

HYDROTHON



COMPETITOR HANDBOOK – TERRIGAL

OVERVIEW

Date:	8th October 2016
Registration:	7:00 – 9:15am at Registration Tent Terrigal Surf Club
Competitor Briefing:	7:45am (H4K & H2K) 9:45am (Hydrothon)
Race Start:	8:00am (H2K), 8:30am (H4K) 10:00am (Hydrothon) – Mass Start
Race Finish:	9:00am (H2K & H4K) 1:00pm (Hydrothon)
Presentation:	15min after last competitor (H2&4K & Hydrothon)–Terrigal Surf Club

RULES

Rules have been put in place to make Hydrothon a fair and safe event. In the event that a rule has been broken by a team or individual, the race director may DQ the offenders.

Swim

- Wetsuits permitted <23 degrees only
- Must wear Swim cap
- Must not break start
- Must not impede other competitors during swim leg
- May rest on stationery support craft only
- Must complete the course in full and not cut cans
- Must not wear fins etc

Ski

- Must wear Type 2 PFD
- Must carry fluid
- Must complete entire course
- Must obey directions of the water officials
- Must not obstruct other competitors
- Must place craft back in transition after ski leg

Paddle Board (H2K & H4K)

- May wear leg rope (not compulsory)
- Must place board back in transition area
- Must compete on craft selected when entering (short or long board)
- Drafting permitted

Run

- Must wear race bib number on front of shirt (or using race belt)
- Must wear shoes
- Must obey officials
- Must run entire course and not obstruct other competitors

General

- Must wear identification (race numbers)
- Must register and be present at race briefing
- Must assist other competitors if in distress
- Must respect the environment
- Must compete in the spirit of good sportsmanship
- Must use transition zones and transition bags to change
- No outside assistance at any part of the event unless for medical assistance

REGISTRATION 6:30 – 9:00am

Process

1. Go directly to Registration Tent which will be on beach (do not place ski in T1 prior to going to registration tent)
2. Marshals will mark you off and provide you with your race kits (race labels, Race Tattoos, Run Bib will be included in this pack). At registration tent, Marshals will require you to show
 - a. Fluoro Race Singlet
 - b. Type 2 PFD
 - c. Water container
3. After being signed off, please proceed to T1 and place ski in compound. You will need to place labels on ski and race tattoos on arms at this time.
4. Ensure you leave your transition bag at T1. This will be used to pack your swim gear after swim finish
5. Prepare your run gear in T2.
Tip: You may like to have a bottle of water to wash sand off feet and talc powder in run shoes.

NB: Specific transition allocation will not be provided. Both are “open zones”

COMPULSORY COMPETITOR BRIEFING

Briefing will be held at the Start Line. Please come prepared for start as briefing will take approx 15minutes.

COURSE OVERVIEW HYDROTHON, H2K & H4K

The map below provides an overview of the course.

The course has been designed to make it as safe as possible for competitors and spectator friendly.

Hydrothon

1km Swim 2 x 500mtr laps. Swimmers must exit water on 1st lap, turn buoy on beach and return back to sea for 2nd lap – **Cut off 40min**

9km Ski 3 x 3km laps – **Cut off 100min**

8km Run 3x2.6km laps. **Cut off time – 180min**

H4K

1km Swim 1 x 500mtr laps. Swimmers must exit water on 1st lap then go to transition – **Cut off 20min**

1km Paddle Board 2 x 500mtr laps – **Cut off 40min**

2.5kmkm Run 1x2.5km laps. **Cut off time – 60min**

H2K

- 1km Swim 1 x 250mtr laps. Swimmers must exit water on 1st lap then go to transition –
Cut off time - 10min
- 500mtr Board 1 x 500mtr laps – **Cut off time - 20min**
- 1.25km Run ½ lap only. **Cut off time – 45min**

Course Map



SWIM LEG – 1km

The swim leg is a 2lap 500mtr U shape course. Swimming from right to left, competitors will be required to exit the water after the first loop, run approx 50 mtrs to round a flag before returning to the water to complete the 2nd lap.

On completion of 2nd lap, competitors will round both the swim leg flag before proceeding to T1/T2- Transition.

