

Lachine Beach Sprint

July 20, 2024



REGATTA PACKAGE

Presented by

AVIRON LACHINE

in collaboration with

AVIRON QUÉBEC

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VISION, MISSION AND OBJECTIVES OF THE EVENT

VISION

Aviron Lachine, the first rowing club in Canada is created in 1863 with the construction of the Lachine canal.

After introducing coastal rowing to North America, Lachine has been organizing long-distance sea regattas for 6 years and this year presents the Québec Beach Sprint Championships.

Rowers of all ages, backgrounds and nations are welcome to compete for selection to the National Team

MISSION

1. To provide a sanctioned Beach Sprint regatta and allow athletes to transition from traditional rowing to coastal rowing.
2. Promote and develop the sport of rowing

OBJECTIFS

1. Provide a safe and fair Beach Sprint regatta
2. Enable athletes to have a rowing experience where fun and challenge go hand in hand.
3. Make rowing known as a sport for all, through which the athlete flourishes in a harmonious nature.
4. Make this regatta an annual event you don't want to miss.

GENERAL INFORMATION

This document provides all the information relating to the Lachine Beach Sprint Regatta (BSL). By registering, competitors acknowledge having read it and accepting its content.

REGATTA WEB SITE

[https://www.avironlachine.ca/index.php/regattas/aviron de mer - Beach Sprint](https://www.avironlachine.ca/index.php/regattas/aviron%20de%20mer%20-%20Beach%20Sprint)

https://www.regattacentral.com/regatta/?job_id=9189

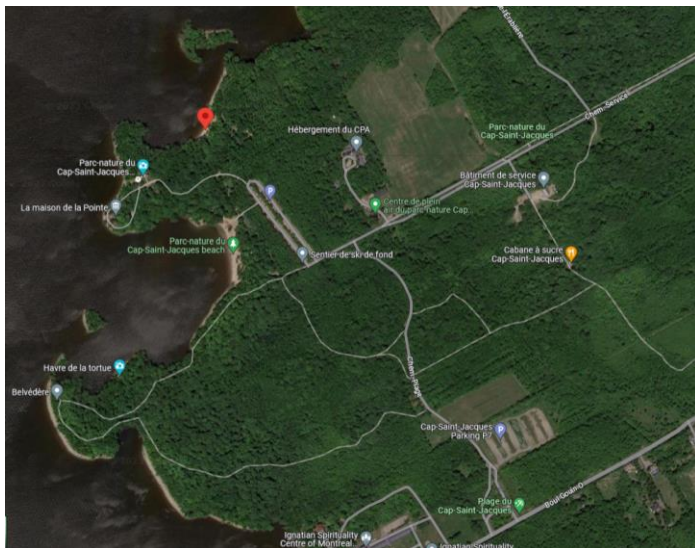
REGATTA SITE

The regatta site is located on the small beach of Parc Nature du Cap-St-Jacques.

HOW TO GET TO THE REGATTA SITE

Site coordinates : 45° 27'52.5"N 73° 56'33.8"W

Hw 40 E Exit Ch. Ste-Marie. Stay on the service road and turn left on Ch. Ste-Marie. Turn right at Ch. De l'anse à l'orme. Turn right at Boul. Gouin and after 800m turn left on Ch. De la Plage.



PARKING

TBD.

TRAILER PARKING

N/A.

PUBLIC AREA

The public can access the beach area outside of the regatta zone.



FOOD AND WATER

Les athlètes, les membres du public et les bénévoles devront apporter leur propre nourriture ainsi que leurs bouteilles d'eau.

Athletes, members of the public and volunteers need to bring their own food and bottled water.

