North Bay-Mattawa Conservation Authority's
MATTAWA RIVER CANOE/KAYAK RACE
2017 PARTICIPANT GUIDE
IMPORTANT – MUST READ

READY FOR A CHALLENGE WITH A TWIST OF HISTORY??

The 64 km Mattawa River Canoe/Kayak Race is a demanding and challenging race. The race begins in North Bay and ends at Mattawa Island Conservation Area in Mattawa Ontario.

You must be prepared to race in excess of 6 hrs, along lakes and remote rivers with several portages. It is expected that you are in good physical condition and health AND that you have a high degree of competency in paddling a canoe/kayak/stand-up paddleboard. We recommend you pre-run the race route prior to race day to familiarize yourself with the route and portages.

Seasonal weather and water conditions can be unpredictable and can change quickly. If you experience an adverse event during the race, you must be prepared and equipped to be self-sufficient in swimming to shore or self-rescuing in open water. Be Bear Aware! This is Bear Country!

The 13km Family and Junior Races are intended to be a social, friendly and fun. The course is achievable for most paddlers with only one portage at the Hurdman Dam. The course starts within Samuel de Champlain Provincial Park and finishes at Mattawa Island Conservation Area. Participants are required to register Friday July 28 or Saturday morning at 11:30am at Samuel de Champlain Provincial Park.

Paddling is a very safe activity when all the appropriate safety precautions have been taken.

There will be a follow-up canoe behind the last paddler(s) of the 64 km race and there is an OPP Safety Boat on Trout Lake, Lake Talon and the lower Mattawa River (unless called away). As well, cell phone coverage is available along most of the route.
Although these safety boats are available to assist or contact for assistance in an emergency, DO NOT assume that a safety boat will be within your immediate vicinity at all times.

As a safety precaution, competitors are considered **withdrawn** from the race **at Checkpoint 2 (Portage des Peches) should they not reach this point by 3:30pm or at Checkpoint 3 (portage Campion) should they not reach this point by 6:00pm.**
The Race Organizer will not be responsible for those canoeists who choose to continue to Mattawa.

Thanks to the Race Safety Sponsor:

SLING-CHOKER MFG. (North Bay) LTD. Safety & Rigging Supplies

MANDATORY REGISTRATION AND SAFETY BRIEFING

IF YOU OR YOU PARTNER PARTICIPATED IN 2015 or 2016 RACE AND SAFETY BRIEFING, YOU ARE NOT REQUIRED TO ATTEND THE SAFETY BRIEFING AT 6PM AND 8PM,

Friday July 28 - Team Registration
5:30pm-8:30pm
Olmsted Beach, Trout Lake, North Bay
Safety is a priority for our paddlers!

*To be considered an officially registered team in the **64km Race**, at least one competitor from a tandem team or the only competitor in a solo canoe/kayak must attend the registration and safety briefing (UNLESS DONE IN 2015 or 2016) at Olmsted Beach on Friday. If you do not attend, your team will not be recognized as a registered team, and will not benefit from any safety, emergency response, or other supports/benefitsexpected from Race Management.*

During Registration, Race Officials will verify with team "captain" that all paperwork is completed.

Required paperwork includes:

- Completed and signed medical forms from each team member (included in this package).
- Full payment of entrance fee and OMCKRA Insurance fee (if not an OMCKRA member) for the team and complete contact information for each team member.
- Signed Waiver and Image Release from each team member. (This form will be handed out following the Safety Briefing for those who didn't participate in 2014, 2015 or 2016.).

Other requirements

- A number will be assigned to the canoe/kayak/SUP; and
- You must participate in a Mandatory Safety Briefing and your **attendance at the briefing confirmed by signing the waiver and image release to be provided after the briefing**.

Mandatory Safety Briefings – Friday July 28, 2017 held at: 6pm 8pm

Note: You must attend one of the Mandatory Safety Briefings. Following your attendance at the Briefing, you will receive the Waiver and Image Release Form to be completed and submitted at the Registration table. (One competitor in a tandem team can attend on behalf of both competitors. You will be expected to convey the safety briefing information to your paddling partner.)