NB: H4K is 1 full lap and H2K one half lap only



Course Marking

Two buoys will be placed off shore. The first buoy 225 mtrs from shore line, the 2nd buoy will be placed 50mtrs horizontally to the left of 1st buoy. The return to beach will be approx 225mtrs

Water Support

The swim leg will require water safety consisting of 2 x IRB and 4 x Paddlers

Water Support Procedure -Swim Leg

No less than 5min prior to start IRB to be stationed 50mtrs off shore and 15 mtrs north of swim course. Paddlers to be stationed 50mtrs off shore in line with swim start

At start of race, **IRB** to maintain safe distance while following lead swimmers to swim cans at which point the IRB should remain between buoys 1&2 approx 15mtrs seaward till all competitors complete 1st lap.

Paddler 1 to lead first swimmers out and around cans keeping a safe and fair distance between them and the swimmer/s. Paddler 1 to lead swimmers all the way back to shore (1st lap) before repeating for Lap 2.

Paddlers 2&3 to monitor mid pack swimmers for laps 1&2 keeping at least a 50 mtr buffer between each other as shown on diagram to right.

Paddler 4 to act as sweeper by following last swimmer/s around the course for both laps 1&2. On last lap, Paddler 4 must follow last swimmer/s all the way to shore. Paddlers 1,2&3 should support Paddler 4 as swim leg is nearing end.

Competitor Support

Swimmers are permitted to use paddle boards to rest as long as paddle board is stationery.

Involuntary evacuation from the water is at the sole digression of the water support IRB and Paddlers if they deem the competitor is not safety able to complete the swim leg. At this point in time, a paddle will signal to the IRB to pick up swimmer and return to shore directing the competitor to central command. Competitor will be assessed by First Aid Officer, marked off and deemed DNF.

Voluntary evacuation from the swim leg will occur when requested by the competitor. At this point in time, a paddle will signal to the IRB to pick up swimmer and return to shore directing

the competitor to central command. Competitor will be assessed by First Aid Officer marked off and deemed DNF).

The Swim cut off time is 40min from “gun”. Any competitor still in the water will be picked up and brought back to shore to see Race Director. The competitor will be marked off as DNF and will not be allowed to re enter race

Transition 1(T1)- Swim to Ski Paddle

An open area will be set aside for T1 transition. Prior to race start, competitors are to place Ski, paddle, water bottle (or camel pack) and PFD in T1. All skis must have race number label placed on front.

At completion of 2nd lap of swim, competitors are to exit water, round swim flag and proceed directly to their ski in T1.

Competitors must not be assisted in T1 during Swim to Ski Paddle transition.

Handlers may only help with gathering wetsuit and swim goggles after competitor has completed ski leg. **Competitors must place all swim gear in Transition bag that is allocated at registration**



SKI PADDLE LEG 9KM – (Cut off time T+100min)

TYPE 2 PFDs are MANDATORY

The Ski Paddle leg consists of 3x3km loops from Terrigal Beach.



Competitors after leaving T1 should proceed directly out to sea before turn right at first turn buoy (keep buoy to right). Paddlers will then proceed to 2nd buoy off Terrigal Heads before heading north to buoy 3. Round buoy 3 and head back to buoy 2 to commence lap 2 and 3. **DO NOT RETURN TO SHORE BETWEEN LAPS.**

On last lap, competitors must round Buoy 1 keeping buoy to right before returning to shore.

Water Safety

2 x IRBs and 4 paddlers will be patrolling the water area to ensure correct navigation of the paddle leg is adhered to. IRB #1 will guide the first paddler to buoy #2. IRB will carry fluids for emergency purposes, radio and fog horns.



Support crew must maintain a safe distance from ski paddlers of no less than 15 mtrs at anytime

Competitor Support

Involuntary evacuation from the water is at the sole digression of the water support if they deem the competitor is not safety able to complete the ski leg. At this point in time, water safety will direct paddler to return to shore (Terrigal Beach) directing the competitor to central command. Competitor will be assessed by First Aid Officer, marked off and deemed DNF.

