

A background photograph of a triathlon start. A large group of athletes in various colored swimwear and swim caps are lined up on a sandy beach, leaning forward in a starting crouch. On the left, a person in a blue shirt with 'TSB' and 'OFFICIAL' on the back and a blue bucket hat is partially visible. The background shows a hazy coastline with hills under a bright sky.

Competition Event Information

**The Rangitoto Classic
Takapuna Beach, Sunday 26 July**



ENTRY INFORMATION

Competition Purpose:

Traditionally known as the The King of Rangitoto, The Rangitoto Classic is a long distance event that involves a 10km paddle and 5km run. Course to be confirmed the week of the event.

This document provides you with all the information you need to know in order to enter this event. While it contains the typical logistical information surrounding the event, it also incorporates very important details that a parent and/or guardian must be aware of before entering their child into this event.

Entering Our Competition:

Entries may be made using the SLSNZ Online Event Entry System [here](#), 2020 Rangitoto Classic. Your club has access to this system and will process your entries. Following the close of entry as detailed below entry fees will be invoiced directly to your club for payment prior to the competition.

This event is open to surf ski, double ski, ocean ski, SUPs, waka ama, surf boats and surf canoes.

Entries Open:	22 June 2020
Entries Close:	20 July 2020 at 9am
Entry Fee:	\$20 for surf club individuals (skis) \$40 for surf club double skis \$50 for surf club boats/canoes \$30 for non surf club members

Event Programming:

The Draft Programme can be found below. Please note that the Draft Programme is subject to change due to a dependence upon the number of entries and surf/weather conditions.

Sunday 26 July 2020

Registration:	7:30am
Marshalling Start Time:	8:30am
Briefing:	8:45am
Start Time:	9:00am
High Tide:	11:17am
Low Tide:	5:17am

Event Information:

The Course:

The event starts at 'The Strand' Takapuna. The course will be confirmed the week of the event but will involve a 10km paddle and a 5km run.

Registration:

A compulsory pre-race Registration will be held 7.30-8.30am Sunday 26 July 2020 at The Strand, Takapuna.

Race Briefing:

A Race Briefing will take place 20 minutes before the start of the race at The Strand Takapuna. Important information will be given at this briefing that you will need to know.

Please note: All competitors must attend the Race Briefing.

Race Start: The Rangitoto Classic event will commence at 9am with competitors completing the course outlined in the race briefing.

Prize Giving:

Will take place at The Strand, Takapuna. 30 minutes after the final competitor finishes the event.

Entrants must either:

1. Be a minimum of 18 years old on race day or
2. Hold their Surf Lifeguard award.

ALL MARITIME SAFETY RULES MUST BE OBEYED AT ALL TIMES DURING THE EVENT.

Categories:**Men and Women can enter the categories of****Surf Life Saving Member/**

- Individual (Surf Ski)
- Double Ski
- Surf Boat/Canoe

Non Member

- Individual (Ocean Ski, SUP, Waka Ama)
- Double (Ocean Double)

Safety:

	SLSNZ Member	SLSNZ Non-Member
Individual- Ski, Ocean Ski, SUP, Waka Ama	<ul style="list-style-type: none">- High visibility top- Personal Floatation Device (PFD)- Leash	<ul style="list-style-type: none">- High visibility top- PFD- Leash- Flare- Tracking device/Cell phone (water proof case)
Double Ski, Ocean Ski	<ul style="list-style-type: none">- High visibility top- PFD- Leash	<ul style="list-style-type: none">- High visibility top- PFD- Leash- Flare- Tracking device/Cell phone (water proof case)
Boats/Canoe	<ul style="list-style-type: none">- High visibility top- PFD (Sweeps only)- Rescue tube	<ul style="list-style-type: none">- N/A

- Participants must follow the above safety requirement. If any participants are without any of the requirements, Race Management reserves the right to restrict participation.
- Safety craft and First Aid will be present during the event.

Key Contact:

If you have any queries or concerns, please feel free to contact the Event Manager.

Donal Dray-Hogg
Surf Life Saving Northern Region Event Coordinator
The 2020 Rangitoto Classic
Surf Life Saving Northern Region

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COMPETITION SAFETY INFORMATION

Competition Safety Plan:

The Competition Safety Plan will be made available through the website prior to the event commencing. The document is also available for viewing in the Event Management Area during the event.

Parent, Guardian, Coach, Team Manager and Club Obligations

It is the responsibility of clubs, through their coaches and manager, to ensure that each individual competitor is competent to safely compete in the conditions that prevail on any given day.

