

# Howsham Weir Slalom

13<sup>th</sup>/14<sup>th</sup> July 2013

Division 2/3/Open  
Short Course Div 4  
Topo Duos

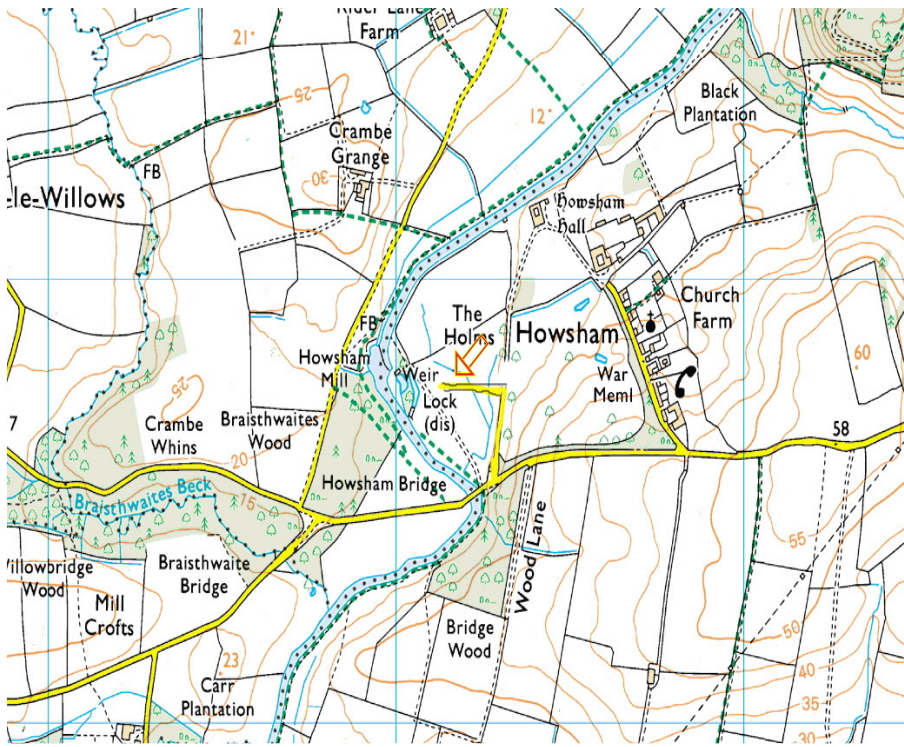
**Yorkshire Olympics**

(welly wang, flat cap toss, team paddle spin)

Brought to you by  
Lower Wharfe Canoe Club and Kingston Kayak Club

With special thanks to

Howsham Hall and Howsham Mill



“Canoeing and Kayaking are “Assumed risk” – “Water contact sports” that may carry attendant risks. Participants should be aware of and accept these risks, and be responsible for their own action and involvement”.

# Provisional Programme

The programme is provisional and will be amended each day after late entries have been received.

08.30	Official Practice (FULL RUNS ONLY)
09.30	Official practice finishes
10.00	Officials A
10.15	Vets
10.20	Div 2 C1M
10.30	Div 2/3 C1W
10.35	Div 2 K1M
11.00	Div 2 K1W
11.20	Div 2/3 C2
11.30	Div 3 K1M
11.45	Div 3 K1W
11.55	Div 3 C1M
12.00	Open
12.10	Officials B
12.45	Div 4 Short Course
13.15	Lunch
14.00	Officials A
14.15	Vets
14.20	Div 2 C1M
14.30	Div 2/3 C1W
14.35	Div 2 K1M
15.00	Div 2 K1W
15.20	Div 2/3 C2
15.30	Div 3 K1M
15.45	Div 3 K1W
15.55	Div 3 C1M
16.00	Open
16.10	Officials B
16.45	Div 4 Short Course
17.15	Prize Giving Top Duos

FOR THE SAFETY OF EVERYONE AND TO ENSURE A FAIR CHANCE TO PRACTICE PLEASE DO NOT SIT BELOW THE WEIR AT ANY TIME. THIS BLOCKS THE COURSE FOR OTHER PADDLERS.

YOU MAY WALK BACK UP THE SIDE OF THE WEIR OUTSIDE OFFICAL PRACTICE FOR ANOTHER GO.

**C1/C2 Paddlers – If you are also paddling K1 please take your C1 and C2 runs on time wherever possible and take your K1 run in the allotted time slot for that class.**

Please enter in good time. Late entries will be accepted on the camp site on Friday night and until 09.30 on Saturday and Sunday at control - **Late entry fees will be charged**

# How to get there

Howsham Weir

**Map 100 Grid Reference SE732625**

**Nearest postcode YO60 7PW**

**Follow yellow slalom 'S' signs from A64 or A166.**

Howsham Weir Slalom is located on the River Derwent near (but not in) the village of Howsham.

From A64 take the turning signposted 'Harton' and 'Howsham'. Drive through Harton and out the other side into open country. At the T-junction, turn right towards Howsham. About 500m further on you will see the stone bridge. Turn left into the gates of Howsham Hall just after the bridge.

From A166, follow signs for Buttercrambe, in Buttercrambe turn right towards Kirk Gates, proceed straight past Kirk Gates remaining on the main road for about another 2 miles and turn left at the staggered junction signposted Howsham. Head towards Howsham. Continue past the 'Howsham village only' sign for about 200m. Turn right into the gates of Howsham hall just before the stone bridge.

