

2018 QLD CANOE MARATHON SCHOOL CHAMPIONSHIP

SUNDAY 19 AUGUST 2018

KOOKABURRA PARK, KARANA DOWNS

INFORMATION BOOKLET (Version 1)



2018 QLD CANOE MARATHON SCHOOL CHAMPIONSHIPS

KOOKABURRA PARK, KARANA DOWNS

• 19 AUGUST 2018 •



Hosted by

QUEENSLAND CANOEING MARATHON TECHNICAL COMMITTEE



2018 QLD CANOE MARATHON SCHOOL CHAMPIONSHIP

Date: Sunday, 19 August 2018

Venue: Caringal Drive, Kookaburra Park, Karana Downs, QLD. See course map Appendix 1

Entries: Individual registrations at <https://www.registernow.com.au/secure/Register.aspx?E=30905>

All individual registrations must be completed online at Register Now via above link.

If you are involved in a school program at Lourdes Hill College, Palm Beach Currumbin State High School, Elanora State High School, Pacific Lutheran College and Saint Stephen's College your school will manage your entry.

Please contact your school or QC (3899 1667) if you are unsure of the arrangements for payment.

Entry fee includes entry to 2 races (one single and one double).

| Event Entry Fee | |
|--------------------------|------|
| Paddle Australia Member* | \$25 |
| Non-Member | \$30 |

(*Paddle Australia member must be a financial member in 2017-18)

ENTRIES CLOSE: MIDNIGHT Sunday 12 August 2018.

No entries will be accepted after this date.

Individual entries must pay by credit card via the online registration. Payment will NOT be accepted at the event.

Refund Policy

Requests for refunds must be made in writing to QC Marathons Technical Committee via qc.events@canoe.org.au.

| When withdrawal occurs: | The refunded amount is: |
|----------------------------------|--|
| Prior to 14 days | The entry fee less \$10 Administration Fee |
| Within 7 to 14 days | 50% of the Entry Fee |
| Within 7 days of the competition | No Refund* |

* Unless Qld Canoeing assesses special circumstances apply (you must advise in writing to the above email address and provide a medical certificate if requested).

Program

| | |
|-------------------------|--|
| 7.00am | Registrations <i>Warm up time on course</i> |
| 8:00am | Briefing with Team Managers <i>Course closed to competitors</i> |
| 8.30am | Briefing to all competitors <i>Registrations close</i> |
| 9:00am | Starts (Girls singles, Boys doubles) |
| 12.45pm | Starts (Girls doubles, Boys singles) |
| 3.30pm (approx.) | Final Presentations |

Note: presentations will be made during the day.

Changes to entries throughout the day will only be accepted up to 1 hour before scheduled race start.

Classes

K1, K2, TK1, TK2, C1, C2, TC1, TC2, Surf Skis (singles and doubles)

Novice Class: Mini K1: Under 11 & 12 ONLY

Categories and Distances

The age you are as of 1 January 2018 determines your age group. e.g. if you are 13 as of 01/01/18, you are in the Under 14 age group. To compete in the Open category you need to be under 18 years of age as of the 1 January 2018. Paracanoe distances are varied and will be decided on based on entries received.

| Age | Distance |
|------------|-----------------|
| Under 11 | 1.5 km |
| Under 12 | 1.5 km |
| Under 13 | 3 km |
| Under 14 | 3 km |
| Under 15 | 6 km |
| Under 16 | 6 km |
| Open | 9 km |

NOTE: Depending on number of entries, age groups may be amalgamated.

Tides

Kookaburra Park, Karana Downs

05.58 (High 1.67)

12.50 (Low 0.60)

Rules

Championships conducted under ICF & AC Marathon Racing Regulation and Guidelines.

