

# THE PACIFIC DRAGONS DBOCC

Invite you to an AOCRA NSW Zone OC1/2/V1 & OC6 Regatta  
Sunday 18<sup>th</sup> October 2020  
Frenchmans Bay, La Perouse



Using the waters of Botany Bay, the Pacific Dragons will be hosting the first AOCRA NSW Zone Outrigger Canoe Race for the 2020/21 season.

**This is a CovidSafe Event**



# RACE PROGRAM

**Race Start: 6:00am Juniors & 6:10am Seniors**  
OC1/OC2 and V1 Race – 4km (Juniors, Novices, USC), 8km, 12km  
All Divisions & All Distances

**Race Start: 8:00am**  
OC6 Junior, Novice & USC Race – 4km  
All Divisions

**Race Start: 8:45am**  
OC6 Short Course Race – 8km  
All Divisions

**Race Start: 10:00am**  
OC6 Long Course Race – 12km  
All Divisions

All **Race Briefings** will be held **Online via Zoom** on **Saturday 17<sup>th</sup> October**

**4:00pm:** OC1/2 V1 Briefing | **4:30pm:** OC6 Briefing

**5:00pm:** Steerer, Coach & Covid Safety Coordinator Briefing | **5:30pm** Volunteers Briefing

**ZOOM Meeting ID: [950 222 7417](#) Passcode: PDOCRace**

The Pacific Dragons is a CovidSafe approved sports club and this regatta has a CovidSafe Event Risk Management Plan. Only clubs approved by AOCRA NSW Zone with a CovidSafe plan in place and a nominated and attending Covid Safety Coordinator may attend this Regatta.

**Do Not enter the race site if you:** have a fever, cough, sore throat, runny nose or shortness of breath; have travelled overseas or in a 'self-isolate and get tested' area; have been in contact with a suspected or confirmed case of Covid-19 in the last 14-days.

All competitors must be AOCRA members and have completed a Huli recovery drill within the last 12-months.

The race site must be cleared of all tents, canoes and trailers by 12:30pm.

***Please Note:*** Start times above may alter due to the Port Botany shipping movements. We will endeavor to advise any changes to the program on the Saturday race briefing once we have received all team nominations and have the Port Botany shipping timetable.



## RACE INFORMATION

### Safety Equipment

All OC1/2 & V1 competitors must wear: a Type 2 PFD; and a leg rope.

All OC6 Canoes will be scrutineered and must have: Storm Covers; 2 bailers; a 25m tow rope; a spare paddle; and 6 approved PFDs.

Members of the NSW Zone Committee will perform safety inspections. Any canoes that do not meet AOCRA safety guidelines, will be ineligible to race. Non-AOCRA approved canoes will be ineligible to race.

**All OC1/2 & V1 competitors and 1 person in each OC6 must download the YachtBot Sailing Tracker App onto their phone and switch it on for the race.**

### Club Nominated Covid-19 Safety Coordinators – OC6 events

At time of Race Crew Nomination, all clubs must appoint a dedicated Covid-19 Safety Coordinator. This information must be included in the 'comments' section of the Crew Nomination.

The nominated Covid-19 Safety Coordinator must be at the race site for the duration of the whole club's attendance and will be responsible for ensuring all club members adhere to safety guidelines and recommendations (ie. all competitors (and supporters) must check-in to the race site, wear a competitor wrist band and adhere to social distancing requirements). Full responsibilities will be provided at the Race Briefing.

**If a club fails to nominate a Covid-19 Safety Coordinator, they will not be eligible to attend.**

### Equipment sanitization and the sharing of Outrigger Canoes or other equipment

It is not recommended that clubs share equipment. However, if it is necessary, all common use equipment must be santised between uses.

If a club needs to borrow a canoe for an event, please advise the Race Director.

All OC6s must be sanitized between each race with spray or wipes, between both intra and inter club use.



## Race Briefings

All clubs and individuals registered to race must attend the Race Briefing on Saturday 17<sup>th</sup> October at times indicated above.

It is recommended that each club has at a minimum the Coach, Steerer and Covid Safety Coordinator at the meeting. All competitors racing in the OC1/2/V1 race must attend the race briefing.

A roll-call will be completed and any club / individual who has nominated to race but is not in attendance, will not be eligible to race unless prior consent is received.