Voluntary evacuation from the ski paddle leg will occur when requested by the competitor. At this point in time, the competitor must return to shore and go directly to central command. Competitor will be assessed by First Aid Officer marked off and deemed DNF)

In an extreme emergency where paddling to shore is not possible, competitors will raise both arms in the air in a cross over manner to alert attention. A support boat will then pick up and take to central command. When returned to shore First Aid to access competitors condition and then follow Emergency Response Procedure as per below.

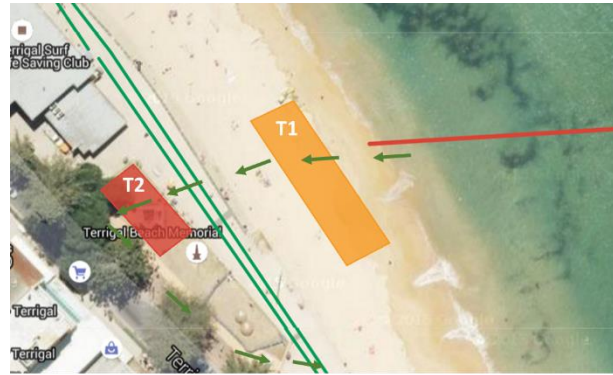
Communication between IRB and land will be via 2way radio

MASS EVECATUATION

At the digression of Water and or Race Director or at the direction official water authorities, the race may require mass evacuation. If required, FOG horns will be used by all support crew to signal cancellation of the race and mandatory evacuation to the nearest Exit Bay.

Transition from Ski to Run – T2

After completing last lap of ski, competitors will round Terrigal Beach buoy #1 and return directly to shore. After placing ski in transition, competitors will run to T2, change into run gear to commence run leg.



Handlers may remove skis completely from T1 at the direction of marshals *after the competitor has proceeded to T2 for run leg.*

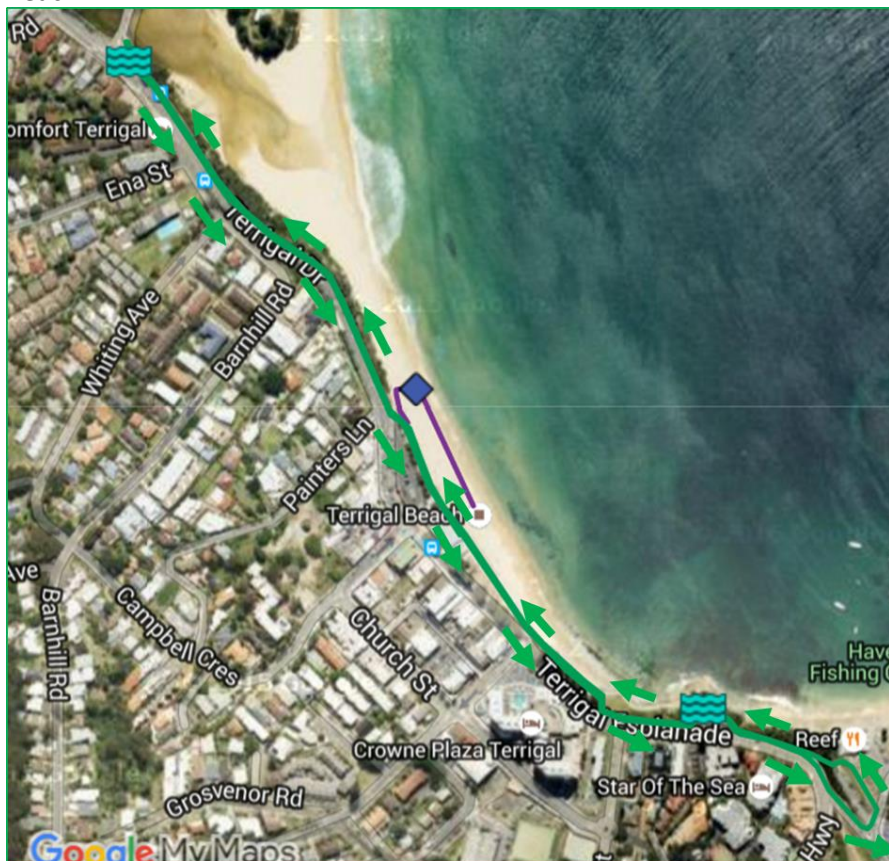
Exiting T2

Once competitors have changed into running gear (including water bottle), you will run on the road side of the pathway, south to first turn at the Haven.

