



CARBONOLOGY SPORT PEZEL CHALLENGE 2023
6 – 9 /10 DECEMBER
RACE RULES AND INDEMNITY FORM

ONE entry form per paddler must be completed.
EACH PAGE TO BE SIGNED and returned to Helen@securityhouse.co.za

<p>PADDLER INFORMATION</p> <p>CSA Number: _____</p> <p>Name and Surname: _____</p> <p>E-mail: _____</p> <p>Canoe Province: _____</p> <p>Club: _____</p> <p>Tel. & Code (h/w): _____</p> <p>(cell) _____ (NB for WhatsApp & SMS communications)</p> <p>Date of Birth: _____</p> <p>Age as at 1 Jan 2023: _____</p> <p>Male / Female.....</p> <p>Age Category: Junior / Senior /Sub Veteran / Veteran / Sub Master / Master / Sub Grand Master/ Grand Master</p> <p>Singles/ Doubles /Mixed Doubles</p> <p>Partner (doubles).....(partner to complete separate entry)</p> <table border="1"><tr><td>SHIRT size: S / M / L / XL / XXL</td><td>JACKET size: S / M / L / XL / XXL / other</td></tr></table> <p>Medical Aid.....Number.....</p> <p>Contact (phone number of medical aid)</p> <p>Medical Conditions.....</p> <p>.....</p> <p>Emergency Contact (cell number)</p> <p>Emergency Contact (name).....</p> <p>Relationship (spouse/friend/parent)</p>	SHIRT size: S / M / L / XL / XXL	JACKET size: S / M / L / XL / XXL / other
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RACE RULES AND INDEMNITY



Participants must be registered/licenced members of their country's authority on Surf Ski paddling (if such exists). For South Africans this is Canoeing South Africa (CSA). International paddlers not already registered and licenced with Canoeing South Africa please go to www.canoesa.org.za, register a personal profile and buy a CSA licence according to your international status. Those registered/licenced with their home federations buy an INTERNATIONAL FOREIGN licence, while those not registered/licenced with the federation in their country of residence, buy an INTERNATIONAL EXPAT SA Licence. In both cases OPEN OCEAN proficiency will need to be confirmed – email kncuad@sai.co.za for any queries.

Qualification

All paddlers must meet qualifying criteria stipulated by the race organisers. The organisers shall be entitled at their sole discretion to determine whether a paddler is suitably qualified to participate, and his participation may be withdrawn at any time before, or during the race, for safety reasons. The decision of the race director shall be final and binding, in this regard.

Official qualifying events will be held in the Western Cape, Eastern Cape and Kwa-Zulu Natal (or elsewhere at the race organizers discretion).

Provincial champions arranging these events will be in communication with all participants on the PE2EL race official what's app group.

Each participant will be required, no earlier than 6 weeks before the race to qualify to participate. Qualifying criteria will require that the paddler has completed a race of at least 45 to 50 kms (with satisfactory times having regard to racing conditions, and race winners time) and, in addition, at the discretion of the race organizers, that the paddler has demonstrated the ability to paddle at sea in conditions requiring expertise, entering and exiting surf, paddling in challenging conditions into the wind (up to 20 knots or more), the ability to swim at sea (and through the surf) and testing their endurance paddling ability. The competence of each participant will need to be "signed off" by a Race Ambassador or club chairman, as the case may be, approved by the organizers (in Cape Town, Port Elizabeth, East London, Durban or elsewhere), and who will be appointed by the race organizer.

To confirm your qualifying paddles: each paddler will need to submit GARMIN or similar device showing 50KM distance covered. Downwind will not be acceptable. OUT & BACK recommended.

Please submit proof via Whatsapp and or email to helen@securityhouse.co.za 0825759876.

Race Route



Day 1 = 6 December 2023

If no head wind in excess of 14 knots: Start no earlier than 04h00 and no later than 09h00. The Route may, at the discretion of the race committee, be from Blue Water Bay Beach, past a check off point manned by a boat off Sundays River Mouth and then on to the beach at Woody Cape. Depending on weather conditions (and predictions) however the race organisers may, at their discretion allow paddlers, after passing on the Western (inside) side of St Croix Island, to head across the bay towards Woody Cape. This decision will be made having regard to safety considerations.

