

Sydenham River Canoe and Kayak Race

Rules and Regulations

Race Overview:

The Sydenham River Canoe and Kayak Race is an annual event hosted by the St. Clair Region Conservation Authority (SCRCA) and the St. Clair Region Conservation Foundation (SCRFCF). The race serves as a fundraiser for the SCRCA's Conservation Education program.

The race begins on Mosside Road, just west of County Road 79, north of Cairo and features 11 classes and three different race lengths. All classes finish at the Shetland Conservation Area on Lambton County Road 2. The race is recognized by the Ontario Marathon Canoe and Kayak Racing Association.

Rules and Regulations:

- Registration can be completed online at www.scrca.on.ca/events until the Wednesday prior to the race date, or in-person the morning of the event between 10:00 am and 11:00 am (cash-only).
- All paddlers must sign a waiver in order to participate in the race. The waiver will be available online and at the registration desk on race day. The waiver includes:
 - Release from Liability and Assumption of Risks
 - Acknowledgement of Concussion Awareness Review as per Ontario Regulation 161/19 (Rowan's Law)
 - Photo Release
- Paddlers can pick up their race entry number along with a copy of the Emergency Action Plan (EAP) at the registration desk on race day. Race entry numbers should be attached to the front left side of their canoe or kayak. Paddlers should be prepared to call out their race entry number at the finish line if asked by the timekeepers.
- Paddlers are responsible for supplying their own canoe or kayak and ensuring their watercraft is in excellent condition for racing, and that they are capable of paddling in a variety of water, wind, and weather conditions.
- A shuttle service will be provided between the race finish line at Shetland Conservation Area and the race starting line at Mosside Line between 10:00 am and 11:00 am.
- All paddlers must wear an approved Personal Flotation Device (PDF) and provide their own safety equipment (whistle, bailer, 50 feet of rope).
- Paddlers must attend the race briefing (scheduled for 11:20 am) and pay close attention to the information provided by the race coordinator.
- The rules of good sportsmanship prevail, and unsportsmanlike behavior may result in disqualification. All paddlers are expected to watch out for their fellow competitors and help any who may find themselves in distress.
- Decisions made by the race coordinator and organizers are final.

Additional Resources/Information:

Race Classes and Race Lengths:

16 km Races:

*16-km race classes consist of a 4.5 km upstream paddle and an 11.5 km downstream paddle

- Pro C2 Men – OMCKRA recognized canoe race (two males)
- Pro C2 Mixed – OMCKRA recognized canoe race (1 male, 1 female)
- Fast Kayak – OMCKRA recognized race (1 person, any gender)

12 km Races:

* 12-km race classes consist of a 2.5 km upstream paddle and a 9.5 km downstream paddle

- Rec Tandem Men – OMCKRA recognized canoe race (two males)
- Rec Tandem Mixed – OMCKRA recognized canoe race (1 male, 1 female)
- Long Rec Kayak – OMCKRA recognized race (1 person, any gender)

7 km Races:

- VIP – canoe race – Board members, municipal employees, staff (1-4 paddlers, any gender)
- Touring – canoe race – Over the age of 50 (1-4 paddlers, any gender)
- Lazy River – canoe race – Just for fun (1-4 paddlers, any gender)
- Recreation – canoe race – Canoeists who are looking to have fun but with a competitive edge (1-4 paddlers, any gender)
- Short Kayak – only short race option for kayakers (1 person, any gender)

For more information on boat specifications for OMCKRA recognized races, visit Ontario Marathon Canoe and Kayak Racing Association Boat Specifications -

https://www.omckra.com/files/ugd/748399_c3247e3439cc45b980728d90edd2a381.pdf

Concussion Policy - Rowan's Law

As per Ontario Regulation 161/19 (Rowan's Law), all participants under the age of 26 must read the Concussion Policy pertinent to their age group and sign a waiver on the day of the race stating that the document has been read. The Bill requires that a sports organization must not register an individual who is under the prescribed age in sports activity unless the individual confirms that they have reviewed the concussion awareness resources approved by the Minister of Tourism, Culture, and Sport.

Concussion Awareness Resources:

- For participants ages 10 and under
<https://files.ontario.ca/mtcs-rowans-law-booklet-ages-10-and-under-en-2019-05.pdf>

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- For participants ages 11 to 14
<https://files.ontario.ca/mtcs-rowans-law-booklet-ages-11-to-14-en-2019-05.pdf>
- For participants ages 15 and over
<https://files.ontario.ca/mtcs-rowans-law-booklet-ages-15-and-up-en-2019-05.pdf>

Cold Water Immersion

During the spring season, even when outdoor temperatures begin to warm, waters remain cold. Participants are encouraged to familiarize themselves with cold water immersion facts and procedures prior to race day so they are prepared to respond and react if their boat capsizes and/or a member of their team enters the water.

Resources:

- VIDEO – Cold Water Boot Camp (Canadian Safe Boating Council)
<https://www.youtube.com/watch?v=GeP0DHImJdc>
- Canadian Safe Boating Council – Cold Water Awareness
<https://csbc.ca/en/cold-water-awareness>
- Spring Water Awareness Program (St. Clair Region Conservation Authority)
* Geared to younger participants and sponsored by Plains Midstream Canada
<https://www.youtube.com/watch?v=KViYoyWk10>

Videos of Past Sydenham River Canoe and Kayak Race

A map of the race route is available online. A portion of the route, known as Smith's Falls, is characterized by small rapids and rocky conditions. Rock exposure and rapids are dependent on water levels and can vary annually. Participants are encouraged to watch the two videos (links below) captured by 2022 racers to familiarize themselves with Smith's Falls and the general conditions of the Sydenham River. Please note that overall water levels were approximately 3.5 metres at the time these videos were shot.

Channel – Pray for Nathan Nature Show

<https://www.youtube.com/watch?v=jgpfYFU8lxg>

* Smith's Falls portion of race route captured beginning at 1:27

Channel – The Outdoor Seeker

<https://www.youtube.com/watch?v=7g0E3XGfdeI>

* Smith's Falls portion of race route captured beginning at 2:13