NB: Race Bibs must be on prior to leaving T2.

RUN LEG – 8KM (Cut off T+3hours)

The run leg consists of 3 ½ x 2.25km loops on Terrigal Beach pathway with finish line at Terrigal Beach



This is not a “competitor exclusive course” therefore, competitors must be prepared to give way and share the pathways with the general public.

At the southern end of the run course competitors will round the anti-clockwise around carpark before heading to northern run turn



Marshals

9 Marshals in total (including Aid Stations marshals) will be on course to ensure runners complete the correct course safely. Please obey their instructions at all times

Medics

3 Medics will be on hand during the event (plus volunteer lifesavers). Medics will be stationed on the beach during swim and ski paddle legs then at Run turnarounds/

Medics will be carrying emergency supplies
NB: Marshals will be wearing fluoro Orange bibs

FINISH LINE

At the completion of the 3rd FULL lap, competitors will continue to Haven before running back past surf club then down on the beach to finish shute where race# and time will be recorded.

Congratulations you have finished Hydrothon Terrigal Beach!




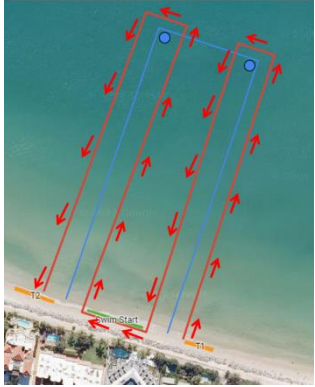
H2K and H4K

Overview

H2K and H4K events open for kids age 9 to 15. Following a similar format the Hydrothon the legs are 500mtr Swim, 1km Paddle Board and 2.5km Run for H4K and half that distance again for H2K. In lieu of a surf ski, paddle boards are used.

As per Hydrothon, H4&2K will require competitors to complete the course unassisted except for board removal by a handler. H4&2K are open to individuals only.

Sample of Hydrothon4K & H2K – Course Overview (Swim and Board Legs)

	
<p>Swim H4K swim will be 1 full lap and H2K 1 half lap. At completion of swim, round around start flags and proceed to Board Transition zone.</p>	<p>Board H4K will be an out and back course around swim buoys. Paddle directly to right hand buoy and return directly to shore. Exit water, run around start flags then re-enter water to paddle around left hand buoy. On return to shore, place board on beach and enter transition zone to prepare for run leg. H2K will be one full lap of the Swim cans in the same direction as swim leg.</p>

GENERAL INFORMATION

Race Numbers

All competitors will be allocated a Race Number tattoo which must be placed on both shoulders.

Timing

As a minimum, the overall time will be provided

Race Singlet's

If not part of the Athletes entry, all competitors must bring their own & wear a **BRIGHT COLOURED** race singlet. Private sponsors are permitted.

Type 2 PFDs

PFDs are compulsory for all ski paddlers at Hydrothon events



Compulsory Water Vessels

All competitors must carry their own water on both Ski and Run legs

Nutrition

Please ensure you carry plenty of fluids for this race. You will need to drink approximately 250ml of water every 20min. Food or energy gels should also be consumed every 30min.

Sun block

Please wear an appropriate sun block during the race. Zinc is best particularly for paddlers/individual competitors.

Wetsuits

Wetsuits are permitted if water temperature is under 23 degrees

Emergency Contact

Every participant must provide an emergency contact number prior to the race. This should be a family member, relative or close friend (Next of Kin). We will contact your nominated Next of Kin if you are required for ExitBay pickup or for any other personal emergency situations.

Disclaimer

While every effort has been made to make Hydrothon, H4K & H2K safe, it is a highly physical demanding race. Participants must prepare for this race to limit risk of injury. It is advised that a medical check is done prior to the race.