If a headwind is forecast of in excess of 14 knots but only due to reach that strength later in the day, the route may be from Blue Water Bay Beach to Sundays check off point boat and back to Blue Water Bay.

If the wind is already in excess of 14 knots at 05h00 then the day may be cancelled or the organisers may make use of the “spare” day.

Day 2 = 7 December

If no head wind in excess of 14 knots: Start no earlier than 04h00 and no later than 09h00. The Route may, at the discretion of the race committee be from Woody Cape Beach, past a check at Kenton on Sea River Mouth and then on to the beach at Port Alfred West Beach.

If a headwind is forecast of in excess of 14 knots but only due to reach that strength later in the day, the route may be from Woody Cape Beach, to the check at Kenton on Sea River Mouth and back to Woody Cape Beach.

If the wind is already in excess of 14 knots at 05h00 then the day may either be cancelled or turned to start at Port Alfred and finish at Woody Cape – still with Kenton on Sea check off point.

Alternatively the organisers may make use of the “spare” day, by delaying “day 2” by a day.

Day 3 = 8 December

If no head wind in excess of 14 knots: Start no earlier than 04h00 and no later than 09h00. The Route may, at the discretion of the race committee be from Port Alfred West Beach (or East Beach, at the discretion of the race director), past a check at Fish River Mouth and then on to the beach at Hamburg Beach.

If a headwind is forecast of in excess of 14 knots but only due to reach that strength later in the day, the route may be from Port Alfred West Beach (or East Beach , at the discretion of the race director), to the check at Fish River Mouth and back to Port Alfred West Beach.

If the wind is already in excess of 14 knots at 05h00 then the day may either be cancelled or turned to start at Hamburg and finish at Port Alfred – still with Fish River Mouth check off point.

Alternatively the organisers may make use of the “spare” day, by delaying “day 3” by a day.

Day 4 = 9 December

If no head wind in excess of 14 knots: Start no earlier than 04h00 and no later than 09h00. The Route may, at the discretion of the race committee be from Hamburg Beach, past a check at Kidd’s Beach and then on to the beach at East London’s Orient Beach.

If a headwind is forecast of in excess of 14 knots but only due to reach that strength later in the day, the route may be from Orient, East London, to the checkpoint off Kidd’s Beach, and back to East London Orient Beach.

If the wind is already in excess of 14 knots at 05h00 then the day may either be cancelled or



turned to start at East London's Nahoon Beach and finish at Hamburg.
Alternatively the organisers may make use of the "spare" day, by delaying "day 4" by a day.

NOTE: The race committee reserves the right to change the course for any given day, or to change starting times, or to cancel or delay at its discretion a part or the whole of any day's paddle in the interests of safety and make use of certain rivers should multiple days of bad weather be experienced over the allocated race days.

Rules of Participation

1. **CSA approved PFDs (personal floatation device), leashes, flares, cell phones, and any other safety device required, or provided by the organisers to the paddlers are compulsory. There will be no exception to this rule.**
2. **It is intended by the race organisers to make use, throughout the race, of the NSRI Safetrx smart phone app designed for Apple (iPhone/iPad) and Android handsets.**
3. **It is accordingly the responsibility of each participant in the race to be familiar with the Safetrx smart phone app, and to ensure that this is uploaded to a suitable phone, and be operational throughout the race (you must also be able to make a call from your cell if required in case of an emergency while at sea or beached).** Please ensure you have the most up to date version uploaded.
4. **Each participant will be required to satisfy the race organisers, on each day with a functioning fully charged battery phone Please ensure you have activated your saftrax before getting to the race beach and do not activate it in a WIFI zone. Some of the beaches have limited signal. It is your responsibility to turn OFF your saftrax at the end of each race as soon as possible to avoid unnecessary NRSI issues.**
5. **Should you not have the required Safetrx app (and phone for calls) you will not be permitted to compete.**
6. Notwithstanding anything to the contrary herein contained, all safety equipment used by paddlers is to comply with CSA regulations any additional rules imposed by the organizers, and shall meet the standard and specifications stipulated herein (or hereinafter required of participants).
7. All participants are to heed directions and instructions of the race officials.
8. A participant, who rides the wake of a motorized craft, in an attempt to gain advantage, may be disqualified.
9. Any participant who receives physical support or physical assistance, or who boards a boat, may be disqualified, with the exception of those doing so to repair their craft or to recover from illness, in which case the boat is to ensure that it does not travel in the direction of the race finish. Competitors will be allowed seconds to assist them on the beach. They should take care not to infringe on the rules of the race by assisting competitors in the water.
10. A time limit may be announced (or determined by the race director at any time before or during a race day) for each day and/or section thereof. The time limit may be lengthened (or



