

GLAGLA RACE

SAFETY REQUIREMENTS AND RULES

Obligatory safety equipment

Waterproof suit: drysuit or neoprene (long john or wetsuit covering a body surface greater than a long john)

- Lifejacket 50N
- Water
- Energy supplement
- Survival blanket

All equipment will be checked prior to starting.

It is important to wet your neck prior to leaving (even if it is cold) so that your body becomes aware of the water temperature and thus avoids a thermal shock (the brain retains the memory of the cold for 20 minutes).

Abandonment / Illness and assistance to a person in distress

In case of abandonment or equipment failure, make the distress signal (2 arms above the head in Y with up-down movements, alternatively place the paddle upside down with the blade upwards).

In case of illness or fatigue, lie down on your board and report your discomfort to a fellow competitor passing nearby: the rules of nautical solidarity apply. You must assist any person in difficulty and alert, as soon as possible, the organisers; this is a priority and is at the expense of any personal consideration of classification. Competitors who do not respect these rules may be disqualified.

The organisers will not be held responsible for any false declarations that had been made on the race applications. The organisers reserve the right to exclude any person who has made a false declaration, without reimbursement of the application fee.

The obligation to provide assistance to any person in danger is necessary until the time that first aid relief takes over. Participation in the event implies acceptance of these rules. These rules may be modified by the organiser depending on the conditions and the number of competitors. The presence of each participant in information meetings is therefore

mandatory. If the weather or safety conditions do not allow the race to start, the organiser reserves the right to modify the course or cancel the race.

Schedule

- Collection of the race bib: check updated info on glaglarace.com
- Obligatory security/information meeting : 9:45am
- Start of the long and short distance races : 10:30 am precisely

Returnable cup deposit (2 €): keep them to limit waste

Do not disturb the timekeepers

Hot spots to stop: Clos Marcel (buoy 2), NCY SUP (buoy 3)

Refueling (tea, cakes, bananas, etc): NCY SUP (buoy 3)

Race bib to be worn under the lifejacket, this is obligatory.

Race rules

All competitors need to strictly adhere to the rules of the race and the specific information detailed in the information meeting. Competitors who do not respect these rules may be disqualified by the organizers. All abandonments need to be notified to the organizers.

In the event that the safety officer considers that a competitor is in danger, the organisers are entitled to stop this competitor. On the orders of the safety officers, the competitor must then board the boat.

Start

The start is in 3 stages :

1. A single foghorn: you can get into the water and head to the starting line
2. 2 short foghorns: prepare to start which can begin at any time. Stay behind the starting line (1 minute penalty if exceeded)
3. 3 foghorns: GO GO GO!

Finish

You need to pass between the yellow and orange cylindrical Red Paddle buoys. The finish line is at the level of the Red Paddle banner. The timer is stopped when the front end of the board passes the line.