

Howsham Weir Slalom

13th/14th July 2019

Division 2/3/Open Short Course Div 4

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

With special thanks to

Howsham Hall and Howsham Mill

Provisional Programme

The programme is provisional and will be amended each day after late entries have been received.
Times will be 30 minutes earlier on Sunday.

08.30	Div 2/3 Official Practice (FULL RUNS ONLY)	14.00	Div 4 Short Course
09.30	Div 2/3 Official practice finishes	14.20	Officials A
09.35	Div 4 Official Practice (FULL RUNS ONLY)	14.35	Vets
09.55	Div 4 Official Practice finishes	14.40	Div 2 & Div 3 C1M
10.00	Officials A	14.55	Div 2 & Div 3 C1W
10.15	Vets	15.00	Div 2 K1M
10.20	Div 2 & Div 3 C1M	15.25	Div 2 K1W
10.35	Div 2 & Div 3 C1W	15.45	Div 2/3 C2
10.40	Div 2 K1M	15.55	Div 3 K1M
11.05	Div 2 K1W	16.10	Div 3 K1W
11.25	Div 2/3 C2	16.20	Open
11.35	Div 3 K1M	16.30	Officials B
11.50	Div 3 K1W	17.00	Prize Giving
12.00	Open		
12.10	Officials B		
12.30	Div 4 Short Course		
13.00	Lunch		

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. Officials may run between classes if necessary.

“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”.

How to get there

Howsham Weir

Map 100 Grid Reference SE732625

Nearest postcode YO60 7PW

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

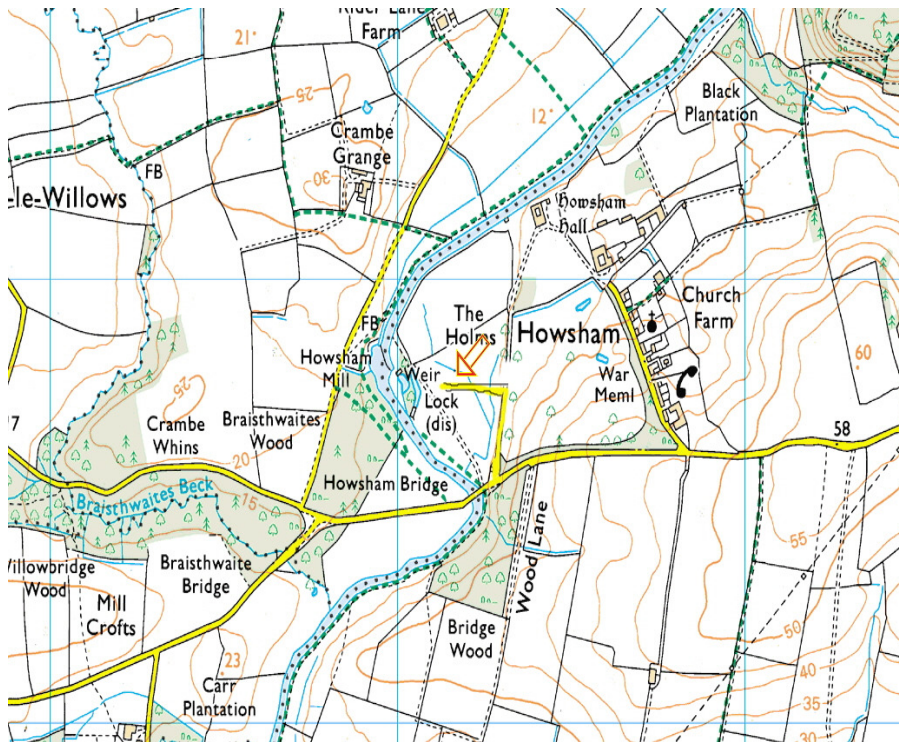
From A64 take the turning signposted 'Harton' and 'Howsham'.

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

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.

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 online using www.canoeslalomentries.co.uk or 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 09.00 (11.00 Div 4) on Saturday and 08.30 (10.30 Div 4) on Sunday at control. Late fees will be charged from 8th July.

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 in the gates 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.

You may train on the mill race subject to providing your own safety. Swimming is not allowed.

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 by the next two boats to finish otherwise you will be disqualified.

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

Security

The whole site is open to the public. Please make sure your personal possessions are kept safe at all times and ensure your boat and paddling equipment is stored on the camp site at night.

Camping/Parking

Camping Fee inc parking - £3.50 per person per night or £10 per family per night.

Car Parking only - £3 per day/£5 weekend.

No open fires. Barbeques must be kept off the ground.

There is no electricity and no mains water on site.

Please ensure you pay on arrival.

Please note there is a very tight turn into the campsite. Caravans and trailers may need to be manually handled and motorhomes may need to reverse in. If you need help please just ask.

Drinking Water

Please bring a supply of water for the weekend. There is no mains water on site.

Rubbish/Litter

Please take your rubbish home with you as we have no facilities to dispose of it. Please do not drop any litter around the site or in the river.

Any littering caused jeopardises future events.

Food

There will be hot food, hot and cold drinks and cakes available throughout the day on Saturday and Sunday.

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/ Changing Facilities

Portaloos are provided for use by all those attending or taking part in the slalom weekend. There are no changing or showering facilities at the slalom. Please be discreet when changing at all times.

Please do not put litter in the toilets. Each item costs the organising clubs a £1 fine. Anyone found depositing rubbish in the toilets will be asked to leave and banned from 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.

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.

Photography

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

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.