shortened) at the discretion of the race director or the NSRI. All participants failing to meet the specified time limit (or any time limit determined by the race director) may, for safety reasons, be removed from the water.

11. It is required that all participants have the emergency numbers given by the organizers saved to the phone that will be used at sea.
12. All participants are to have a leash, space blanket, whistle, flare (approved by the race organizers, as the case may be), and cell phone/s in a water proof pouch and a CSA approved Personal Buoyancy Aid (PBA) ("life jacket") as compulsory items of their race kit. The PBA must be worn at all times whilst on the water; all other items must be fitted to your person (inside or attached to your PBA). A participant who discharges his flare without justifiable reason may be disqualified. No inflatable lifejackets will be permitted.
13. Starting procedures will be explained at Race registration and at each day's race briefing. Race starts will be staggered daily and batches will be announced at the previous days briefing. **The start will take place from a designated area on the beach. All paddlers are required to launch through the surf within the designated area, and could be disqualified for launching outside of the designated area.** However, the organizers reserve the right, at their discretion, to make any changes to the start or finish arrangements due to safety or other considerations.
14. The Race Director (and Crew) and NSRI may decide whether a participant should be prevented from continuing the race at any time. This decision will be final and binding upon the paddler.
15. NSRI or 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.
16. 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.
17. 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.
18. Finishes will be indicated on the beach. Participants must cross the line with their craft (both participants in the case of a double ski). Participants do not need to finish with their paddles. Paddlers must ensure that the race official checks off his passing of checkpoints. At the checkpoints the paddlers may at the discretion of the race organizers be obliged to have a compulsory stop (in which event this will apply to all paddlers, and no adjustment will be made to the recorded times in respect of "stop time"). The finish markers and checkpoints will be described at the race briefings.
19. The onus is on the participant to ensure that timekeepers have registered their number at the finish of each leg.
20. Craft must be removed from the finish line immediately once their number has been recorded.
21. The Race Director is to be notified if a paddler has withdrawn from the event, as soon as possible. A safety mobile phone number for emergencies, as well as for notifying the Race Director of withdrawals will be provided at race briefing the onus is on the competitor to notify the race director of their withdrawal.
22. It is essential that race officials know where the participants are on the course at all times. FAILURE TO NOTIFY THE Race Director AFTER WITHDRAWING FROM THE RACE MAY



RESULT IN THE PARTICIPANT BEING PREVENTED FROM COMPETING IN ANY CHALLENGE EVENT IN THE FUTURE. The Race Director or NSRI may institute a search for any competitor who has not crossed the finish line or advised the Race Director of their withdrawal. The costs of the search will be borne by the competitor.