Yellow slalom S signs will mark entrance to the slalom site. Please follow these to reach the camp site and slalom course.

## Nearest Hospitals

York Hospital, Wigginton Road, York, YO31 8HE.

Tel: 01904 631 313

York NHS Walk-In, 31 Monkgate, York, YO31 7WA

Tel: 01904 725401

## **Rubbish/Litter**

Please take your rubbish home with you as we have limited facilities to dispose of it. Please do not drop any litter around the site or in the river. Any littering caused could jeopardise future events.

## **Dogs**

Please ensure any dogs brought on to the site are kept on a lead. Dog owners must clean up after their pet and take it home.

## **Leptospirosis/Weil's Disease**

Leptospirosis is an animal infection caught by direct contact with the urine of an infected animal. This usually happens in water during periods of very low water level. Bacteria can enter through skin abrasions, the eyes, nose or mouth with an incubation period of two to twelve days. Usually a flu like illness occurs which resolves in two to three weeks (there may be fever, severe headaches, pains in the back and calf and prostration). In a very small number of cases this develops into a jaundice when the condition is known as Weil's Disease. Although death may occur in about 15% of jaundiced patients, death without jaundice is virtually unknown. If you think you may have the infection go to your doctor and tell him/her that there may be a risk of Leptospirosis.

To minimise risk of infection cover all cuts and abrasions with waterproof plasters and always wear footwear to avoid cutting feet. Where possible shower quickly after competing. If in doubt contact your doctor.

## **Photography**

Anyone wishing to use a zoom lens at this event should make themselves known to the team in control.

## **The Site - Special Notice**

Much of the area is an area of special scientific interest. Please stay on the island to spectate and do not venture on to the far bank unless instructed to do so. Please observe the signage regarding any areas that are out of bounds and use the paths. Any damage caused could jeopardise future events.

## **Etiquette and Safety**

Only use the designated entry and exit points when entering/leaving the water.

Please remember that at least two boats must remain on the water between finish and the safety line at all times. When you complete your run do not get off until you have been replaced otherwise you may be disqualified.

If a judge blows a whistle during your run it means that you have been caught up by the next paddler. Please make way for him or her. You may then continue when they have passed.

Boats may only be left of the camp site or in the designated areas, please do not bring them on to the island area.

Please do not sit below the weir when practising. It blocks the course for other paddlers. Outside official practice you may walk up the side of the weir for another go.

## **Use of Site & Liability**

Use of site is by permission from the owners of Howsham Hall and the trustees of Howsham Mill. All persons camping on the site do so at their own risk. No liability of any sort is accepted by Howsham Hall, Howsham Mill or the Canoe Clubs, before, during or after the slalom competition.

## **First Aid**

The first aid point and emergency phone are located in control.

## Entries

Please enter in good time sending a FULLY completed card together with the correct entry fees. Entry Fees are as per the year book. Late entries will be accepted on the camp site on Friday night and until 09.30 on Saturday and Sunday at control.

## Camping/Parking

Camping Fee - £3 per person per night  
Car Parking - without camping - £3 per day/£5 weekend  
No open fires. Barbeques must be kept off the ground.  
There is no electricity and no drinking water on site.  
Please ensure you pay on arrival.

Please note there is a very tight turn into the camp site (although it has been widened this year). Caravans and trailers may need to be man handled and motorhomes may need to reverse in. If you need help please just ask.

## Training

The course will be open on Friday evening and early Saturday, Saturday evening and early Sunday for unofficial practice. Please arrange your own safety cover during these periods. There will be no cover outside of official competition times or during practice sessions.

Please do not sit below the weir when practising. It blocks the course for other paddlers. Outside official practice you may walk up the side of the weir for another go.

## Kit for Sale

Kit and boats for sale can be displayed on the camp site. Adverts may be placed near control. Please leave contact details for prospective purchasers to avoid unnecessary disturbance at control. The club does not accept any responsibility for items bought and sold at the event.

## Food

There will be hot food available from 5pm on Friday for those arriving and throughout the day on Saturday and Sunday.

“Fill your tum tent” opening times

Friday – 5.00pm – 8.30 pm  
Saturday - 7.30am breakfast – 6.30pm  
Sunday - 7.30am breakfast – 4.30pm

Hot and cold food available will include, Yorkshire breakfast (bacon, sausage, beans or tomatoes in bread cake), Chili & rice, quality beef burgers, spicy kebabs in pitta, vegetable and meat hot and cold pasta's bowels, freshly prepared salads. Various hot and cold drinks to quench your thirst. All food sourced and prepared locally.

## Drinking Water

**PLEASE BRING A SUPPLY OF WATER FOR THE WEEKEND.  
THERE IS NO MAINS WATER ON SITE.**

## Shops

7.9 miles Tesco Express, Strensall, 40 the Village, York, YO32 5XR  
12.16 miles Tesco Extra, Stirling Road, York, YO30 4XZ  
6.9 miles Costcutter, Stamford Bridge  
10.1 miles ASDA Supercentre store , Jockey Lane - Monks Cross , York , YO32 9LF Tel: 01904 628107  
9.7 miles Morrisons, Castlegate, Malton, YO17 7DT, 01653 695853

## Toilets

Portaloos are provided for use by all those attending or taking part in the slalom weekend.

## Changing Facilities

There are no changing or showering facilities at the slalom. Please be discreet when changing at all times.