- ◆ Points towards Champion School Trophy.
- ◆ All competitors under 14yrs and any non-swimmers **must** wear an approved lifejacket. Other paddlers can be directed by race officials to wear a lifejacket depending on conditions.
- ◆ All craft **must** have adequate fixed buoyancy or be constructed of a material that will have it float horizontally when full of water.
- ◆ Protective footwear should be worn.
- ◆ **Students must race in School colours.**
- ◆ Competitors are ONLY to enter and exit the water at the designated embarkation area.
- ◆ Competitors are to be in the Marshalling Area with sufficient time before their race. Any paddler who fails to compete in an event without advising the Chief Official in writing prior to the commencement of the nominated race may be disqualified.
- ◆ The start commands will be - **Ready, Set, GO!**
- ◆ In addition to the established AC and ICF rule, the Chief Official may instruct the starter to enforce a “next false start and out rule” to ensure the smooth running of the competition according to the published time schedule.
- ◆ If a race is in progress, all other participants must be off the water.
- ◆ It is the competitors' responsibility to know the rules of the competition.
- ◆ Any competitor who is unsure of any detail, or has a problem concerning the running of the championships should seek clarification through their team manager or coach to the Chief Official.
- ◆ Competitors should not congregate in their boats in the vicinity of the finishing line in case they interfere with the judging or the finish of the event in progress.
- ◆ Any protests must be delivered to the Chief Official within 30 minutes of the completion of the relevant race/incident by either the team manager or the coach.
- ◆ Competitors in the vicinity of the course (paddling to the start) should stop their boat while a race is in progress nearby, to ensure minimum interference to those racing. This is particularly relevant when paddling on the course to get to the start line.
- ◆ Any competitor who displays behaviour detrimental to the good order and conduct of the competition may be disciplined or disqualified.
- ◆ Competitors are not permitted to paddle alongside a race in progress.
- ◆ Receiving external assistance during a race is not permitted.
- ◆ Students are reminded to apply sunscreen regularly throughout the days of competition and to remain hydrated.
- ◆ The first four places in all races may be required to attend boat control.

Cancellation of Event

Safety of competitors, spectators and volunteers is paramount at Queensland Canoeing events.

Decisions about event cancellation are made between the Safety Officer and Queensland Canoeing. Events will be cancelled in instances where:

- Extreme temperatures are predicted.
- Thunderstorms are predicted.
- Other weather conditions occur (such as extreme wind gusts that cannot be mitigated by changing the course).

In general, the event will continue to run if it rains.

As much notice as possible will be given to competitors, but as weather conditions change quickly, events may be cancelled at late notice.

Codes of Behaviour

Queensland Canoeing seek to provide a safe, fair and inclusive environment for everyone involved in our organisation and in our sport.

To achieve this, we require certain standards of behaviour by players/athletes, coaches, officials, administrators, parents/guardians (of child participants) and spectators.

Our codes of behaviour are underpinned by the following core values:

- To act within the rules and spirit of our sport.
- To display respect and courtesy towards everyone involved in our sport and prevent discrimination and harassment.
- To prioritise the safety and well-being of children and young people involved in our sport.
- To encourage and support opportunities for participation in all aspects of our sport.

The following codes of conduct can be found in Appendix 2(attached) -

- General Code of Conduct
- Canoeist Code of Conduct
- Spectator Code of Conduct
- Parent/Guardian Code of Conduct
- Coaches, Registered Instructors and Guides Code of Conduct
- Officials Code of Conduct

Full list of codes of conduct can be found in Paddle Australia's Code of Behaviour Policy.

(<http://paddle.org.au/about-us/documents-policies-and-bylaws>):

Event Office

For any enquiries, please contact:

Elisabet Osk Gudmundsdottir, Events & Membership Coordinator

Queensland Canoeing Inc.

PO Box 745, Morningside QLD 4170

P: 07 3899 1667

M: 0414 960 722

E: qc.events@canoe.org.au

W: www.qld.canoe.org.au

F: www.facebook.com/QLDCanoeing/

APPENDIX 2 – CODES OF BEHAVIOUR

GENERAL CODE OF CONDUCT

Paddle Australia expects high standards of behaviour from all people involved in the sport. It is vital that the integrity of the sport is maintained in accordance with the four guiding principles: Fairness, Respect, Responsibility and Safety as outlined in The Essence of Australian Sport's Universal Code of Behaviour.

As a person required to comply with this By-Law, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by Australian Canoeing, a State Association or an Affiliated Club and in any role you hold within Australian Canoeing, a State Association or an Affiliated Club:

Fairness

1. Operate within the rules and spirit of your sport, promoting fair play over winning at any cost.
2. Encourage opportunities for participants to learn appropriate behaviours and skills.
3. Encourage participation in all aspects of the sport.
4. Be fair, considerate and honest in all dealings with others.

