



THE ROTARY CLUB OF TOTNES
TOTNES RAFT RACE

Sunday 6th October 2019

IN ASSOCIATION WITH

TOTNES CANOE CLUB
TOTNES SUB-AQUA CLUB
ST JOHN AMBULANCE
TOTNES SEA SCOUTS
RAYNET

INFORMATION PACK AND
REGISTRATION FORM

The Rotary Club of Totnes is a Registered charity (number 293236)

INFORMATION FOR PARTICIPANTS

Introduction

Thank you for your interest in taking part in the **Totnes Raft Race**.

The aim of the day is for you and your friends to take part in a physical and mental challenge, to raise funds for local charities and above all to have fun! Funds raised will be for charities supported by Totnes Rotary and you can also raise sponsorship for your favourite charity

All crew enter at their own risk and are recommended to take out their own insurance cover for any injury, loss of income etc.

We draw your attention particularly to the requirements for participants and the safety information set out below.

The route

The race takes place on the River Dart starting at Dart Meadow Buckfastleigh and finishing at Vire Island Totnes. The course is approximately 13 kilometres long and there are 3 weirs and numerous other obstacles to negotiate. If the water level is low you will need to pull, push or carry your raft at certain points on the course.

The raft

The raft must not be over 9 metres in length or have any means of propulsion other than paddles or oars. Ensure that your paddles/oars are suitable, in particular, make sure that they are long enough to be used comfortably for several hours. The minimum number of paddlers for each raft is 2 and the maximum is 10. Also remember that you will have to carry, push or pull the raft at the start and finish so the heavier it is the more you must lift!

Your raft must be made of materials which will not harm the environment or cause danger to other participants. Plastics which could disintegrate, particularly polystyrene is prohibited. Any material used must be thoroughly cleaned to remove any risk of water contamination. Care must be taken to ensure that any protrusions from the raft are not likely to cause injury if they strike other rafts or participants.

All rafts will be inspected prior to launch and any which do not comply with these requirements will be disqualified and will not be permitted to enter the river.

You will be sent a raft number which will need to be marked and clearly visible on both sides of the raft. The numbers must be at least 12" high.

You are responsible for removing all parts of your raft at the end of the race and for leaving the start and finish area as tidy as possible. In the event your raft has to be abandoned along the course, or breaks up, you will have to ensure removal of all parts as soon as is practical. If this is not done, any costs incurred by The Rotary Club of Totnes will be charged to you.

You will need to collect your raft from the finish and have available a vehicle and driver able to collect your crew if you are unable to complete the course.

Participants

All entrants' must:

Be 18 or over on the day of the race.

Be physically fit and free of any medical condition which would place them or others at risk during the event

Be able to swim 200 metres and be confident in cold and fast flowing water

Wear a buoyancy aid or life jacket – this must not be of the automatic self-inflating type.

Wear suitable footwear and clothing. A wet or dry suit and a safety helmet of lightweight cycle or canoe type are recommended. Stout shoes/boots are also recommended as you may have to walk on the rocky river bed to help move your raft especially in low water.

Safety

We need to emphasise that whilst every effort will be made to make the race as safe as possible, navigating a fast-flowing river can be dangerous and you must be prepared to take responsibility for your own safety and that of the other members of your team. Be aware of the following;

The river water and air temperature are likely to be cold - ensure that you are appropriately dressed throughout the event.

The safety equipment listed above is for your own protection – emergency situations can develop suddenly. Your buoyancy aid or life jacket is your main safety device, always make sure it's worn when on the water and that it is properly fastened and adjusted.

The river contains many natural hazards; weirs, rocks, trees etc. Where hazards have been marked keep clear of them. In places a compulsory route will be marked or indicated by marshals. You must follow this route.

Alcohol and sport do not mix! No alcohol is allowed at any time during the event.

Because of the risk of exhaustion and hypothermia there will a maximum time to complete the event. Any rafts which have not reached the feeding station at Staverton 4 hours after they have started or any raft which has not reached Totnes Weir by 1600 will be removed from the river.

Getting tangled up in loose ropes and straps can be very dangerous. Keep them properly secured and out of the way. Never tie yourself into the raft or tie a line around yourself.

