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## ***Stand-Up Paddleboard – COMPETITOR NOTES***

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It is compulsory for all entrants in this event and their supporters to read this notice and comply with its stipulations. They are also responsible for familiarising themselves with the event course and all its hazards. Please inform your supporters of their responsibility to comply.

Signing your waiver or completing your online entry is an indication you agree to comply with these guidelines.

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### ***PRIMARY RESPONSIBILITY***

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- 🚫 You are responsible for your own health and safety during the event.
- 🚫 The Stand-up Paddleboard Race involves an element of risk, where competitors may encounter challenging lake conditions.
- 🚫 You should only undertake to participate in this event if you believe that you are fit to do so.
- 🚫 At no stage during this event should you engage in activity that would threaten your own safety and the safety of other people.
- 🚫 You should obey marshal and Event Staff where they are instructing you for your safety.
- 🚫 Marshals are giving up their time to help you, please treat them with respect. If you have any issues with a marshal's conduct, please do not approach them independently – please refer to the Event Manager.

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### ***COURSE AND CONDITIONS***

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- 🚫 Conditions on the event days are undetermined and can change during an event, please observe and act accordingly for your safety.
- 🚫 APES Games 2023 events take place unless the Event Manager evokes either a contingency course or cancellation – please bring suitable clothing for your event.

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### ***GENERAL NOTES***

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- ⊗ The roads surrounding the venue are open for all normal traffic. The event takes place in a public area.
- ⊗ Competitors must behave in a manner that is safe, fair and demonstrates good sports conduct before, during and after the event.
- ⊗ No earphones or headsets are allowed at any time during the event.
- ⊗ Please report any accidents to the Event Manager / Sports Co-ordinator or marshal during the event.
- ⊗ If you pull out of the race for any reason, please advise the nearest marshal and the event director when you return to Event HQ.
- ⊗ Please give assistance to fellow competitors in need of help.
- ⊗ If you have finished, please have consideration for others still moving through the course.
- ⊗ If spectators have no choice but to bring dogs, they must be on a leash at all times and kept well clear of all competitors.

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### **GAMES REGISTRATION**

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All participants are required to check in at the Registration Desk at the Games Hub (Rotorua Energy Events Centre) in person before playing sports or taking part in an activity.

For safety and security, we cannot accept someone checking you in on your behalf. This includes Teams. Each Team Member is required to check in individually at the Games Registration.

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### **VENUE**

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The venue for the Stand-up Paddleboard Event is Blue Lake (Lake Tikitapu), Tarawera Road, Rotorua.

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### **PARKING**

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Parking is provided at the Venue. This is provided at the top of the Blue Lake Reserve (shown below):



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## **EVENT CHECK-IN**

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Event Check-in for the Stand-up Paddleboard will be at the following times:

Wednesday 8<sup>th</sup> March 2023 – 08:15am – 09:15am

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## **COMPETITION INFORMATION**

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The Stand-up Paddle Board Event is open to everyone. No SUP experience is necessary!! This will be an exciting, highly aerobic, and fun event so why not give it a go.

Organisers will assist with some basic tuition and technique advice to ensure you get the best out of this event.

Boards and Paddles will be provided.

Entrants should be able to swim 100m unaided

Wetsuits are not generally worn for SUP racing; we recommend Rash Tops and Board Shorts.

### **COMPETITION GRADES**

There are three competition grades:

-  Novice
-  Intermediate
-  Experienced

### **COMPETITION FORMAT**

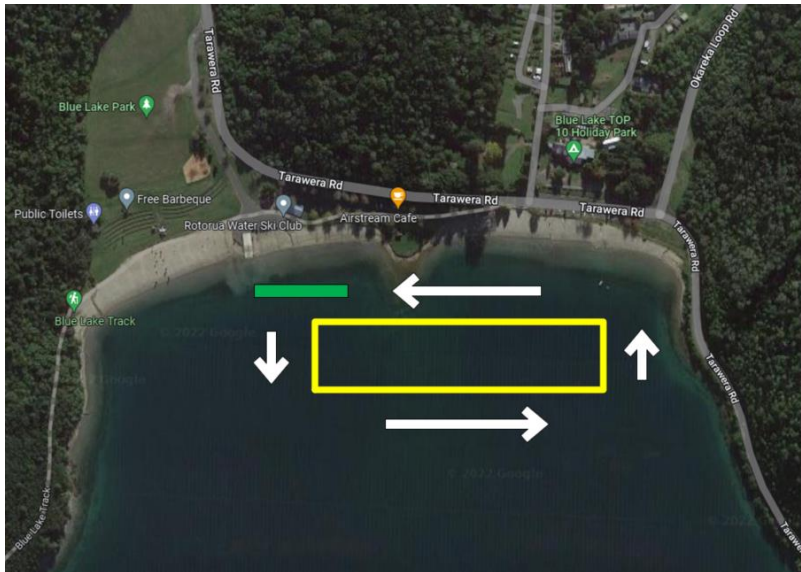
The races will be around one or more laps of a 'box' (square or rectangle) course set close to the shore. Races will start and finish on the beach.