CHANGE ROOM AND TOILETS

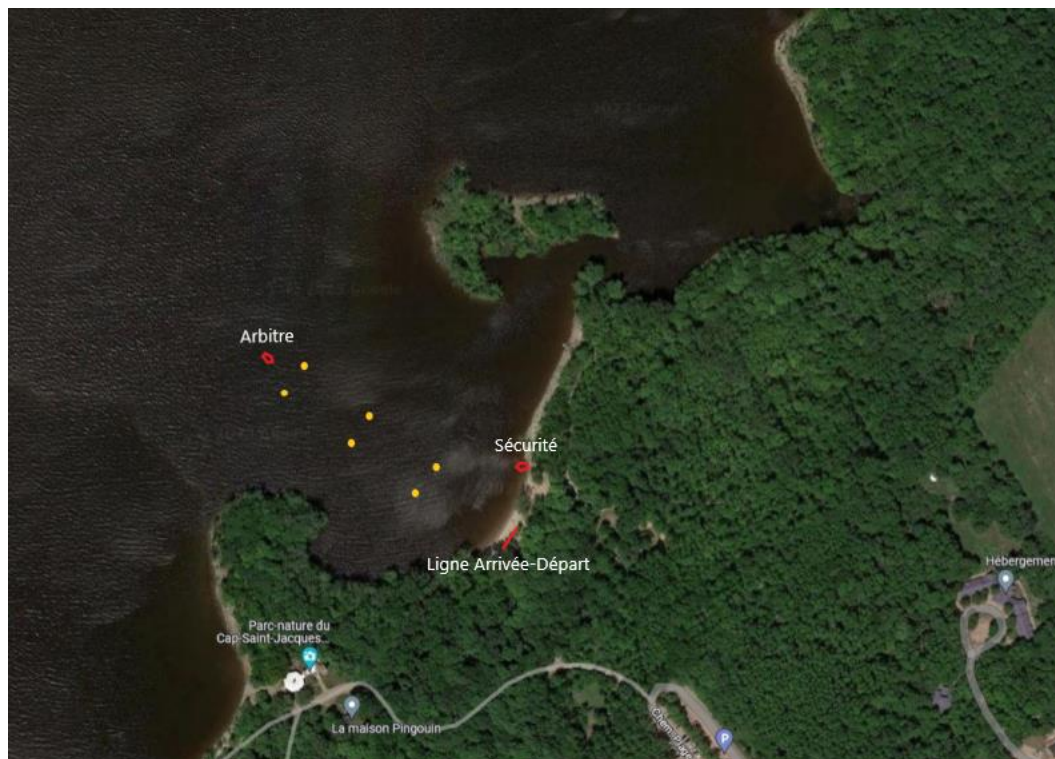
Change rooms and toilets will be available at the near by Centre de Plein Air.



REGATTA COURSE

The course consists of two lanes of 250m with 3 large yellow buoys each.

See following image for the course detail.



Regatta course plan

REGATTA RULES

It is the responsibility of the athletes to present themselves to the control commission before the start of their race. They will have to come back and present themselves to the control commission at the end of their race.

Control Commission

The control commission tent will be on the beach.

Rowers must report to the Control Commission 60 minutes before the start time of their race.

Also, please make sure you have your proof of identification with you (for details, see under Proof of Identification in the Athlete Registration section).

After this checkpoint, you are invited to head towards the starting point on the beach.

Start Area

View of START line

Finish Area

View of Finish area (same as start line).

You will need to press the sound device when you have crossed the finish line.



Start and finish zone view

SECURITY

Safety information for this regatta can be found in Appendix 2.

Here is what you should pay special attention to:

Departure and arrival are on the beach, so you must provide shoes that are easy to install in the foot stretchers.

Running on the beach requires warming up beforehand to avoid injuries (strains, sprains, etc).

TECHNICAL ASPECTS

SANCTION AND RULES

The competition is sanctioned by Aviron Québec on behalf of Rowing Canada Aviron (RCA). The rules in effect in the 2022 RCA Rules of Racing will apply. Any deviation from the said Code will be clearly indicated in bold, followed by 'RP' (for Rule specific to this regatta).

EVENT LIST

This regatta is open to any athlete from Quebec and other Canadian provinces.

Participants may compete in more than one race if eligible.

The age categories are:

AGE CATEGORIES	AGE ELIGIBILITY (ON DECEMBER 31 2024)
U19	≤ 18 years
Senior F, H	Pour tout âge
Master F, H	≥ 21 years

There will be mixed doubles events. No more than half of the rowers in each crew may identify as male, excluding the coxswain.

Boat categories are C1X, C2X, C2Xmix

An event must have two entries to take place. In the event of a single entry in an event with an age limit, the athlete may compete against athletes whose age limit is older than his own.

RESULTS

The results will be displayed as the races progress at the information booth. They will also be posted on the Regatta Central website.

https://www.regattacentral.com/regatta/?job_id=9189&org_id=0

MEDALS

RCA's progression system will be used to determine winners.

Gold, silver and bronze medals will be awarded to the winners of events where there are at least 4 participants.

Medals will be awarded at the end of the competition.

ATHLETES REGISTRATION

REQUIRED HEALTH STATE

All participants in the regatta understand that they will be competing in a very intense activity. They acknowledge that they are in good health and have been authorized by a doctor to participate in this physical activity.