23. **Any competitor who “beaches” their craft before the finish (or anywhere other than at designated “checkpoints”) is to notify the Race Director of having done so whether or not they intend to continue the race, by returning to the sea, or along the shore.**
24. Participants will be allowed “seconds” to assist them. Except with the prior written permission of the race organizers, assistance by seconds may only be provided prior to race starts, at the checkpoints and on the beach once the participant has crossed the designated finish line at each stage. Seconds are to heed directions and instructions of all race officials. Seconds are not allowed to assist participants in the water or prior to the participant having crossed the designated finish line unless the participant is in danger. In this case, the participant may be disqualified. Each participant must notify the race organizers of their second’s names and cell contact details. (As per entry form)
25. Starts for the race, will be announced on each day. All paddlers are to cross the line in contact with the craft (in case of double skis, both paddlers must have contact with the ski)
26. **Clothing:** Paddlers are required to wear bright clothing, caps and lifejackets to assist visibility to NSRI, and all support craft, or for aerial searches. Life jackets must be CSA approved and comply with any specific requirements of the organisers. Inflatable life jackets are NOT permitted.
27. **Craft: Supplied branding (race decals), if any of the Challenge are to be applied to all craft and paddles prior to the completion of race registration. Race decals are to be applied to the craft and paddles in the positions indicated by the organizers at race registration, and all these decals are to remain visible throughout the event. Personal advertising may not clash with advertising stickers of the sponsors. Stickers other than sponsor stickers will not be permitted in the area in front of the pedals to the nose of your ski.**
28. The participants race number (the number provided by the race organizers or alternatively CSA number if no race number is provided by the organizers) is to be displayed on the ski. In the case of a double ski, the front participant’s number is to appear on the ski. Incorrect or incomplete numbers may result in disqualification from the race. Numbers are to appear prominently on both sides of the top deck of the ski, not more than 2m from the nose of the ski. No other numbers are to be displayed
29. In the event of a ski been damaged, anyone may help a participant repair their ski. Where a boat is damaged, and a replacement boat used, with the approval of the race director, and the paddler must ensure that the replacement boat complies with all rules set out herein.
30. Craft (including substitute craft) are to be marked, on the front (and extending at least 500mm around the exterior) and back (and extending at least 500mm around the exterior) with brightly coloured (orange or red) paint so as to assist visibility.

Dispute Resolution Procedure

Only competitors or race officials may lodge protests or disputes. A panel of three arbitrators, appointed by the race director (or in his absence by the organisers), will hear all protests and disputes. The decision taken by the panel of arbitrators will be final and binding on the parties. The panel of arbitrators may impose penalties for breach of any of the rules or regulations. This



may include time penalties or disqualification, but without being limited thereto. Protests and disputes, accompanied by a fee of **R2000-00 (two thousand Rand)**, must be delivered to the Race Director by 5pm (or such later time as the race director may agree upon, at his discretion), in writing, on the day on which the incident occurred. Fees will be refunded where the party lodging the dispute or protest is successful, or at the discretion of the arbitrators.

Single surf ski event

The Single Surf ski event is a race between a single craft (including substitutes) paddled by one paddler for the total distance of the race. The same paddler must paddle for the total distance. The winner is the paddler that completes the total race distance in the fastest time, determined by adding up the times of each day, provided that the paddler has adhered to all the rules herein and instructions of the race officials. NO slip riding of double surf ski competitors allowed.

Double surf ski event

The Double Surf ski event is a race between a double craft (including substitutes) paddled by two paddlers for the total distance of the race. The same paddlers must paddle for the total distance. The winner is the two paddlers that completes the total race distance in the fastest time, determined by adding up the times of each day, provided that the paddlers have adhered to all the rules herein and instructions of the race officials.

Race Categories The race organizers may recognize the following categories (male and female, single and double): U23, Seniors, Veterans, Masters, Grand Masters, Mixed doubles.

The race organisers reserve the right to amend, amplify or change the rules relating to the race at their discretion, at any time before or during the race.

Please ensure you are at the compulsory race briefing , critical information is shared here and binding, it is accepted that you understand the brief and what is stated by the Race Director and organizers.

Participants will be notified by what's app &/or sms on the cell phone provided to the organizers on the entry form. (Or by any other means deemed appropriate by the Race Director)

Past Experience (relevant, PE2EL or other long distance sea racing experience:

1) Completed PE2EL Races (year/s = we would like to maintain and update records for the history of the race)



.....
2) Other Surfski races completed (over 30km, state race, year).....

