



# Twenty (20) Groynes Community Paddle Race Briefing Saturday 6 January 2024

Thanks for being a part in the 2024 Twenty Groynes Community Paddle hosted by Dolls Point Paddlers and the Sutherland Shire Canoe Club.

*SSCC and DPP acknowledge the traditional owners of country throughout Australia and their continuing connection to land, culture and community. As an organisation and as a paddling community we pay our respects to their elders past, present and emerging.*



# Race Day Instructions

## PARKING

- Competitors are to **park in Depena Reserve at the end of McMillan Avenue, Sandringham**
- As this is a public park, please drive carefully and slowly.
- Parking attendants will provide you with a parking ticket to be displayed on your dashboard. Failure to display the ticket may result in a parking fine.
- **DO NOT park in the car park at the Georges River Sailing Club (Sanoni Ave) - MAP 1.** This parking area is for use by the general public.
- Please leave the Depena Reserve car park area at the conclusion of the event. **The parking area gate will be locked at 12:45pm.**  
If you want to stay longer, move your car to the public car park at the Georges River Sailing Club (Sanoni Ave, Sandringham).
- Please respect local residents and keep noise to a minimum.

## IMPORTANT SAFETY MESSAGES

- **All HR paddlers should wear a high-vis cap, carry a storm whistle and some form of communication** (such as a mobile phone, PLB or flare). Sometimes the top of your head is the only thing the safety boat crews can see. **Make yourself as visible as possible and have some way of attracting the attention of other paddlers and the safety boats.**
- **Attendance at the pre-race Paddler Safety Briefing is mandatory.** Due to the prevailing conditions, the Race Committee may alter the course and/or the start order on the morning of the race. The final course and start order will be explained at the Paddler Safety Briefing.

## RACE CHECK-IN and SAFETY BRIEFING

- **7:15 to 7:45am – race check-in.**
- **7:40am - The paddler safety briefing will be held near the check-in area.**
- **Race Numbers:** Collect boat numbers at check-in. Return boat numbers immediately after you finish paddling. You need to bring your own Race Number holder. These can also be purchased at the event.

## RACE SAFETY

- All paddlers should monitor the weather forecasts and the conditions on the day and make their own decision about their ability to paddle safely and enjoy the event.  
Paddlers are reminded that it's not only their safety they should consider but the safety of the support boats and volunteers.
- **Minimum Safety Requirements**
  - **Leg leashes are required for Ski or SUP paddlers. Only one paddler should wear a leg lease in a double / multi-paddler craft.**
  - All paddlers must wear a Level 50 non-inflatable lifejacket for the full duration of the event.
  - Each paddler must have a pea-less whistle to attract the attention of other paddlers and the safety vessels.
- You MUST GIVE WAY to all other waterway users.
- Remember, you are required to assist any paddlers in difficulty throughout the race.
- If you see any of the safety vessels wave **a red flag on course**, the race has been stopped and you must follow the instructions of the safety boat.
- At least one safety vessel will be on the water during the race.
- A First Aid Officer will be stationed at the start/finish line.

## ENTERING THE WATER

- You must pass between the two Sutherland Shire Canoe Club flags on the beach when you enter the water. This is to check you have a PFD and leg lease - **MAP 1**

## RACE START

- **All paddlers start at 8am**
- **DO NOT break the Start.** You must remain behind the IRB stationed at the start to the start line  
Anyone breaking the start will incur a 2 minute penalty
- Gather for race start in the **area marked in orange** on **MAP 2** and wait to be called forward by the IRB
- **The start line will be between a Yellow and Black cardinal marker and a pink permanent buoy.** Paddlers are required to stay 50m behind the buoys until the race has been called to the start

- The race starter we will count down to the start using a loud speaker
- An **AIR HORN** will sound the race start

## COURSE INSTRUCTIONS

- Your course will be marked by large **yellow and pink buoys**
- Turn **RIGHT around YELLOW** and **LEFT around PINK** buoys
- **The Finish Line is between two black and white chequered buoys**  
Don't call your race number as you cross the line UNLESS asked to do so by one of the Race Officials/Timekeepers.