Respect

5. Treat each person as an individual.
6. Be a positive role model.
7. Display control, tolerance and courtesy to all involved with the sport.
8. Value the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.
9. Do not use your involvement with Australian Canoeing, a State Association or an Affiliated Club to promote your own beliefs, behaviours or practices where these are inconsistent with those of Australian Canoeing, the State Associations or the Affiliated Clubs.

Responsibility

10. Ensure interaction with persons under the age of 18 years is appropriate and that unaccompanied and unobserved activities are avoided wherever practical.
11. Adopt appropriate behaviour in relation to the use of alcohol and recreational and performance enhancing drugs.
12. Act with integrity and accept responsibility for your actions.
13. Make a commitment to providing quality service.
14. Understand your responsibility if you breach, or are aware of any breaches of this Code of Behaviour.

Safety

15. Ensure your actions contribute to a safe environment.
16. Ensure your actions contribute to a harassment free environment.
17. Do not tolerate violence or abusive behaviours.
18. Show concern and caution towards others who may be sick or injured.
19. Provide aid to those who are sick or injured.

Environment

20. Using minimal impact practises in the environment that you paddle in.
21. Seek permission from land owners to access waterways.

CANOEIST CODE OF CONDUCT

In addition to the General Code of Behaviour, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by Australian Canoeing, a State Association or an Affiliated Club and in your role as a canoeist of Australian Canoeing, a State Association or an Affiliated Club:

1. Give your best at all times
2. Participate for your own enjoyment and benefit.
3. Respect the rights, dignity and worth of fellow canoeists, coaches, registered instructors and guides, officials and spectators.
4. Refrain from conduct which could be regarded as sexual or other harassment towards fellow canoeists and coaches / registered instructors and guides.
5. Respect the talent, potential and development of fellow squad members and competitors.
6. Care and respect the equipment provided to you as part of your program.
7. Be frank and honest with your coach / registered instructor and guide concerning illness and injury and your ability to train fully within the program requirements.
8. Conduct yourself in a professional manner relating to language, temper and punctuality.
9. Maintain high personal behaviour standards at all times.
10. Abide by the rules and respect the decision of the adjudicator, making all appeals through the formal process and respecting the final decision.
11. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team/crew.
12. Cooperate with coaches, registered instructors and guides and staff in development of programs to adequately prepare you for competition at the highest level.

SPECTATOR CODE OF CONDUCT

1. Respect the decisions of officials and teach young people to do the same.
2. Never ridicule or scold a young participant for making a mistake. Positive comments are motivational.
3. Condemn the use of violence in any form, whether it is by other spectators, coaches, officials or players.
4. Show respect for your team's opponents. Without them there would be no game.
5. Do not use violence, harassment or abuse in any form (that is, do not use foul language, sledge or harass players, coaches, officials or other spectators).
6. Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.

PARENT/GUARDIAN CODE OF CONDUCT

In addition to the General Code of Behaviour, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by Australian Canoeing, a State Association or an Affiliated Club and in your role as a parent/guardian of a canoeist of Australian Canoeing, a State Association or an Affiliated Club:

1. Treat your child the same irrespective of them winning or losing.
2. Remember that your child participates in the sport of canoeing for their enjoyment not yours.
3. Try to have fun when you are around your children at competitions and regattas.
4. Well-directed humour can be a great de-stressor.
5. Look relaxed, calm and positive on the sidelines.
6. Make friends with other parents at competitions.
7. Get involved in appropriate ways if your child or the coach behaves in unacceptable ways during competitions.
8. Respect officials' and coaches' decisions and teach children to do likewise.
9. Show appreciation for coaches, officials and administrators.
10. Understand that children will benefit from a break sometimes and that involvement in other sports is okay.
11. Be there when your child performs poorly. Be an understanding listener rather than a critic, judge and/or fixer.
12. Be prepared to give your child some space so that he/she can grow and develop as an independent person.
13. Let your child know that your love for them is not associated with their sporting performances.
14. Communicate with your child and ask them how they are really feeling about their sport and about competing in particular.
15. Occasionally let your child compete without you being there and hovering over them.
16. Emphasise the good things your child did in preparing for and during the competition/regatta.
17. Try to avoid:
 - Saying "we're racing today". Instead say "you're racing today". Give your child credit for accepting the responsibility of performing.
 - Getting too pushy or believe that you are indispensable. Let the coach do the coaching.
 - Living through your child's performances.
 - Turning away when your child performs.
 - Turning away when your child's behaviour is unsportsmanlike.
 - Telling your child what he/she did wrong after a tough race.
 - Making enemies with your child's opponents or family during a competition/regatta.
 - Making your child feel guilty by reminding them about all the time, money and sacrifices you are making for his or her sport.
 - Thinking of your child's sporting performances as an investment for which you expect a return.
 - Badgering, harassing or use sarcasm to motivate your child.
 - Comparing your child's performances with those of other children.
 - Forcing your child to go to training. If they are sick of training find out why and discuss it with them.
 - Ridiculing or yelling at a child for making a mistake or losing a competition.