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.....

3) Other relevant Experience (in past 12 months)

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Please note that all entrants will, in addition to experience declared, be required to qualify prior to the race.

Race Fee

RACE FEE per paddler:

EARLY BIRD Fees paid, and entry submitted by 15th September 2023: R 3950.00

Fees paid, and entry submitted by 31st October 2023: R 4450.00

Fees paid, and entry submitted after 15th November 2020: R4950.00

FEE STRUCTURE:

1. Early Bird Race fee before and on 15/09/2023	R3950.00	R
2. Race fee 31/10/2023	R4450.00	R
3. FINAL Race fee due 15/11/2023	R4950.00	R

Entries close on 15th November 2023.

Entry fee for the race is non-refundable, except in exceptional circumstances, and at the race organiser’s discretion. A medical certificate is to be provided in support of a request for refund for health reasons. A minimum admin charge of R800.00 will be deducted, where refunds are approved, and no entrant shall be entitled to transfer his entry to another paddler without payment of a minimum administration fee of R800.00 or such other amount as may be stipulated by the organisers. Where a swop is agreed upon, and the retiring entrant entered at an “early discount” rate, the new paddler shall, in addition to the administration fee of R800, 00,



pay the difference between the discounted rate applicable to the retiring paddler, and the entry fee applicable at the time of the substitute.

TOTAL DUE:	R
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Banking Details

Border Canoe Club

ABSA

Acc No.4064673916

Branch Code 632005

Reference: **PE2EL (Name)**

Register: email entries and proof of payment to Helen@securityhouse.co.za

Indemnity

I, the undersigned,.....(Full name)

Identity Number

(CSA number).....(Club).....

do hereby freely and voluntarily and entirely at my own risk participate in the PE2EL Challenge taking place from 6th December 2023 to 10th December 2023 (“The PE2EL Challenge”) and indemnify the race organisers, property owners, Border Canoe Club, NSRI (National Sea Rescue Institute), CSA, the sponsors, the suppliers of the “tracker unit” (if applicable)and NSRI in respect of the use by me of the Safetrx smart phone app, crew and every other person or legal entity (directly or indirectly involved) of any liability and for any loss, injury, harm or death arising out of my participation in the PE2EL Challenge of whatsoever nature and however caused, including the use of any safety or other equipment, or the failure of any safety equipment or safety measures undertaken throughout the race, irrespective of negligence, faulty equipment, or otherwise.

I am aware that:

I need to be experienced and proficient in sea paddling in extreme sea and weather conditions, and in dangerous surf, and

I need to be a competent paddler and swimmer, through dangerous or challenging surf, or in circumstances of emergency in the high sea, and

I need to be prepared for endurance, and

I need to be medically fit, and

I need to be self-reliant throughout the PE2EL Challenge

I am responsible to ensure that I am physically fit, and in good medical health, and capable to complete the PE2EL Challenge

Despite any qualifying criteria stipulated by the race organisers, it remains my responsibility, and I indemnify the race organisers (and CSA, NSRI, Sponsors and anyone else involved with the race) against



any responsibility to test my abilities, and understand that I am personally responsible, despite any safety measures taken by the race organisers, for my own safety throughout the race

I furthermore declare that I understand the extreme conditions of the event, including but not limited to:
Big surf

Extreme distance

Challenging Sea and Weather

Remoteness from assistance, by land, sea or air in case of emergency (for medical reasons or where my craft is damaged)

Limited cellular network availability at sea, which applies to use of cell phones.

I acknowledge having read all of the foregoing, and the race rules and I undertake to abide by the rules and every decision (and directive) of the race organisers

AND furthermore irrevocably consent to my service provider (MTM, Vodacom, Cell C etc) providing any records that they may require (should they deem this in the interests of my safety or for any reason whatsoever) for the cell phone (any phone used by me during the PE2EL Challenge)

Signature: _____ at _____

Paddler: _____

Date _____