The aim is that each competitor will get three races appropriate to their competition grade, in terms of distance and technical requirements. However, this will ultimately be determined by the number of entrants of each grade.

In between races there will be coaching workshops, to enable competitors to improve their skills for the next race.

### **COURSE MAP(s)**

Course Map(s) are shown below: *(This is an example the course will be confirmed just prior to the event)*



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### **COMPETITOR SAFETY INFORMATION**

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All competitors must wear the safety leash attached to their board (these will be supplied).

All competitors must acknowledge that they are able to swim a distance of 100m, sufficiently fit and capable of completing the courses.

The wearing of Personal Flotation Devices (PFD's) or Lifejackets by competitors will be **voluntary** in accordance with the Regional Councils Navigation Safety Bylaws 2017 which state:

2.1 Carriage and wearing of personal flotation devices on vessels.

2.1.4 Exemptions to the compulsory carriage and wearing of personal flotation devices does not apply to:

a. Any board sport, provided a tether or leash appropriate for the board / condition is worn.

Event Staff will have the authority to stop any competitor from competing / completing the event if they show signs, they will not complete the race in an acceptable time or acceptable condition. Please ensure you are hydrated throughout the event and apply sunscreen if appropriate, prior to the event starting.

If you withdraw from the event, you **MUST** notify the Event Team of your decision.

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### **SCHEDULE OF PLAY / DRAW**

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The Schedule of Play / Draw for your competition will be available as soon as practicable after Registration for the Games closes on 10<sup>th</sup> February 2023.

The Draw will be available via the Games APP and Website.

<b>Time</b>	<b>What's Happening</b>	<b>Who is involved</b>
<i>08:15am</i>	<i>Event Check-in opens</i>	<i>All participants</i>
<i>09:15am</i>	<i>Event Check-in closes</i>	<i>All participants</i>
<i>09:20am</i>	<i>Participant Briefing</i>	<i>All participants</i>
<i>09:30am</i>	<i>SUP Racing Starts</i>	<i>Participants / Race Officials</i>
<i>12:30pm</i>	<i>SUP Race session Finishes</i>	<i>Participants / Race Officials</i>
<i>12:30pm</i>	<i>Lunch</i>	<i>Participants / Race Officials</i>
<i>1:00pm</i>	<i>SUP Racing Starts</i>	<i>Participants / Race Officials</i>
<i>3.30pm</i>	<i>SUP Race session Finishes</i>	<i>Participants / Race Officials</i>








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### **SPECTATORS**

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Spectators are welcome to attend the Stand-up Paddleboard Event. APES Games 2023 staff and the Stand-up Paddleboard Event Team will strive to keep all spectators safe from harm, but all spectators are responsible for their own personal safety, must follow instructions about where to stand, must not interfere with or obstruct competitors in any way.

Here are some pointers to help spectators stay safe while watching the event:

-  Be responsible and keep your own safety in mind.
-  Always follow and obey marshal's instructions.
-  Observe and follow all event signs.
-  Stay within designated spectator areas.
-  Do not enter any restricted areas. If you are unsure, please ask a marshal.
-  Keep off the track and always pay attention.
-  Children to be accompanied at all times.

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### **PRIZE GIVING**

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Prize Giving will take place at the Games Hub, Rotorua Energy Events Centre between 5pm – 7pm on Thursday 9<sup>th</sup> March 2023. Full details of the medal ceremony will be provided once Games Registration closes on 10<sup>th</sup> February 2023.

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### **KEY CONTACTS / INFORMATION**

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<b>Name</b>	<b>Role/Organisation</b>	<b>Contact Number</b>
Bill Dawes	Event Manager / Sports Co-ordinator	0277771035
Graham Perks	APES Games Sports Manager	021 191 3660

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***ADDITIONAL INFORMATION***

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Food and Drink will be available for purchase at nearby cafes.

Physio services are available through Go Physio (1221 Haupapa Street, Rotorua – Tel: 07 347 8380) who will be operating a Drop-in Clinic 8am – 5pm Monday 6<sup>th</sup> March – Friday 10<sup>th</sup> March 2023 - <https://gophysio.co.nz/>