Saturday July 29, 2017 – Race Day

RACE START TIMES

Arrive at least **60 minutes before start time**, to confirm you are an officially registered team. If you are a past participant and weren't required to attend the Safety Briefing, please see the registration desk and ensure they have the following 30 minutes before race start:

- Completed and signed medical forms from each team member (included in this package).
- Full payment of entrance fee and OMCKRA Insurance fee (if not an OMCKRA member) for the team and complete contact information for each team member.
- Signed Waiver and Image Release from each team member.

Marathon Race Start Times – Olmsted Beach, Trout Lake, North Bay

Recreational Women's	64km	7:30am
Recreational Mixed B	64km	7:30am
Recreational Men's B	64km	7:30am
NEW Open SUP	64km	7:30am
Recreational Mixed A	64km	7:45am
Recreational Men's A	64km	7:45am
C2 Stock Men's	64km	8:00am
C2 Stock Mixed/Women's	64km	8:00am
Open Kayak	64km	8:00am
C1 Open	64km	8:15am
C2 Open	64km	8:15am
C2 Mixed/Women's	64km	8:15am
Voyageur	64km	8:30am

Family & Junior Races Start Time - Samuel de Champlain Provincial Park

Family A & B	13km	12:00 pm
Junior Rec & Racing	13km	12:00 pm

Note: Registration for Family/Junior Races is Friday July 28 from 5:30pm-8:30pm or Saturday July 29 at 11:30am at Samuel de Champlain Provincial Park. A Safety Briefing will be given at 11:45am on Saturday at Samuel de Champlain. (Park Pass is required or you will have to pay the Park's day fees)

RACE DIVISIONS

All participants are classified into a specific divisions based on gender, canoe/kayak/SUP type and race length (13km or 64km). All decisions concerning the race division/canoe classification and participant eligibility are subject to the Race Referee's discretion. ***The same registered competitors must start and finish the race. If a team member is not able to complete the race for any reason, no substitution is permitted.***

Recreational Divisions

Stock Men's C2:	2 males
Stock Mixed/Women's C2	2 females or 1 male and 1 female
Women's:	2 females
Mixed A & B:	1 male and 1 female
Men's A & B:	2 males
Family A & B:	1 adult and 1 child (13 km)
Junior Rec:	2 youth (14-17yrs) (13 km)

Racing Divisions

Open C1:	1 canoeist
Men's C2:	2 males
Mixed/Women's C2:	2 females or 1 male and 1 female
Junior Racing:	2 youth (14-17 yrs) (13 km)

Voyageur Canoe Division

Voyageur/North canoe: 8 paddlers

Kayak Division

Open: 1 paddler

Stand-up Paddleboard

Division

Open: 1 paddler

WATERCRAFT SPECIFICATIONS

Recreational Canoe Specifications

In the rec divisions, the min beam is measured 4" above the bottom of the widest point of canoe. Junior recreational canoe specifications are based on 'A' or 'B' specs below.

Recreational 'A'	**Recreational 'B'**
Max Length 17'	Max Length 16'
Min Length 16'	Min Beam 32"

C2 Stock

Max Length 18' 6"	Min Width 14.4% of length at 4" waterline
Min Length 17'	(i.e., 32" for 18'6" length / 29.4" for 17' length)

Min Depth
Bow (17")
Centre (12 ½")
Stern (16")

Family Race Specifications

In the family divisions, the min beam is measured 4" above the bottom of the widest point of canoe.

Family 'A'	**Family 'B'**
Max Length 17'	Max Length 16'
Min Length 16'	Min Beam 32"

Stand Up Paddleboard & Kayak Specifications

Not subject to specifications.

Voyageur/North Canoe Specifications

Not subject to specifications.

Racing Canoe Specifications

In the racing divisions, the minimum beam for racing is measured 3" above the widest point of canoe. Junior racing canoe specifications are based on specs below.