At no time should you enter onto the railway line which runs along the river bank for much of the course.

Weirs and obstructions

There are three weirs on the course and several other potential obstructions. There will be canoeists and divers stationed at known hazard points. For your safety you **must** follow any instructions which they give.

When you reach a weir, the marshal will advise whether it is safe to ride with the raft over the weir or whether you should get off to let the raft go down on its own. If you are advised to get off, **do not** walk down the weir but follow the marked walking route where assistance will be provided.

Falling in the water

If you should fall into the river note the following:-

- Don't get in front of the raft – there is a risk of being crushed between the raft and a rock. Behind the raft and slightly to one side is the safest position.
- If the water is shallow enough to stand be careful where you put your feet. There can be sharp objects on the river bottom and feet can get trapped in rocks.
- If the water is more than shin deep or fast flowing, you should NOT try to stand. There is a strong risk of a foot being trapped and you

can be pushed over by the force of water – instead float to the shore before trying to stand

- If the water is too deep or flowing too fast to safely stand, lay on your back (your buoyancy aid will keep you afloat), nose and toes to the sky with your head up so you can see where you are going. Feet down stream with your knees slightly bent. This way if you meet a rock you can use your feet and legs as shock absorbers and push off the rock. Arms should be out to your side to help keep yourself in control. Keep your butt up, if you sit with your butt low in the water, you will find a rock and bring home some interesting bruises.
- Do not attempt to swim against the flow but float yourself to the nearest bank.
- If it is safe to do so your raft can then stop to pick you up. If you are unable to re-join your raft, make your way along the bank to the nearest marshal who will arrange transport to the finish.

River water can carry the risk of disease. Minimise the risk by covering any cuts and grazes and avoid drinking the water! If you should feel ill after the event, seek medical advice and tell the doctor you have been in the river.

First aid is available. If you require assistance contact one of the canoe marshals or the marshals at the checkpoints.

Follow the instructions of the marshals at all times. They are there for the safety of you and other participants.

Be aware

The organisers reserve the right to remove you and your raft from the event at any time if it is believed that you are not complying with the rules or that you are a danger to yourself or others.

Sponsorship

Each participant is required to raise a minimum of £40 in sponsorship. This must be paid to Totnes Rotary Club (see 'how to enter' below) before the start of the event. If for any reason the event is cancelled £30 will be returned, the remaining £10 being used to cover organising costs.

You are encouraged to raise additional sponsorship for charities supported by The Rotary Club of Totnes or your own preferred charity. For Totnes Rotary, supporters can donate via [Virgin Money Giving](#) or in cash. Cash donations can be gift-aided and there is a form at the back of this pack that entrants can use. Additional sponsorship monies must be paid by 1 November 2019. If you are supporting another charity, please contact them for details of how to donate. Please tell us by 1 November how much you have raised for your charity.

Administration

All participants must complete and sign the entry form and accept the terms and condition under which entry takes place. All completed forms must be submitted in advance or produced by the team leader at the check-in desk on arrival.

The start field

You should arrive at the start field between 07.00 and 09.00. The entrance is opposite the 'Furzeleigh Mill' public house and because of the orientation of the gateway, vehicle entry will only be permitted from the Ashburton side so you should leave the A38 at the 'Peartree' junction. Do not approach from the Buckfastleigh/Totnes junction. Ample parking is available at the start, please do not park on the road or roadside verge, this will cause an obstruction.

On arrival please report to the registration desk with your sponsorship forms before unloading your raft. There will be a compulsory safety briefing for team leaders before raft launch. On completion of the briefing team leaders will be issued with a wristband. Without the wristband a raft will not be permitted onto the water.

Once your raft is unloaded in the assembly area all vehicles will need to move to the parking area. All rafts will be inspected, and once approved, will be launched from 07.30

The finish

You will need to make arrangements to have your raft transport moved to

the raft removal area at Longmarsh Totnes where further parking is available. The access road to Longmarsh will be closed to the public and only authorised vehicles will be permitted to enter the car park. Your team will be issued with 2 parking permits. We will need a mobile phone number for your support vehicle driver in case we need to contact them during the race.

Spectator transport.

