



Safety Guidelines for Participants 2009

Guidelines: Safety is of utmost importance. Safety depends on the seamanship and good judgment of each participant.

- Participants must be able to finish the around Manhattan race in 6 hours.
- Participants may not interfere with boat traffic or they will be disqualified.
- Participants must wear a USCG-approved PFD with whistle.
- Participants must have either a VHF radio or CELL phone in order to race.
- **No one lacking this equipment will be allowed to participate.**

It is the responsibility of each racer to determine for themselves* if they have the skills and conditioning required to compete in the course. You should take this responsibility seriously. Do not place yourself and others at risk by entering this race if it is beyond your level of skill or conditioning.

Seamanship and good judgment strongly suggest that each boat carry a bailer, a compass, chart and an adequate amount of fluids to prevent dehydration. A cell phone AND/OR a VHF radio are MANDATORY for emergency communications with safety officer and race organizers.

** *see race day VHF channels and safety numbers below*

Seamanship and good judgment also suggest that each participant be confident with self rescue techniques and a strong understanding of paddling in waters with heavy commercial traffic, strong currents and potentially difficult and changing sea state conditions.

For your own safety and for the safety of others be certain to avoid conflicts, cross paths with working vessels or commercial traffic and stay out of the commercial shipping lanes. It is the sole responsibility of the participant to know the course and the location of the shipping lanes. Racers causing any costly or embarrassing circumstances with in the maritime community or among the working vessels of New York Harbor will be disqualified.

Sportsmanship requires that participants should watch for others offering help to a fellow racer in distress or stopping to help if one caused distress to a racer. Sportsmanlike conduct will in every instance prevail. Sportsmanlike conduct precludes any attempt to block an overtaking boat. Sportsmanship also requires that competitors find within themselves the mettle to complete the course.

There will be safety boats on the water during the races. If a safety boat is required to rescue you or feels the need to closely monitor you, then you are taking that safety boat away from the rest of the race course and the rest of the racers and putting everyone at additional risk.

The designated safety officer's sole responsibility will be to monitor communications of all safety boats, make important safety/rescue decisions and stay in constant communications with local Coast Guard and other authorities.

Always keep in mind that weather and water conditions can change rapidly. If you determine during a race that you are at risk, you should head toward the finish or the safest place possible. You should contact the safety officer or hail a safety boat for assistance. Participants **must** inform the race staff and safety officer that you have abandoned the race. Each racer must attend the pre-race safety meeting.

***Racer participation is at the sole discretion of the race director and event organizers.**

****Emergency contact number for Safety Officer TBD**
- contact Ray Fusco for details.

****All paddlers MUST carry a cell phone AND/OR a VHF radio on board to reach the safety officer in case of an emergency. VHF channels for race day will be 71 primary/ 73 secondary.**

Email Ray at ray@nymayorscup.com or call at 845 440 3127.