## **Course Description:**

- Paddle out to the start line (pink buoys as shown in the attached course map) and line up Level with the IRB.
- The start will be signalled from the IRB.
- From the start line, paddle in Northeast and turn left around the first groyne at the mouth of the Georges River / entrance to Botany Bay
- Follow the shoreline north past **5 groynes and turn right at the yellow buoy** located just past the 5<sup>th</sup> groyne (just past the swimming net)
- Head back south along the shoreline past the groynes; at the 5<sup>th</sup> Groyne which is at the entrance of the Georges River and head back up the Georges River towards the Sailing Club
- **Turn left at the Pink Buoy opposite the finish line and repeat the course**
- On your final lap, veer right towards the finish line, paddle through the chequered finishing buoys located outside the Sailing Club

## **Instructions for Relay Teams**

- The first paddler will start with the main group.
- When doing a paddler changeover, the incoming paddler paddles to the beach through the finish buoys.
- The outgoing paddler from beach does not pass through the finish buoys and paddles out to the right and Left around the pink buoy and then towards the Groynes.

## RACE RULES

- This event is meant to be fun, so relax and enjoy the paddle

- Paddlers will be advised when the race has between 30 and 20 minutes remaining. Paddlers should only start a new lap if they are confident they can complete it within the remaining time
- **The cut off time for paddlers to start their final lap is 11:45**  
Paddlers passing the start / finish point past this time will be directed to return to the beach and leave the water
- **The race clock will be stopped at 12:00. Incomplete laps will not be counted towards the result.** A safety vessel will follow the last paddler back to the finish line.
- Paddlers should make sure the timekeeper logs you as having returned and left the water.
- Participants may receive a time penalty or be disqualified if they display un-sportsman behaviour, cheat, don't assist a paddler in difficulty, don't follow the instructions of a race official (including the safety vessel crew), don't follow the race safety protocols, etc.
- The decisions of the Race Officials are final.

### **CATERING**

- No catering services will be provided at this event so bring your own drinking water and snacks.
- The Kiss the Barrister Café and the Georges River Sailing Club are located close to the beach area near the finish line and welcome your patronage.

### **AFTER YOUR FINISH RACING**

- Access to water to clean your craft is limited. Bring your own water and cleaning equipment.
- Pack up and leave the venue. If you intend to stay in the area past 12:30 please move your car from the event parking area.
- The gate to the event **parking area will be locked at 12:45pm.**

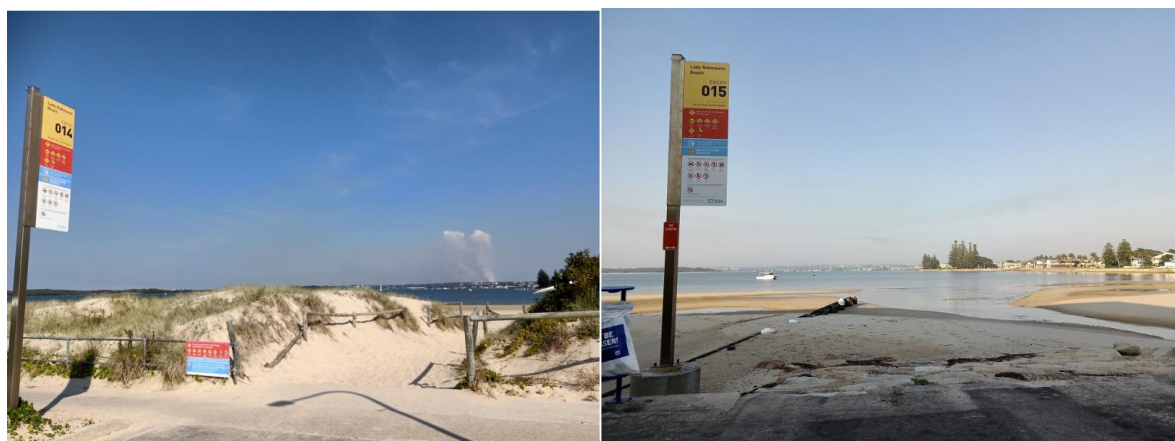
Enjoy the race!