REGISTRATION

All registration to the regatta will be through the Regatta Central site:

https://www.regattacentral.com/regatta/?job_id=9189

REGISTRATION DEADLINE

Deadline to register for the regatta is **July 18, 2024 at midnight.**

Registrations made after August 16 will be accepted. They must continue to be made through the registration site on Regatta Central. Additional fees will be charged (see Registration Fees section)

A final schedule will be published on Regatta Central on **July 19 at 5:00 p.m. at the latest.**

SCRATCH

Rule 7.5 of the RCA Rules of Racing will apply.

All scratches announced after the first registration deadline of August 16 **will be charged \$10 each.**

Withdrawals may be declared on the day of the regatta during the coaches' meeting on the morning of the competition. All forfeits must be paid to the organizing committee, immediately after this meeting, in cash.

There will be no scratch fees for medical reasons. A doctor's note will be required.

PROOF OF IDENTIFICATION FOR ATHLETES

By reporting to the control commission before launching, each athlete must demonstrate proof of age and identity by presenting a photo ID with specified date of birth. This may be issued by a government **or by the school where the athlete studies.**

The document may be in physical format **or electronic format via a mobile phone.**

REGISTRATION FEES

Les frais d'inscription doivent être prépayés sur le site de Regatta Central. Aucun paiement sur place ne sera accepté.

Entry fees must be prepaid on the Regatta Central website. No payment on site will be accepted.

REGISTRATIONS BEFORE JUL. 18 DEADLINE

CATEGORIES	FEES
CJM1x (U19)	50\$
CM1x	50\$
CJW1x (U19)	50\$
CW1x	50\$
CJMix2x	100\$
CMix2x	100\$

(*) RCA fees (3,85\$ per seat) and AQA fees (1,90\$ per seat) will be added at registration time.

REGISTRATIONS AFTER THE Jul. 18 DEADLINE

CATEGORY	FEEES
CJM1x (U19)	65\$
CM1x	65\$
CJW1x (U19)	65\$
CW1x	65\$
CJMix2x	130\$
CMix2x	130\$

(*) RCA fees (3,85\$ per seat) and AQA fees (1,90\$ per seat) will be added at registration time.

PRELIMINARY REGATTA SCHEDULE

TIME	ACTIVITY
7h15	SITE Opening
7h45	Umpire meeting
8H00	Coaches meeting (Control Commission opening)
8H15	Rowers from first wave to present to Control Commission
9h	Start of first wave
14h30	Medal Ceremony and regatta closure.

The final schedule will be published on July 19 at 5 p.m. at the latest on the regatta website:
https://www.regattacentral.com/regatta/events/index.jsp?mode=view&job_id=9189

SPORTSMANSHIP AND BEHAVIOR

The volunteers of the organizing committee take seriously the policies and rules that guarantee that the Lachine Beach Sprint will take place with integrity, fairness for all and without prejudice or injury. The Organizing Committee will comply with all applicable rules, laws and policies of the governing bodies of the sport of rowing as well as the legislative requirements of the governments of Quebec and Canada.

All information provided to the Lachine Beach Sprint Organizing Committee by participants in this regatta, whether in entries, videos, results or any other information provided, must be entirely true.

RCA RULES FOR Beach Sprint

Athletes participating in the Lachine Beach Sprint regatta agree to abide by RCA rules regarding Beach Sprints. By registering, participants acknowledge having read and accepted the rules of the regatta.

SPORT INTEGRITY

The organizing committee unequivocally opposes the practice of cheating, manipulation of competitions and doping in sport. Any attempt to gain an unfair advantage from any individual or organization is prohibited and may result in disqualification and possible bans from future competitions.

SAFE SPORT

The Organizing Committee believes that everyone in rowing has the right to enjoy the sport at all levels of participation, and adheres to RCA's Safe Sport Policy. Athletes, coaches, referees and volunteers have the right to participate in a safe and inclusive training and competition environment free from violence, harassment or discrimination.

PARTICIPANT AND PARTICIPANT UNDERTAKING AND AGREEMENT

Each participant competes entirely at their own risk, and confirms that they are in good health and have no medical or health conditions that could endanger or limit their abilities while participating in the event.

UNDERAGE PARTICIPANTS

Underage competitors must have a parent or legal guardian or coach present during a race.