C1 Open	**C2 Men & Mixed/Women's**
Max Length 18' 6"	Max Length 18' 6"
Min Beam 27"	Min Beam 27"
	Min Height at Bow 15"

MANDATORY EQUIPMENT

In accordance with Transport Canada requirements for human powered pleasure craft, all teams participating in the 13km and 64km race are required to have the following items at all times during the event, while on the water:

Per TEAM at all times during the race

a. 1 paddle for each team member (spare paddle is recommended)
b. A buoyant towline of >50ft attached to the watercraft and accessible: "Throw bag" attached to watercraft is acceptable
c. Bailing device, bucket or pump

Per INDIVIDUAL COMPETITOR at all times during the race

a. Canadian Approved Life Jacket or Approved PFD on board
b. Whistle (must be attached to the life jacket at all times)

Per PADDLERS AGED 13 AND YOUNGER at all times during the race

It is mandatory that all paddlers aged 13 and under (as of January 1st of that racing season) **must wear** a Canadian Approved Life Jacket at all times during the course. Failure to do so will result in disqualification. (OMCKRA Safety Policy)

RACE RULES & REGULATIONS

THE ORGANIZER

Mattawa River Canoe Race is organized and staged by North Bay-Mattawa Conservation Authority. The Race Referee reserves the right to make changes and amendments to the rules and regulations at any time. In the event that changes are made, Logistics Leader will contact all registered teams with the updates so that they may make the appropriate adjustments to their preparations for the race. All paddlers are responsible for their own transportation to and from Mattawa. **No Shuttle Available**.

TEAMS

Each team (solo / tandem) must register in one of the defined divisions. A team must consist of the same registered members throughout the race. No substitution is permitted after on-site registration is complete. All members of the team must be in good physical condition and health. All team members will be required to complete a medical form to verify this.

The Race Referee reserves the right to remove any team from the registered team list should the Referee feel that the team will not be suitably prepared for the event or may act in a way that will be harmful to themselves, other participants (including but not limited to competitors, volunteers, media, staff, community), or the event as a whole. In this situation the team will be notified immediately upon finalization of the decision and their full entry fee will not be refunded. The entry fee will not be refunded if the team chooses not to compete.

No specific skills will be tested in registration.
It is expected that all team members are competent in:

1) Paddling the vessel indicated within their chosen division;
2) Self-rescue techniques; and
3) Basic map reading/navigation.

RACE RULES & REGULATIONS (Continued)

MANDATORY REGISTRATION
New paddlers - To be considered an officially registered team in the **64km Race**, at least one competitor from a tandem team or the only competitor in a solo canoe/kayak/stand-up paddleboard must attend the registration and safety briefing at Olmsted Beach on Friday, July 28 from 5:30pm to 9:00pm. The Safety Briefing is only Mandatory if this wasn't done in 2014, 2015 or 2016 by one of the two paddlers on a Tandem team.

CHECKPOINTS
Passing all three checkpoints is **mandatory.** You are not required to stop, but your time will be recorded.

CANCELLATION OF THE EVENT
If the race is cancelled or postponed as a result of factors beyond the control of the Race Referee, (including, but not limited to, severe weather, flood, or anything else that may make the event dangerous to participants, staff and volunteers), the Race Referee may reschedule the event.

NAVIGATION
Teams will be provided with a map of the course. This map will indicate all portages, Checkpoints, and features. The map is also available online at www.mattawarivercanoerace.ca. **Pre-running the course is highly recommended.**

TIMING
There will be one official race clock for the entire race and all teams. Each Checkpoint also has a time clock, but the Race Referee will have the official race clock.

TEAM IDENTIFICATION
All teams will have a number on their canoe/kayak/stand-up paddleboard throughout the race. Teams are free to wear any other items or logos for their team sponsors. Logos, slogan, etc must be free of profanity, vulgarity, or discriminatory references.

SAFETY
Please refer to the OMCKRA web site for the complete safety policy
http://www.omckra.com

Teams are required to provide assistance to another team in distress. Teams failing to provide assistance to a team in distress will be disqualified from the race. In the event of an injury, for example, physical injury, etc., teams may receive support from another team. Teams may receive support from non-competing individuals in the event of an emergency however if assistance is received in a manner that facilitates the completion of the race, this team will not be credited with finishing the race.

PIT CREWS
Teams may receive assistance from non-competing individuals, to receive hydration and food only. These individuals are not to assist in carrying gear, canoes, paddles or any other equipment. If this happens, the team will be disqualified. (**Please note**: if your pit crew will be entering Samuel de Champlain Provincial Park for Checkpoint 3, a special Park Entry Pass will be needed for each vehicle or an entry fee will be charged by park staff. A Park Entry Pass for your pit crew can be obtained at Friday's registration.)