# MAP 1 – Parking, Check-In and Water Entry



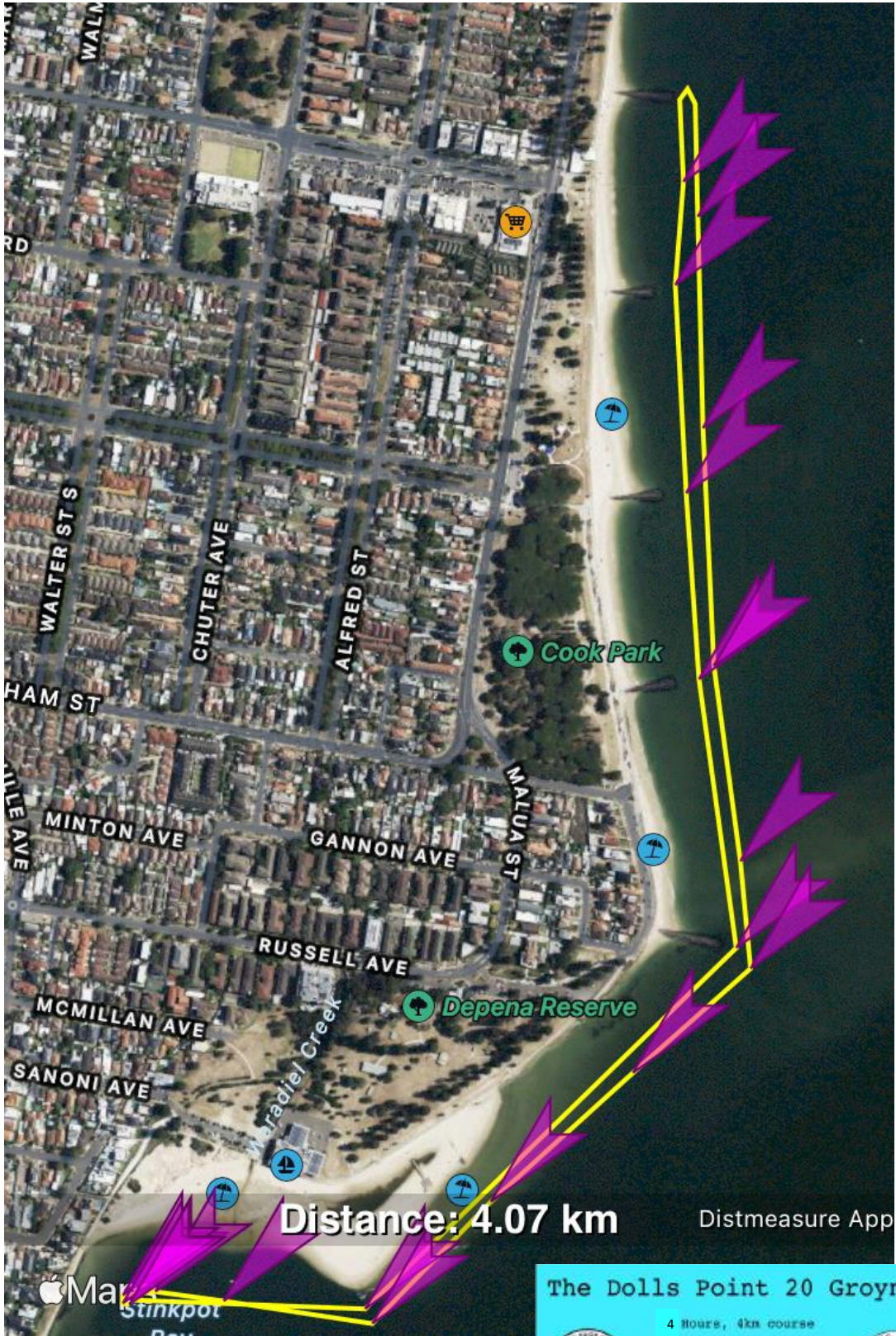
Access the beach by safely crossing through the car park and use one of 2 access points (14 and 15) onto Lady Robinson Beach:



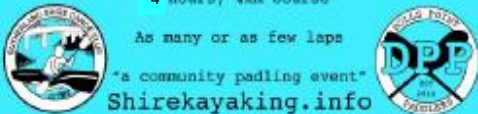
Check for cars and pedestrians when crossing the car park and the pedestrian areas.



# MAP 2 – Course Map



**The Dolls Point 20 Groynes**  
4 Hours, 4km course  
As many or as few laps  
"a community paddling event"  
[Shirekayaking.info](http://Shirekayaking.info)





# MAP 3 – Paddler Change Map