COACH, INSTRUCTOR AND GUIDE CODE OF CONDUCT

In addition to the General Code of Behaviour, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by Paddle Australia, a State Association or an Affiliated Club:

1. Treat all canoeists with respect at all times. Be honest and consistent with them.
2. Honour all promises and commitments, both verbal and written.
3. Provide feedback to canoeists in a caring sensitive manner to their needs. Avoid overly negative feedback.
4. Recognise canoeists' rights to consult with other coaches and advisers. Cooperate fully with other specialists (e.g. sports scientists, doctors, physiotherapists etc.).
5. Treat all canoeists fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, and other condition.
6. Encourage and facilitate canoeists' independence and responsibility for their own behaviour, performance, decisions and actions.
7. Involve the canoeists in decisions that affect them.
8. Determine, in consultation with canoeists and others, confidentiality and respect that confidentiality.
9. Encourage a climate of mutual support among your canoeists.
10. Encourage canoeists to respect one another and to expect respect for their worth as individuals regardless of their level of play.
11. At all times use appropriate training methods that in the long term will benefit the canoeists and avoid those which could be harmful.
12. Ensure that the tasks/training set are suitable for age, experience, ability and physical and psychological conditions of the canoeists.
13. Be acutely aware of the power that you as a coach/instructor and guide develop with your canoeists in the coaching relationship and avoid any sexual intimacy with canoeists that could develop as a result.
14. Avoid situations with your canoeists that could be construed as compromising.
15. Refrain from any form of sexual harassment towards canoeists. Any physical contact with a person should be appropriate to the situation and necessary for the canoeist's skill development.
16. Actively discourage the use of performance enhancing drugs, alcohol, tobacco and illegal substances.
17. Respect the fact that your goal as a coach/instructor and guide for the canoeist may not always be the same as that of the canoeist. Aim for excellence based upon realistic goals and due consideration for the canoeist's growth and development.
18. Recognise individual differences in canoeists and always think of the canoeist's long term best interests.
19. Help each canoeist reach their potential
20. Set challenges for each canoeist which are both achievable and motivating.
21. At all times act as a role model that promotes the positive aspects of sport and of canoeing by maintaining the highest standards of personal conduct and projecting a favourable image of the sport of canoeing and of coaching at all times.
22. Do not exploit any coaching relationship to further personal, political, or business interests at the expense of the best interest of your canoeists.
23. Encourage canoeists and coaches to develop and maintain integrity in their relationship with others.
24. Respect other coaches, instructors and guides and always act in a manner characterised by courtesy & good faith.
25. When asked to coach a canoeist, ensure that any previous coach-canoeist relationship has been ended by the canoeist-others in a professional manner.
26. Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules.
27. Know and abide by Australian Canoeing rules, regulations and standards, and encourage canoeists to do likewise. Accept both the letter and the spirit of the rules.
28. Be honest and ensure that qualifications are not misrepresented.
29. Be open to other people's opinion and willingness to continually learn and develop.

OFFICIALS CODE OF CONDUCT

In addition to General Code of Behaviour, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by Australian Canoeing, a State Association or an Affiliated Club and in your role as an official appointed by Australian Canoeing, a State Association or an Affiliated Club:

1. Place the safety and welfare of the canoeists/participants above all else.
2. Accept responsibility for all actions taken.
3. Condemn unsporting behaviour and promote respect for all opponents.
4. Avoid any situation that may lead to a conflict of interest.
5. Be courteous, impartial respectful and open to discussion and interaction.
6. Value the individual in sport.
7. Encourage and promote rule changes that will make participation more enjoyable.
8. Encourage inclusivity and access to all areas of officiating.