REPAIRS
All repairs to equipment that occur during the race must be made with supplies that teams have on-hand, or supplies provided by another registered team. No outside assistance or equipment is allowed, unless a team is no longer competing.

SAFETY BOATS

An OPP safety boat will be traveling and sweeping the course on Trout Lake, Lake Talon and the lower Mattawa River. This boat may not be available at all times, as they may be called away from the Race to support an Emergency elsewhere. A follow-up canoe will follow the last canoe on the course. With that in mind, if you do have an adverse event, don't expect the boat to be in your vicinity at all times. It is your responsibility to ensure that your team is competent in self-rescue techniques in open water or swim to shore.

ALCOHOL / DRUG USE

The use of any illicit or illegal drugs, alcohol, prescription medication not prescribed to the user for that specific use or prescribed medications that can affect performance is strictly prohibited and will result in immediate disqualification from the race and removal from the course.

VIOLATIONS

It is the responsibility of each team member to report all violations of the rules and regulations to the Race Referee. Violations can be reported at any point during the event but no later than one (1) hour after you have completed or withdrawn from the race.

FAILURE TO COMPLY

All decisions by the Race Referee shall be final. Failure of a team member to comply with the rules and regulations will result in disqualification.

ENVIRONMENTAL RESPONSIBILITY

All event participants must act in an environmentally responsible manner at all times during the Mattawa River Canoe Race, including during registration, pre-race activities and post-race activities.

Specifically, teams should obey the following principles:

- No litter, gear or any other object will be left on the race course, at the start line or host site except in designated disposal locations; all checkpoints have garbage bags;
- All human waste must be buried or properly disposed of in all situations and must not be done so within 50 meters of a water source (stream, river, pond, lake or otherwise);
- No cutting of vegetation of any type or deliberately causing unnecessary damage to vegetation or unnecessary erosion in areas with loose ground;
- Every effort must be made to avoid harassing animals of any type in their natural habitat. In all encounters with wild animals the animal has the right of way; and
- If a competitor or team notices litter, gear or any other object left by another participant it is that teams' responsibility to pack it out to the next checkpoint to be left with the checkpoint staff.

Any team observed not acting in an environmentally responsible manner may be disqualified from the event. Any team observed showing blatant disregard for the environment may be permanently banned from future North Bay-Mattawa Conservation Authority's events.

MATTAWA RIVER CANOE RACE EMERGENCY-MEDICAL ACTION PLAN

NOTE:
Paddlers must attend the Mandatory Safety Briefing on Friday at 6pm or 8pm (if you and/or your partner didn't attend in 2014, 2015 or 2016).
For your safety, every checkpoint, vehicle and follow-up canoe has a First Aid Kit.

A) MEDICAL

- Each checkpoint has a First Aid Kit and staff that have current First Aid and CPR training.
- Each checkpoint also has members of the North Bay Amateur Radio Club will allows us to communicate with Emergency Personnel (911) if needed.
- We have a dedicated Emergency Response Leader who can drive to accessible locations if needed. We will have St. John's Ambulance volunteers at the finish line if first aid is needed.
- A follow-up canoe will be along the entire course. The canoe contains a first aid kit and staff that have current First Aid and CPR.
- There is constant contact between all of these individuals at all times throughout the event.
- The safety boat will monitor the status of participating teams for their progress along Trout Lake, Lake Talon and lower Mattawa River and respond to any watercraft/participants that are in distress. The safety boat will communicate with the Race Referee via cell phone.

B) INSTRUCTIONS FOR PARTICIPANTS/TEAMS

1) All teams must be proficient in self-rescue techniques, enabling themselves to re-enter their watercraft should they capsize.

2) All teams should remain within 100m of the shoreline if possible at all times during the race.

3) Teams are required to provide assistance to another team in distress. (ie. a capsized boat, broken paddle, physical injury).

    a. If a participant is in physical distress, facilitate getting the participant to the nearest shoreline and flag down a safety boat for assistance. If a safety boat is not within view, contact the Emergency Response Leader, Troy Storms @ 705-494-5113; teams are encouraged to carry cells phones. The Emergency Response Leader will initiate an appropriate response (Safety boat, EMS or OPP) based on the circumstance and will communicate the plan back to the participant(s) for further instructions.

    b. While waiting for assistance, obtain the name of the person in distress, reassure them, and obtain their contact information.

