for the events, e.g. old trainers. To allow for possible bad weather we recommend that each person brings a towel, several changes of clothes and a waterproof top, clearly named in a bag. The young people and Team Leaders are responsible for their belongings. Lost property will be gathered at each event and delivered to the Registration Desk.

## **Protection against the sun**

In view of Merseysport's close proximity to the River Mersey and the sea, it is all too easy to underestimate the strength of the sun even in cloudy conditions. Please ensure that your individual team members take adequate precautions to protect themselves by using a factor of sun cream appropriate for their type of skin.

## **Marshaling**

Each team should assemble at the Embarking Area 10 minutes prior to their allotted time for their events. They must be accompanied by their Team Leader at all times when not on the water. The Team Leader will hand in the appropriate Results Form to the Marshal for the event who will tell the team exactly what is expected of them for the event.

Along the waterfront there will be other Marshals who can help you with directions, information, etc.

## **Prize Giving**

Prize Certificates will be presented for each event and age category at around 4 p.m.

## **PaddlePower**

If you are using PaddlePower within your Organisation / Club this is a great opportunity for the young people to have categories signed off. The certificates they receive on the day should be sufficient evidence for their coaches to sign their books.

If any of your team members are working towards their Duke of Edinburgh Award, and have canoeing as their sport, bring their logbooks and use the day towards their Award. We recommend a waterproof wallet to keep their logbook dry.

## **Directions and Parking**

A map showing the location of Merseysport Watersports Centre in Queens Dock can be found on the Friends of Allonby Liverpool Canoe Club Web Site at [www.foacc.com](http://www.foacc.com)

From our Home Page please:-

- click on **About Us**
- then click on **Club Venues**
- then click on **Queens Dock Polo & Slalom Facility** in venue column.

Please note there will be no parking available at Merseysport as the car park is very small. However, there will be a dropping off point at the Centre car park, and stewards will be on duty to direct you to parking areas close by. Please do not park on the double yellow lines on the main road along the Quayside area as you will obstruct passing traffic and risk being wheel clamped.

## **Toilets and Changing**

Toilet and changing facilities are situated in the main Merseysport Centre building. Entrance to the building will be regulated. Please ensure that your team members do not leave any personal belongings lying around unattended in the changing rooms whilst they are taking part in events. A limited number of lockers are available in the changing rooms at a cost of 20p non returnable.

## **Refreshments**

Hot & cold snacks and drinks will be on sale from Friends of Allonby Canoe Club during the day, or you may wish to bring your own food and drinks with you. In addition, there will be a limited supply of drinks and snacks from vending machines at Merseysport.

## **Photography**

In accordance with NSPCC recommendations, we require any person who wishes to engage in video, zoom or close range photography to register at the Registration Desk prior to carrying out such photography. We may have approved photographers on site – if you would not like photos of your group or any individuals to appear in any BCU publication or local newspaper please inform the event organiser at Registration.

## **Parents & non-participants**

Parents and non-participants are very welcome to come along to watch the fun. In addition, there are plenty of other things to see and do around the Albert Dock Complex and the City Centre if you prefer.

## **About the Events**

There is a wide range of activities to enjoy, all of which are included in your entry. A Team is usually made up of 8 young people but if you don't have sufficient team members we will attempt to combine you with another group in the same age category, if required.

This does not apply to the Come & Try It session, or the Ergo Paddling Machine and Rowing Machine Challenges which are all individual events.

### **Sprint Races**

The emphasis in this event is to try sprint racing in a safe and fun environment. Beat the clock as well as your fellow team members.

### **Slalom Time Trials**

This event involves manoeuvring a slalom boat through a series of "gates" on a short course, against the clock. No previous slalom experience is necessary for this event.

### **Canoe Polo**

Canoe Polo is a fast moving exciting sport in which two opposing teams try to score goals by throwing the ball into their opponents' nets. We will give you coaching in ball and boat skills before allowing you to experience the thrill of playing as a team against others in your age category. Only 5 team members play on the pitch at the same time, but substitutions can be made at any point during a game as long as there are a maximum of 5 team members on the pitch at the same time. The atmosphere will be friendly and as competitive as you want to make it.

### **Bellboat Regatta**

Get the whole team on the water at once and see how fast you can make the Bellboat go in a friendly competition against another team in your age category. This is an excellent introduction to PaddleSport for those who have never tried it before, and an enjoyable time for even experienced paddlers.

### **Sea Kayaks**

Friends of Allonby has recently acquired a number of Sea Kayaks which can be paddled very quickly, and are fabulous for cutting through any waves there may be in the Dock complex. They will be fun to race against the clock.

### **Ergo Paddling Challenge**

A chance for everybody to test their fitness against our top paddlers or simply watch how the experts do it! You have just 30 seconds to paddle yourself to exhaustion. The challenge will be set by a top athlete. How close can you get to their scores? No need to register for this event. Turn up and have a go.

### **Come and Try It**

A range of kayaks and canoes will be available during the day. No need to register for this event, but if at any time demand exceeds coaches and/or equipment we will allocate time slots for each team or individual paddler to ensure maximum safety and enjoyment.

### **Rowing**

You've seen it on television between Oxford and Cambridge. Now have a go yourself as an individual event.

### **Rowing Machine Challenge**

Have a go on the type of training machine used by Great Britain's very successful Rowing Team at the last Olympic Games. No need to register - just turn up and have a go.

### **Canadian Open Canoes**

Try paddling an Open Canoe with another member of your team. Great fun in these big open boats.

### **Dragon Boat Racing**

This event was introduced to Paddlefest Liverpool last year and proved very popular. It will provide an opportunity for two combined teams per 40 foot long dragon boat to race against the clock or another dragon boat, as appropriate.

# Paddlefest Liverpool 2007

## Codes of Conduct

### Participants

- Take care of all equipment you use.
- Treat other participants and team members with respect at all times – on and off the water. Treat other paddlers as you would want to be treated yourself.
- Control tempers and avoid behaviour which may inconvenience or upset others.
- Co-operate fully with any requests or decisions made by the Coaches, Marshals, other Event Officials and your Team Leaders.
- Congratulate other teams on their performance and your own team mates.
- Respect the Watersports Centre facilities – place rubbish in waste bins and leave the centre as it was when you entered.

### Team Leaders / Coaches / Parents

- Consider the well being and safety of paddlers above all else.
- Follow the BCU and your club / organisation guidelines and policies.
- Display consistently high standards of behaviour and appearance.
- Encourage paddlers to value their performance and not just their results.
- Do not allow or condone the use of prohibitive substances.
- Never punish or belittle a child for losing or making a mistake.
- Use correct and proper language at all times.
- Set a good example by applauding good performance of all paddlers.
- Never force a child to take part in sport.
- Publicly accept official's judgements and adopt a positive attitude with the participants.

### Event Officials

- Consider the well being and safety of paddlers before performance and results.
- Follow the BCU policies and guidelines.
- Adopt a fair and consistent approach to all teams.
- Use correct and proper language at all times.
- Encourage all participants and support areas of concern.
- Display high standards of behaviour and appearance.
- Respect Team Leaders' views and seek satisfactory outcomes to issues.
- Applaud and encourage all teams regardless of result.