There are very limited car parking facilities along the route of the struggle and great care must be taken not to allow vehicles used by spectators to cause an obstruction on the road. Spectators are not allowed to cross the railway to gain access to the river.

Food and Drink

Hot refreshment will be provided for competitors at Staverton Bridge about half-way down the course and at the finish. There will be refreshment facilities for spectators at the finish fair on Vire Island Totnes.

Toilets

There will be toilet facilities at the start and finish.

How to enter

Please complete the entry form on the following page.

Entry forms can be accepted by e-mail to entry@totnesrafttrace.co.uk and payment made electronically. Payment should be made to 'Rotary Club of Totnes Trust Account' sort code 309869 account number 01213233.

Please use your team name as the reference.

Alternatively, send it to us by post together with a cheque for £40 per person made payable to '**The Rotary Club of Totnes**' to

Totnes Raft Race
Higher Beneknowle
Diptford.
Totnes
TQ9 7LU

The latest date for the receipt of entries is Thursday 3rd October 2019

Consent Form

Each team member (Minimum 2, maximum 10) must sign the consent form to accept the terms and conditions

This can be sent in advance by post to the address above or electronically to entry@totnesrafttrace.co.uk You can also bring the completed form to the check-in desk on the day of the struggle.

Please note that your team will not be allowed to enter the water until the completed consent form has been received

If you have any queries, please e-mail us at entry@totnesrafttrace.co.uk

We look forward to seeing you and your team on the day.

ROTARY CLUB OF TOTNES
ENTRY FORM TOTNES RAFT RACE 2019

Team Name

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Number of rafters in team All female team? Y/N

Name of Team leader

Address

.....

.....

.....Post Code

E-mail

Contact Telephone Number

Please provide details of your back-up driver on the day

Back-up driver name

Back up driver mobile telephone number

Name of charity for which sponsorship is being raised (if any)

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I consent to the information provided on this form being used by The Rotary Club of Totnes in accordance with the Privacy Notice on the Totnes Raft Race website.

I wish/do not wish (delete as appropriate) to be kept informed of future Totnes Raft Races

Signed.....Team Leader

Please see information pack for details of how to submit this form

Closing date for entries Thursday 3rd October 2019

TEAM MEMBERS CONSENT FORM

| NAME | SIGN TO ACCEPT TERMS AND CONDITIONS BELOW |
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TERMS AND CONDITIONS

The team members who have signed above apply to take part in the Totnes Raft Race 2019

We each confirm that we are aware of the requirements for fitness and safety outlined in the information provided to us. In particular, we confirm that we are over 18 years of age, physically fit to undertake the challenge and in possession of the required safety equipment. We confirm that we will comply with the safety rules.

We understand that whilst The Rotary Club of Totnes and the other organisations assisting in running the event will take reasonable steps to ensure safety participation is at our own risk and we will not hold the organisers liable for any injury or loss that may occur during the event.

We each consent to the information provided on this form being used by The Rotary Club of Totnes solely for the purpose of administering the 2019 Raft Race.

Totnes Rotary—Totnes Raft Race 2019

Sponsorship Form

Please sponsor me

Name

I am taking part in the 13 Kilometre Totnes Raft Race on 6th October and it is all for charities supported by Totnes Rotary Club

Note to sponsors—Gift Aid

Using gift aid means that the Totnes Rotary can claim an extra 25p from the taxman for every £1 donated and it will cost you nothing extra! If you wish to donate with gift aid please read the declaration below, tick the box on the form and provide your post code and house number. Thank you for your support.

Declaration

If I have ticked the box headed 'Gift Aid?', I confirm that I am a UK Income or Capital Gains taxpayer. I want the Totnes Rotary Trust Fund to reclaim tax on the donation detailed below. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities I donate to will reclaim on my gifts for that tax year or it will be my responsibility to pay any difference. I understand that other taxes such as VAT and Council Tax do not qualify. I also understand that if I pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to me, I must include all Gift Aid donations on my Self-Assessment tax return or ask HM Revenue and Customs to adjust my tax code.

I consent to the information provided on this form being used by The Rotary Club of Totnes solely for the purpose of reclaiming Gift Aid from HMRC

