

Rules for Lifestart Kayak for Kids event

I. Each Teams Challenge team must consist of at least 3 members and up to 12 members with 3 members paddling the 3-person sit-on-top kayak at any given time.

II. Teams may enter either the mixed category (team must consist of at least one member of either sex), male category (all team members are male) or female category (all team members are female).

III. All teams must complete the course as instructed and marked.

IV. No motorised forms of transport are allowed.

V. Outside assistance is only permitted at the designated Transition Areas.

VI. Participants must submit a completed indemnity form before the start. Participants under 18 years of age must have a parent or guardian sign the indemnity form.

VII. No littering – use a bin or take rubbish with you. This is valid on land and on the water. Please leave the course and Transition Areas as clean or cleaner that you have found them.

VIII. Please respect the communities you are going through, and behave appropriately. NSW Waterways, Manly Council, Mosman Council and North Sydney Council have been very supportive of the event, so let's be respectful of the locals in return.

On land, drive slowly and carefully through the beach communities, there will be families and children out, particularly on a Sunday. Parking at the start, finish and transitions areas is temporary and you should respect road and traffic signs at all times.

On water, be mindful of swimmers and other water users, especially around beach areas.

Prizes

I. Prizes will be awarded to first in each category (mixed, male and female). Organisers will have discretion not to award prizes where there are less than 3 teams in a category.

II. Prizes will be awarded to the best fundraising teams. Funds raised online through the Everyday Hero customised team page have to be received by midnight 27 March 2010 for the team to be in the running for the prizes.

III. You must be present (or have a representative present) at the presentation to pick up your prize. Prizes will not be mailed out after the event.

Kayak Use & Safety

All Kayak types

I. Teams are not permitted to use sails or kites during the event.

II. Each person paddling the AROC Sport-provided kayaks, as well as the ones paddling a sit-in boat (ie. with cockpit) must wear a personal flotation device (PFD) or life jacket at all times while on the water.

III. For participants paddling their own sit-on-top boats or surf skis, wearing personal flotation device (PFD) or life jacket is not compulsory but strongly recommended.

IV. Participants must be able to swim 100m easily.

V. All participants are required to give assistance to any fellow paddler in difficulty. AROC Sport will account for time lost by paddlers assisting others in case of an emergency.

Event Provided Kayaks

I. No dragging of the kayaks at any time.

II. Teams are not permitted to use any type of equipment that in any way damages the kayaks.

III. Teams are not permitted to add to or modify the kayaks in any way.

IV. Teams are responsible for and must pay for any damage they cause to or lost kayaks, paddles and PFDs during the event.

Course

I. The event may be modified, rescheduled or cancelled at any time by the organizers due to inclement weather, security or any unforeseen circumstances deemed suitable by the race organisers.

II. Competitors must follow the course and must comply with the spirit of the race.

III. Failure to visit a check-in at a transition area may incur a time penalty or disqualification at the discretion of the race director.

IV. The organisers may impose cut-off times and require slower participants to take an alternative route.

Insurance

AROC Sport has \$10 million public liability insurance only. This insurance will only cover 3rd party injuries and 3rd party property damage. Competitors should consider obtaining personal insurance to cover themselves for injury during the event.

Fundraising Rules

I. Kayak for Kids is a fundraiser event for Lifestart.

II. Fundraising monies are to be paid to Lifestart online via the Everyday Hero website by Friday 30 April 2010.

III. You can fundraise up to the day of the event and after, but to be entered in the Best Fundraising Team and be eligible for prizes, funds must be received by midnight 27 March 2010 via a customized team page created on the Everyday Hero website.

IV. All fundraising events and activities organized for or associated with Lifestart shall be of lawful nature.