DATA COLLECTION AND USE OF RESULTS, PHOTOS OR IMAGES

All personal information is collected for the purposes of the registration systems, and will only be used by the organizing committee for the organization of the event and for communication purposes. The organizing committee and its contracted third-party partners will take all necessary measures to protect the confidentiality of personal information. Results, photos and images that are captured or created during the regatta, in on-site or remote participation, may be stored, reproduced, shared or transmitted by the Championship organizers for any purpose appropriate for the promotion and development of the sport of indoor rowing, without identification or compensation.

SOCIAL MEDIAS

Participants will not violate the privacy of others, infringe intellectual property rights, or disclose any private information about another person. If a competitor posts comments, opinions and any other material, in any way, including on social and digital media, about or in connection with the regatta, they acknowledge that they may be held personally responsible, and are solely responsible for the consequences of that action.

ORGANISING COMITY

Regatta Chair : Charles Hauss charly1skif@hotmail.com 514-894-3264

Lachine Beach Sprint organiser : Aviron Lachine

Chief Umpire : Guylaine Bernier

Level 5 Umpire (International)

Aviron Québec representative: Nadine Boutin

General Manager

Aviron Québec representative: Philippe Colas

Director security, régattas and sanction

Security advisor : Luc Desrochers

Medical Team : Dominic Vautier, président Action soins d'urgence régionale (ASUR)

Responsible for Volunteers : Marie Lefebvre

Tresorer : Rémi Couture

Pour s'inscrire à titre de bénévole, il suffit de signifier son intérêt en écrivant à info@avironlachine.ca ou à richard.cabana@gmail.com

ANNEXE 1 - PHOTOS DU SITE

PHOTO 1 - VUE AÉRIENNE DU SITE DE LA RÉGATE

CC - COMMISSION DE CONTRÔLE

I - INFORMATION / INSCRIPTION

M - MÉDICAL

R - REMORQUES

V - VOITURE

PHOTO 2 - VUE AÉRIENNE DU PARCOURS DE COURSE

A - ARRIVÉE

D - DÉPART

GROUPE PHOTO 4 - OBSTACLES ET REFUGES

D / R3 - LIGNE DE DÉPART ET REFUGE DE LA LIGNE DE DÉPART

L - LIMITE DE LA ZONE D'ÉCHAUFFEMENT DE L'AIRE DE DÉPART

ANNEXE 2 - EMERGENCY ACTION PLAN

The following emergency action plan should be used as a guide in the event of an emergency that may arise during a Beach Sprint regatta.

ADVERSE WEATHER CONDITIONS

In the event of an inclement weather alert, rowers will be asked to immediately bring their boat to the beach or the nearest dock or, in the event that none are available, they will be asked to move to shore immediately.

Apply the 30/30 rule.

Be vigilant and know how to LOOK UP AND LOOK AROUND.

Seek appropriate shelter when counting 30 seconds or less between lightning and thunder. Stay under cover for 30 minutes after the last thunder.

MEDICAL ASSISTANCE AT THE REGATTA SITE

The main site of the regatta is located on the small beach of the Parc du Cap St-Jacques. This is where we will have a medical team. It will be in an easily identifiable kiosk/tent. The medical team should be contacted for any emergency involving an athlete, volunteer or staff member. If ambulance transport or additional medical assistance is required, this will be coordinated by the medical team.

COLLISION / CAPSIZING

The safety boat will determine if the rower(s) is (are) physically able to re-board their boat.

If the rower(s) cannot get back into his (their) boat, the following measures must be taken:

- Emergency personnel or 911 will be called
- The crew will be assisted in the motorboat in order of medical priority
- Rowers without a medical emergency will be transported to the regatta site.
- Crews with medical issues will be transported immediately to the regatta site as instructed by medical staff.
- Unnecessary equipment will be set aside if possible or retrieved when appropriate.

EMERGENCIES RESULTING FROM FIRE OR OTHER DISASTERS

Caserne 59 in the town of Pierrefonds is located 4.7km (11min) from the beach. In the event of an emergency caused by a natural disaster, fire, electric shock or other disasters of this nature, 911 should be called. They will alert the Pierrefonds fire department for immediate assistance. If 911 has been contacted by anyone other than the Regatta Chairman, Safety Officer or Medical Officer, the person who contacted them should immediately notify the Regatta Chairman or any member of the Organizing Committee.

EVACUATION OF THE REGATTA SITE

In the event of an emergency requiring evacuation, the site can be evacuated south of the regatta headquarters, via the beach road.

EMERGENCY CONTACT LIST

Emergency : 911

Regatta chair : Charles Hauss : 514-894-3264

Regatta medical team : ASUR : 514-221-0111

Club d'aviron de Lachine : 514-639-0006