In the event of poor weather, the race may need to be cancelled. No refund will be payable.

Please review Race Waiver for full details

PRE RACE APPROVAL FOR RACE COMMENCEMENT

The Race Committee will consist of the Race Director, TA Technical Official, First Aid Officer and Water Safety Director.

The committee will meet 60min prior to race start to access water and weather conditions.

The Race Director has the power to override the committee's approval to proceed with race. However, the Race Director can not override the decision by the Committee to cancel the event due to safety risk of competitors.

If ocean conditions are too severe, the committee has an obligation to put competitor safety first. So, the options would available are:

1. Amend / shorten course
2. Reduce to a Swim/Run only event
3. Cancel the event

RISK ASSESMENT

The Race Committee will consist of the Race Director, TA Technical Official, First Aid Officer and Water Safety Director.

The committee will meet 60min prior to race start to access water and weather conditions. The following scorecard will be used to objectively conclude as to the suitability of staging the water events (Swim & Ski)

Swim & Ski Paddle Risk Assessment - Action Control List

Risk	Description	Likelihood					Risk					Risk Mitigation	Action Taken	Person Responsible
		1	2	3	4	5	1	2	3	4	5			
Hazard at Transition	"Pot Holes", Glass etc				4					3	Check all potential hazards and remove from competition area			Run Coordinator
Water temperature	Water temperature is below 17 or above 23 degrees				1					1	Review NSW Govt website http://www.environment.nsw.gov.au/beachapp			Water Coordinator
Currents / Rips / Surf	Current too strong, surf too Big				2					2	Change course layout and/or distance to positively assist paddlers. Inform competitors of self rescue options			Race Director
Water Hazards	Rocks, seaweed, logs				3					2	Ensure competitors are aware of risk, create course that would minimize risk			Water Coordinator
Water Hazards	Stingers				2					3	IRB and Water safety to assess. Ensure suitable First Aid is on hand	Ensure copy of Medical conditions are known to water safety and Medical Doctor. Inform competitors of risk		Water Coordinator
Water Hazards	Water Pollution				2					2	Review NSW Govt Website for update	Advise competitors		Water Coordinator
Weather	Adverse conditions >30degrees, High Wind				3					4	Conduct event within safe parrametres as agreed by Race Committee. Options include: shorten course, start earlier, cancel a leg/s (paddle or run leg), cancel event			Race Director
Recreational boating					1					3	Course outside normal recreational water users.	Ensure competitors give way to boats and advise boating rules		Race Director
Competitor	Dehydration				3					4	Breif all competitors and ensure water is carried as per race rules	Follow Emergency Procedure		Water Coordinator
Competitor	Lost				1					3	Go over course directions	Contact lifeguard, coast Guard & Police		Race Director

Run Risk Assessment - Action Control List

Description	Description	Likelihood					Risk					Risk Mitigation	Action Taken	Person Responsible
		1	2	3	4	5	1	2	3	4	5			
Hazard on Run Course	"Pot Holes", Glass etc					3					3	Check all potential hazards and remove from Run leg	Medical support	Run Coordinator
Weather	Adverse conditions >30degrees, High Wind, Dehydration					3					4	Conduct event within safe parameters as agreed by Race Committee.	Options include: shorten course, start earlier, cancel a leg, cancel event, ensure competitors carry their own water	Race Director
Recreational Walker / Runners	Using the foot track with competitors					3					2	Hi Viz "Race in Progress" Signage and Run Marshals	Brief competitors that course is not exclusive, marshalls to ensure public are aware of race in progress	Run Coordinator
Competitor	Dehydration					3					4	Brief all competitors and ensure water is carried as per race rules	Follow Emergency Procedure	Run Coordinator

