



## **Safety Guidelines for Participants 2008**

**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. 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 demand that each participant wear or carry a USCG-approved PFD, as well as a whistle or horn.

### **No one lacking this equipment will be allowed to participate.**

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 VHF radio are strongly suggested for emergency communications with safety officer and race organizers. 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.

Sportsmanship requires that participants should watch out for others offering to help 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. 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 abandon the race and head toward the finish or the safest place possible. Participants **must** inform the race staff in the finishing area that you have abandoned the race. Each racer must attend the pre-race safety meeting.

### **Emergency contact number for Safety Officer**

Pat Ermilio - her cell number is 201 447 0599

**\*Only paddlers meeting the requirements will be allowed to participate.**

Email Ray at [ray@nymayorscup.com](mailto:ray@nymayorscup.com) for any other details.