4) If a participant is experiencing physical symptoms at any point during the event (i.e., chest pain, shortness of breath, shoulder/back pain) they should get to the nearest shoreline, checkpoint, or location with phone service. While waiting, they should call 705-494-5113 and notify the Emergency Response Leader. The Emergency Response Leader will initiate an appropriate response (follow-up canoe, EMS or OPP) based on the circumstance.

As a safety measure, canoeists are asked to **withdraw from the race at Checkpoint 2 (portage des Peches) should they not reach this point by 3:30pm and at Checkpoint 3 (portage Campion) should they not reach this point by 6:00 pm.** The Race Organizer will not be responsible for those canoeists who do not adhere to this rule.

C) RISKS ASSOCIATED WITH THE MATTAWA RIVER CANOE RACE

Lightning – It is recommended that all paddlers paddle to the shoreline and stay on land awaiting the lightning to stop. Without leaving their stations, Race Officials and the OPP will advise paddlers to get off of open water. Contact the Emergency Response Leader to update him on weather conditions.

Rain and/or Wind – Paddlers can make a judgment call if they would like to continue or pull-out (if paddlers pull-out of the race, advise the Race Referee. In the instance of severe rain and/or wind the Race Referee can advise Race Officials to advise paddlers to get off the open water. If rain or wind is severe and could result in emergency, advise the Emergency Response Leader.

Minor Injuries – If the injury is minor in nature it is recommended that the paddler see a Race Official at a checkpoint as all checkpoints have first aid kits. At this time the Race Official will contact the Emergency Response Leader if needed and/or treat the paddler. If the paddler chooses not to continue the race the Race Official is to advise the Race Referee.

Critical Injuries – If there is a critical injury, a Race Official and/or the Emergency Response Leader will respond and follow North Bay-Mattawa Conservation Authority Health and Safety policies with regards to critical injuries and conduct first aid until emergency services arrive.

Drowning – Race Officials will use their CPR training and resuscitate, if the situation warrants it. CPR will be initiated until emergency response arrives. If the victim resumes breathing, the directions outlined under the Stranded Paddler portion of this document will be followed. Contact the Emergency Response Leader and 911.

Damaged Canoe – Paddler(s) Unable to Continue – This is not an emergency unless there is an injury. Call the Logistics Leader to update on the situation. The Logistic Leader will advise the Race Officials. If the paddlers are in an isolated area and stranded, the Emergency Response Leader will be contacted by the Logistics Leader and follow the directions outlined under the Stranded Paddler portion of this document.

Stranded Paddler – A Race Official is to notify the Emergency Response Leader. The Emergency Response Leader will then contact the OPP, the Race Referee and Race Officials (as needed). Coordination will be made to get them out. The Emergency Response Leader will treat a stranded paddler as being lost/injured unless otherwise advised.

Reported Lost or Missing Paddler – All paddlers will be briefed prior to the start of the race, and made aware that all needed information is in the package. The Emergency Response Leader will be notified and the Race Referee will be notified, as well as Race Officials (as needed). The Emergency Response Leader will then contact the OPP and will work in coordination with them on getting the paddlers to safety. Race Officials are to try and get as much pertinent information as possible, ie: location, when, who, etc.

Follow-up Canoe – Staff Injury – The other staff member in the canoe is to provide first aid, get injured paddler to the nearest accessible shore, and contact 911 (if serious) or the Emergency Response Leader. At this time a decision will be made as to appropriate action. If the injured staff member is unable to continue, another staff member may replace them and their follow-up duties will continue.

C) RISKS ASSOCIATED WITH THE MATTAWA RIVER CANOE RACE (Continued)

Follow-up Canoe - Damaged – The members of the canoe will be asked to get to shore and contact the Emergency Response Leader and he will make arrangements to get the stranded paddlers. If this type of situation arises, all checkpoint Race Officials will be contacted as well as the OPP to make all paddlers aware that there is no longer a follow-up canoe and the Emergency Response Leader should be contacted in the event of an emergency.

Catastrophic Event - If a catastrophic event occurs, the Race Referee has the authority to cancel the race to allow for emergency response by all Race Officials and staff.