Legend

Likelihood

1 Rarely, 2 seldom, 3 Occasionally, 4 Often, 5, Very Often

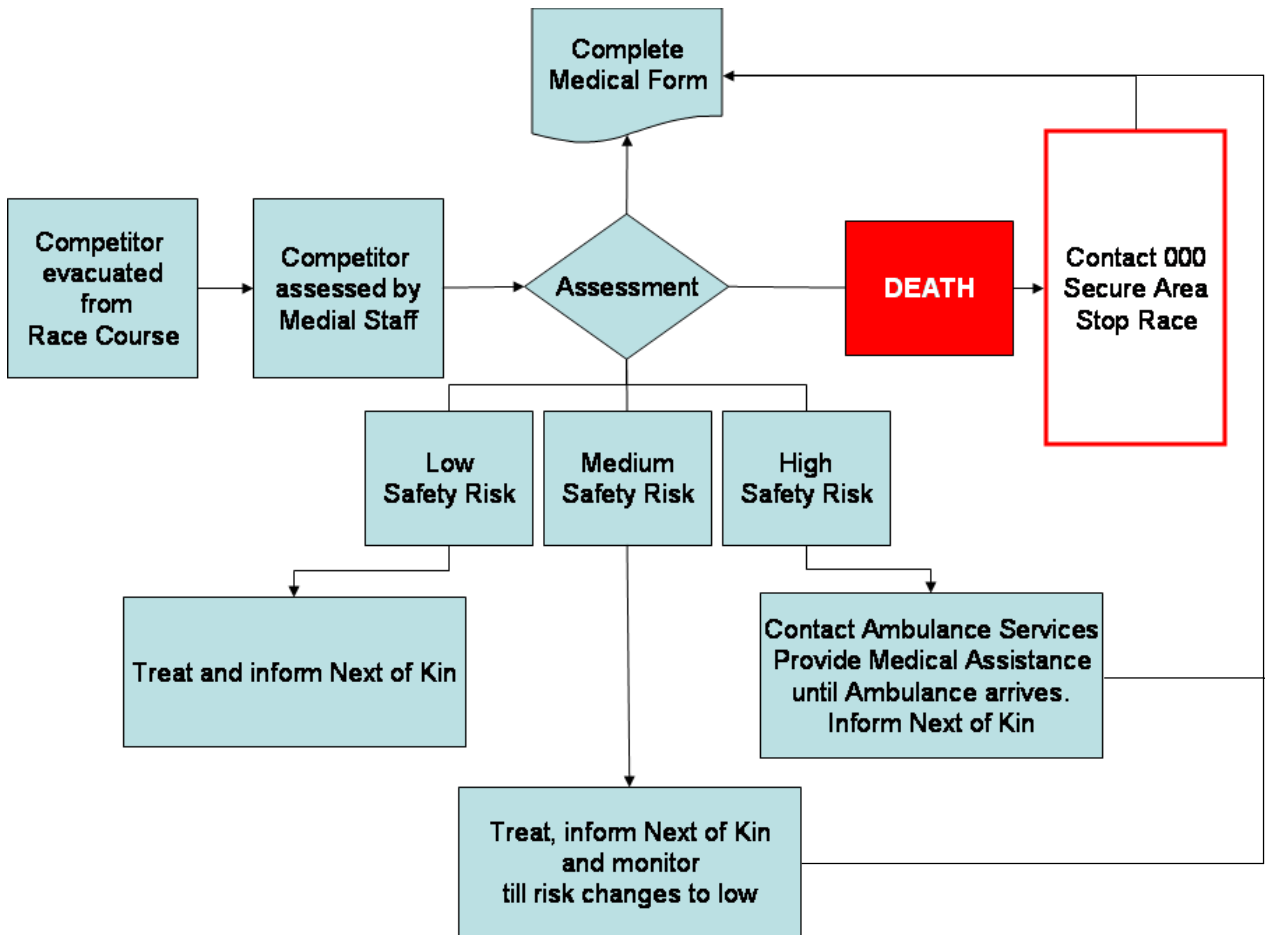
Risk

1 Extremely Low, 2 Low, 3 Medium, 4 High, 5 Extremely High

The Race Director has the power to override the committee's approval to proceed with race. However, the Race Director cannot override the decision by the Committee to cancel the event due to safety risk of competitors.

EMERGENCY RESPONSE PROCEDURE

The following steps to be taken when a competitor's health is at risk. The time from competitor evacuation to initial medical assessment should be no less than 5min.



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TRADEMARK - HYDROTHON

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