It is therefore the clubs responsibility to ensure that competitors who are not yet competent to compete in the prevailing conditions are withdrawn from an event rather than expose them to unnecessary risk or potential harm by encouraging or coercing competitors to compete, particularly against their will. Please refer to statement (e) of the Agreement to be bound by the Manual section of the Surf Sports Competition Manual. The Manual can be found [here](#).

It is the expectation of the organisers that all clubs will only permit competent competitors to compete in an event.

Missing Person at Sea Responsibilities

Whether you are an Athlete, Official, In an IRB, Team Manager/Coach or a spectator, we all have a role to perform if someone goes missing in the water during an event or activity. Check out your role and how you may help in this situation by [clicking here](#).

Equipment:

Equipment Labelling

All equipment needs to be clearly labelled with the club for which the athlete/s is racing for. It is recommended that this be placed on an easily identifiable area i.e. the front/centre of the board, between the two straps.

Helmets

The Event Management Committee reserves the right, if conditions warrant, to require canoe and boat crews to wear helmets. All clubs should bring helmets to the competition in the event that conditions warrant their use.

Scrutineering

Random scrutineering may take place at the discretion of officials, with particular regard to craft and/or equipment that may pose a health and safety concerns. With consideration to the above, we encourage all participants to carry out an inspection of their equipment for sharp edges that could cut in advance of the competition.

Competition Safety Vests

The wearing of high visibility vests will be mandatory at this event. Supplying safety vests is a club responsibility and must be in line with the SLSNZ guidelines for safety vests. This information can be found in the Equipment Specification Manual [here](#).

Medical Information:

Pre-Existing Medical Conditions

All participants and officials with a pre-existing medical condition must complete and submit a 'Pre-Existing Medical Conditions Declaration' form prior to the close of entries. These forms are to be submitted to the event management – entries@lifesaving.org.nz. However, participants are encouraged to submit these as early as possible. Once submitted, the forms will be reviewed by SLSNZ and a decision will be made on whether a 'Competitor Waiver' form is required to be completed.

It is important to note that a pre-existing medical condition includes a **concussion event** that has occurred prior to this event.

These forms are available through the website.

Concussion Protocol

1. Any person diagnosed with concussion within the 23 days (21 days for over 19 yrs) preceding a SLSNZ event or activity, who is not able to provide evidence of a Graduated Return to Play (GRTP), and provide a medical diagnosis and SLSNZ Medical Clearance, will not be permitted to compete in a SLSNZ event.
2. Any person observed or reported to have been unconscious during a SLS event is not permitted to participate in any further SLS event or activity, pending participation in a 23 day GRTP (21 days for over 19 yrs), and provide a SLSNZ Medical Clearance before further competition is permitted.
3. Any person suspected of a concussion during a SLSNZ competition may not participate in any further races for at least 24 hours, and must provide SLSNZ with the required SLSNZ Medical Clearance before further participation is permitted.
4. Any person suspected or diagnosed with concussion who wishes to return to a SLSNZ competition must provide SLSNZ with a copy of a SLSNZ Medical Clearance, which is to be completed by a medical practitioner, prior to returning to competition.

COVID-19 (novel coronavirus)

Guidelines for handling infectious patients.

As you would for ANY medical patient with infectious symptoms (cough, cold, fever, etc.), limit exposure:

- Have the patient wear a mask.
- Stay outdoors if possible, rather than in enclosed indoor spaces. A two metre separation is encouraged.
- Wear a mask, goggles, and gloves.
- Avoid all unnecessary suctioning, high-flow oxygen delivery, and bag-valve-mask ventilation, as such interventions create aerosols.

These are best practices for treating ANY infectious patient, whether novel coronavirus, or "regular" influenza.

Involve the ambulance service ASAP.

Remember to practice good hand hygiene routinely, avoid touching your face with your hands, and ensure you are immunised, so you don't unwittingly spread preventable diseases to others.

If you have any cold or flu symptoms, protect others by staying home until your symptoms resolve.



COMPETITION SITE MAPS

Competition Arenas:

Please note that the Site Plan is subject to change due to a dependence upon the number of entries and surf/weather conditions.

The final race course will be communicated the week of racing (week starting 20th July), with any amendments to course to be communicated at the Race Briefing.

All courses will include:

- Craft leg totaling 10km
- A run leg a minimum distance of 5km
 - o 50% of team entrants must complete the run (sweeps exempt)