## COURSE MAPS

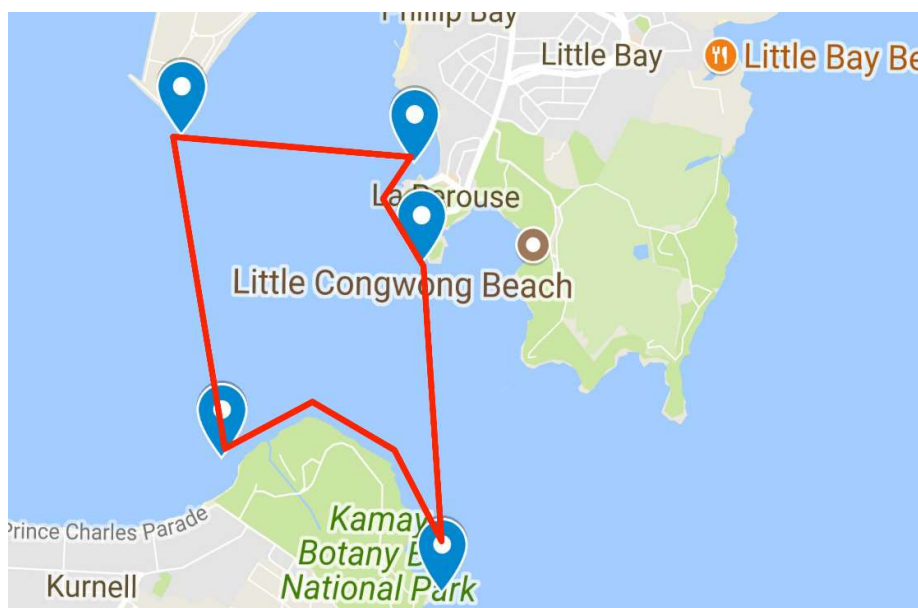
### 4km Race Course - All Divisions, All Craft

Start in front of Frenchmans Bay and head straight out from the beach towards the airport runway. Complete an ama turn at the turning buoy approximately 150m of Molineaux Point Lookout and head straight across Frenchmans Bay towards Bare Island. Complete an ama turn at the buoy just at Bare Island and return to start/finish line.



### 8km Race Course - All Divisions, All Craft

Start in front of Frenchmans Bay and head straight out from the beach towards Port Botany. Complete an ama turn at the green navigation marker approximately 150m off Molineaux Point Lookout and head straight across the bay towards Kurnell where there will be a turning buoy approximately 100m off the headland. Follow the headland around to the turning buoy. Complete an ama turn at the buoy and head to the buoy off Bare Island - keep buoy on ama side and return to start/finish line.



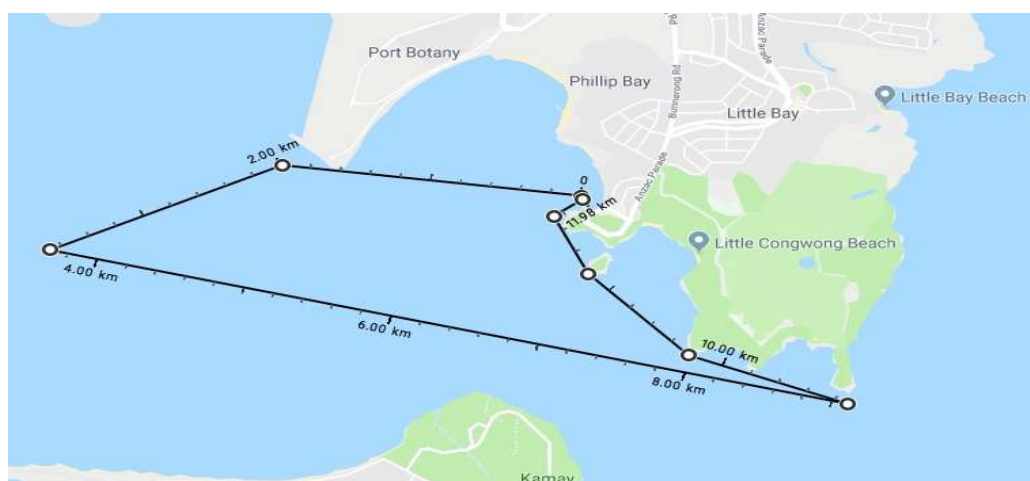
## 12km Race Course – All Divisions, All Craft

The 12km race course will be one lap of the 4km course followed by one lap of the 8km course.