Poison Ivy – This noxious plant is prevalent on the portage between Pine Like and Lake Talon at Checkpoint 1. Contact can cause rash and skin irritation. Stay on trail.

For your safety, every checkpoint, vehicle and follow-up canoe has a First Aid Kit.

D) CANOE RACE PERSONNEL AND DESCRIPTIONS

- **Race Referee:** Brian Tayler – 705-494-5114
  Back-up: Paula Loranger -705-495-5115

Race Referee – Is responsible for timing, paddler pull-out, and all other canoe race staff. The Race Referee is also responsible for all Race Officials and the professional aspects of the race. Ultimately he is responsible for all aspects of the race.

- **Emergency Response Leader:** Troy Storms – 705-494-5113
  Back-up: Brian Tayler – 705-494-5114

Emergency Response Leader – This is the person that Race Officials would contact for **all emergency situations**, including the potential risks associated with the Mattawa River Canoe Race. The person is only to be contacted for emergencies outlined above so communication lines are free in case he/she is needed.

- **Logistics Leader:** Paula Loranger – 705-494-5115
  Back-up: Crystal Barnes – 705-492-6531

Logistics Leader – This person is responsible for all logistics of the race, such as the banquet set-up, final results information and speech completion. This person is only to be contacted for the above reasons.

- **Follow-up Canoe #1:** from MacPherson Drive, Trout Lake to Checkpoint #2
  Leader: Evan Rayner – 705-471-5485
  Back-up: Melissa Brubacher – 705-822-7037

  Follow-up Canoe #2: from Checkpoint #2 to Finish at Mattawa Island
  Leader: Rebecca Morrow – 705-498-7465
  Back-up: Denicia Tucker – 705-705-303-9856

Follow-up Canoes – A follow-up canoe follows the last canoe in the 64 km course. The canoe contains a first aid kit and staff that have current First Aid and CPR training. Although the follow-up canoe is available to assist or contact for assistance in an emergency, DO NOT assume that the follow-up canoe will be within your immediate vicinity at all times.

- **Maintenance Leader:** **Adam Whyte – 705-494-5112**
  Back-up: Layne Duquette – 705-471-7167

Maintenance Leader – This person is responsible for set-up at the start and finish line, such as erecting banners, start line, finish line, etc. Although at the same time all staff is to help with set-up.

- **Race Officials:**

- Paula Scott (Checkpoint 1)
  Back-up: Kayla B
- Rebecca Morrow (Checkpoint 2 and Follow-up Canoe Checkpoint 2 to Mattawa)
  Back-up: Denicia Tucker
- Rob Palin (Checkpoint 3)
  Back-up: Joel Harrison
- Evan Rayner (Follow up Canoe North Bay to Checkpoint 2)
  - Back-up: Melissa Brubacher

Race Officials – They are the main contact along the route for the duration of the race. They are there to answer questions from the paddlers and public. Race Officials report any injuries/ emergencies to the Emergency Response Leader. Race Officials are also required to record the time each canoe/kayak passes their checkpoint.

- **Other Support Teams:**

Canoe Race Support Staff: All other NBMCA staff helping out during the day.
Their role is to assist with the overall canoe race and to follow direction from their leaders.

North Bay Amateur Radio Club: Their role is to provide general communications throughout the race as well as Search and Rescue assistance if needed (the Emergency Response Leader will contact them if they are needed for an emergency). The Radio Club members will be set-up at each check point until the final canoe passes the checkpoint and the follow-up canoe reaches the finish line.

Paddlers
Contact Information <u>During</u> the Race

(Please keep the following information with you during Race)

Contact the Logistics Leader (705-494-5115):
To report canoe pull out, withdrawal from the Race, a damaged canoe and for information regarding race logistics, such as dinner/banquet questions.

Contact the Emergency Response Leader (705-494-5113):
For all emergency situations including injuries, lightning, severe weather, or if you have contacted 911.

Contact the Race Referee (705-494-5114):
To report violations (within 1 hour of your completion or withdrawal).

Talk to Race Officials at Checkpoints:
For all other inquiries and information. First aid for minor injuries available.

Please be sure to contact the appropriate person if an issue arises.

This will help keep lines of communication open in the event of an emergency.

Thank you!