

Volunteer Overview – Kayak



Race day volunteer support times

- ❖ 6:45 AM, Arrive and park at Bayside Expo Center and then check in with the volunteer coordinator.
- ❖ 7:00 AM, Walk your kayaks down to the beach and prepare to launch.
- ❖ 7:15 AM, Kayaker pre-race meeting
- ❖ Approximate start time of swim leg: 8:00 AM for first (of 10) swim wave
- ❖ Approximate start time of last swim leg: 8:27 AM for last (of 10) swim wave
- ❖ Kayakers out of water, after last swimmer is out, approximately last swimmer will be out of water at 9:05 AM

Necessary Kayaker skills you should have the ability to perform (should be well developed):

- Maintain position in wind, waves and water current
- Kayak against two knots of water current
- Paddle forward and backward
- Be a confident swimmer
- Pivot boat about the kayaker's axis
- Tow swimmer in current, waves and wind
- Traverse the kayak to either (port/starboard) side, paddling on any side.

Required Kayaker equipment

- Kayak and paddle
- Lifejacket, personal floatation device (PFD) (All kayakers required to wear a PFD)
- A PFD (or throw-able buoyancy cushion) with line attached to boat for towing a panicked swimmer
- Whistle
- Cell Phone

Recommended Kayaker equipment

- Spray skirt
- Hat
- Drinking water
- Warm clothing gear (to suit environment)
- Sun block
- Sun glasses
- Knife
- Watch
- A colored flag race to wave for major medical emergencies

Potential Swimmer Mishaps

- Major medical emergencies (such as heart attack)
 - Wave flag or paddle to get attention of nearby kayakers, and rescue boats
 - Nearby kayaker should contact closest Life Guard
 - Paddle swimmer to shore or to exit point, communicate with Life Guard & shore support crew.
- Swimmers kicked by other swimmers
- Swimmers inhaling water
- Panicked swimmers
- Tired swimmers needing a break
- Tiered swimmers needing a break
- Swimmer side stitch or leg cramps
- Swimmer entangled in rope (such as small boat buoys)

Reminders for approaching swimmers needing assistance

- Don't run over the swimmer: watch your water speed, water current, wind speed & direction and waves
- In an emergency:
 - If swimmers receive official assistance and it enables the swimmer to make forward progress,
 - The swimmer's time will be unofficial or penalized.
 - If swimmers receive official assistance and **it does not** enable the swimmer to make forward progress,
 - The swimmer may remain in the race.

Kayaker towing methods

There are at least two different methods to tow a swimmer to the shore. One option is to have the swimmer grab hold of the stern and paddle forward.



If you need to tow long distances or against strong water current another option is to have the swimmer climb onto the back of the kayak (stern). This reduces swimmer drag, making it easier to tow.



Kayak race position protocol

- Before the race meet with the swim coordinator, determine evenly distributed positions
 - Typically, form an umbrella around the perimeter of the swim course, and also position a couple of kayakers inside the swim course, depending on space.
- The kayak positioned closest to the swim exit should follow the first swim wave out
- The kayak positioned closest to the swim starting point should follow the last swimmer, from the last swim wave off
- Kayaks cannot leave the area until all swimmers are off the water.

It is imperative to remind athletes to notify the race management team if they withdraw from the competition at any time. This will ensure that a missing swimmer plan is not initiated for an athlete who never started the race.

Anyone who withdraws from the race needs to report to the timing trailer, return their chip, and report as a DNF. All Kayakers will need to check out with the **swim coordinator Will Thomas** at the end.

Make sure to be courteous of participants and show your support by cheering them on!

THANK YOU FOR VOLUNTEERING! HAVE FUN!