Start in front of Frenchmans Bay and head straight out from the beach towards the airport runway. Complete an ama turn at the turning buoy approximately 150m of Molineaux Point Lookout and head straight across Frenchmans Bay towards Bare Island. Complete an ama turn at the buoy just at Bare Island and return to start/finish buoy and complete an ama turn and head towards the airport runway. Complete an ama turn at the turning buoy approximately 150m of Molineaux Point Lookout and head straight across the bay towards Kurnell where there will be a turning buoy approximately 100m off the headland. Follow the headland around to the turning buoy. Complete an ama turn at the buoy and head to the buoy off Bare Island – keep buoy on ama side and return to start/finish line.

## 12km Alternate Course

The alternate Long Course will be used if there is a strong Westerly Wind or Easterly Wind & Swell.



## Race Course Alternatives

Please note that in the instance of bad weather or conditions, the courses may be modified to stay inside the bay.

Courses may run in the opposite direction to take advantage of conditions if wind, swell and tide deem that the more suitable direction.



## HOW TO ENTER

### OC6 TEAM NOMINATIONS

Register online at [www.aocra.com.au](http://www.aocra.com.au) by 12:00pm Sat 17<sup>th</sup> Oct.

#### OC6 Race Fees

- Juniors: \$10 per person
- Adults: USC (4km) \$20 p/person | SC (8km) \$30 p/person | LC (12km) \$40 p/person

### OC1/2 V1 NOMINATIONS

All entrants must register and pay online at [www.aocra.com.au](http://www.aocra.com.au) by 12:00pm Sat 17<sup>th</sup> Oct.  
*Please Do Not register OC1/2 V1 competitors through a Team Nomination – all entrants must enter individually.*

#### OC1/2/V1 Race Fees

- Juniors \$10 p/person
- Adults: USC (4km) \$15 p/person | SC (8km) \$20 p/person | LC (12km) \$30 p/person

## AGE DIVISIONS FOR ALL COMPETITORS

The following provides a guideline of the age restrictions.

	Age Divisions	Women's Age	Men's Age
i.	21 and Under	20 to 21 Inclusive	
i.	Open	Adult age i.e. 20 yrs and above	
ii.	Masters	40 yrs and above	40 yrs and above
iii.	Senior Masters	50 yrs and above	50 yrs and above
iv.	Golden Masters	60 yrs and above	60 yrs and above
v	Platinum	70 yrs and above	70 yrs and above
vi	Juniors eligibility to compete in Adult events	a) 19U division may compete in adult divisions (21U and Open) without the need for parental or coach consent. b) Must be aged 14 yrs and above and have: i) written parental / guardian permission ii) written approval of qualified outrigger specific coach	

Please note: there must be a minimum of three (3) teams to make a division.

## AOCRA CONDITIONS OF ELIGIBILITY

### B.2. COMPETITOR ELIGIBILITY:

#### B.2.1. General Eligibility-

##### *B.2.1.1. National Titles, Zone Titles, Club Regattas-*

- a) **Competitors must be AOCRA members, unless otherwise approved by AOCRA**
- b) **Each Club will register all AOCRA members with the Zone Registrar (including proof of age where required) at least 14 days prior to that said members' first Regatta**
- c) **Teams/competitors must wear matching (either long sleeve or short sleeve) coloured uniforms as registered with AOCRA as seen above the gunnels of the canoe. Hats are optional**
- d) **Golden Master men/women may combine with Platinum men/women from different clubs in order to form competitive *crews* to race in Club/ Combined/National *and* Changeover AOCRA events.**

#### B.2.2. Transfers between Clubs-

- a) **Should an AOCRA member resign from their club (losing club) and become a member of another club (gaining club), a Club Transfer Form must be completed by both losing and gaining club. A copy must be sent to the respective Zone Registrar of each Zone and to the AOCRA Registrar. A losing club will not without good cause fail to complete and send a Club Transfer Form.**
- b) **An AOCRA member may not paddle for such gaining club unless the transfer is completed by both losing and gaining clubs within 7 days of any Regatta.**





## INSURANCE / INDEMNITY

By entering the regatta and associated racing, all entrants understand that outrigger canoe / paddling activity carries with it an inherent risk of physical injury, and have a total understanding that they do so at their own risk.

All entrants – individuals or clubs, enter the regatta on the understanding that no insurance is provided by the Pacific Dragons Dragon Boat and Outrigger Canoe Club in respect of any injuries or losses that may take place during the course of the event. Each entrant unreservedly indemnifies the Pacific Dragons Dragon Boat and Outrigger Canoe Club and any of its representatives from all liability associated with any aspect of the event whatsoever.

## FOOD

Food will be available to purchase: BBQ rolls; individually wrapped baked goodies; cold drinks; etc will be available for sale.

**All payments will be touchless and no cash will be accepted.**

Please ensure anyone in a queue for food adheres to social distancing requirements of 1.5m between each person including from the servers.

Additional food and hot drinks can be bought at the local cafes.

## AMENITIES

Toilets are located in the park at Frenchmans Beach.

Please ensure anyone in a queue for the toilet block adheres to social distancing requirements of 1.5m between each person and from the servers.

## FIRST AID

First Aid will be in attendance at the race site.

## REGISTRATION DESK

All OC1/2 V1 competitors must 'Check-In' via a QR code and show this at the Registration Tent where a race tag will be supplied and should be worn around the race site.

All Club Covid Safety Coordinators must visit the Registration Tent and collect team tags. Once their competitors have 'Checked-In' via a QR code, they can be issued with a race tag to be worn around the race site.

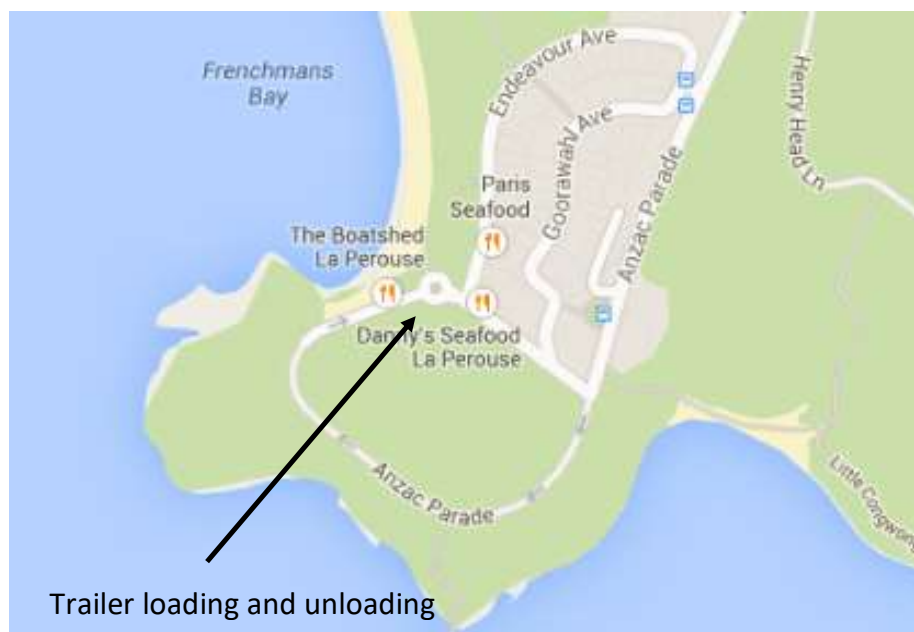
Any competitor may be asked at any time to show their race tag and/or Check-in Tick by a CovidSafe volunteer.

## PARKING

Parking for trailers is on Anzac Parade around the headland. Trailer loading and unloading is the area near the roundabout and the Boatshed restaurant – there will be volunteers directing trailers where to go. Please ensure you unload and move your trailer away to park as quickly as possible.

**All clubs must have their own club members on site to assist with the unloading of canoes (the PDs or another club cannot assist with the loading or unloading of trailers).**

Car parking is available along Anzac Parade and Endeavour Avenue.



## SITE MAP

All team tents must have a table with hand sanitizer available for all competitors.





## RACE DIRECTORS

Nicola Frowen and Eugene Lee

## QUERIES AND CONTACT

Queries should be directed to:

Race Organiser – Adrian Chua 0414 809 240  
Race Director – Nicola Frowen 0419 552 975  
Club President – Caitlin Moffat 0403 763 004  
Or email: [info@pacificdragons.com.au](mailto:info@pacificdragons.com.au)