

# VGSE2022 Kayaking Rules



*These sport rules are modified from International Paralympic Committee competition rules to suit the population and goals of the Valor Games Southeast. Valor Games Southeast 2022 is not a qualifying event for USA Nationals or other Paralympic sanctioned events.*

***\*Please note rules subject to change***

## **Event Details:**

- 1-hour long skills clinic
- 100 meter Kayak Sprint: Group Start, No Lanes

**Eligibility requirements: By signing up for kayaking, each participant assures the event organizers, etc. that the participant is able to:**

1. Breathe independently (i.e., not require medical devices to sustain breathing).
2. Independently maintain sealed airway passages while under water.
3. Independently hold head upright without neck/head support.
4. Manage personal care independently or with assistance from their own personal companion. No staff or volunteers are available for this.
5. Manage personal mobility independently or with a reasonable amount of assistance from their own personal companion. No staff or volunteers are available for this.
6. Follow instructions and effectively communicate independently or with assistance from their own personal companion. No staff or volunteers are available for this.
7. Independently turn from face-down to face-up and remain floating face up, while wearing a properly fitted PFD (life jacket).
8. Get in and out of a paddle-craft independently or with a reasonable amount of assistance. Volunteers are available to provide limited assistance.
9. Independently get out from under a capsized paddle-craft.
10. Re-enter the paddle-craft following deep water capsize independently or with a reasonable amount of assistance, or swim to shore independently (>100 meters) while wearing a PFD (life jacket.) Safety boaters will be present, but may be engaged with other participants.
11. Maintain a safe body position while attempting skills, activities, and rescues, and have the ability to recognize and identify to others when such efforts would be unsafe given a personal situation.

***\*Based on ACA adaptive paddling eligibility requirements.***

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## **Event day rules and requirements:**

1. Participants must wear a properly fitted PFD (life jacket) on the floating dock, gangway and in a boat at all times. Refusal to do so will result in disqualification.
2. Participants will be notified the night prior (around 6:00 pm) what time they are scheduled for their clinic. Participants must check-in at least 30 minutes prior to their scheduled clinic. They must remain in the dock area to hear their name called to prepare for their clinic.
3. All Participants will the provided Current Designs Kestrel. No personal boats are permitted. Personal Coast Guard approved PFD's and paddles are permitted.
4. Athlete wishing to race must remain at the dock area for heat assignment.
5. Athletes absent during heat assignment forfeit their opportunity to race.
6. Athletes absent at the start of their heat getting on the water forfeit their opportunity to race.
7. Capsizing during the race is an automatic disqualification
8. Participants are expected to know the types of adaptive modifications that are needed to paddle safely and effectively and communicate those to the boat fitters.
9. Participants must stay off the marked course on their way to the start.
10. All participants must check in with the Safety Boater/Sport Head before lining up at the start.
11. During a race, obstructing or crossing the path of another racer will result in disqualification.
12. The Sport Heads reserve the right to disqualify any paddler for safety reasons. A sport head's decision is final.

## **\*Race day recommendations (capsizes are common):**

1. We discourage any use of DME and **do not** permit Prosthesis in the boats.
2. We recommend water shoes.
3. We discourage carrying valuables, such as phone or jewelry, in the boat. They may be kept on the dock.
4. We suggest all participants bring a towel and change of clothes/shoes.

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## **PFD: Try It On for Size**

1. Check the manufacturer's label to ensure that the life jacket is a proper fit for your size and weight.
2. Make sure the jacket is properly fastened.
3. Hold your arms straight up over your head.
4. Ask a friend to grasp the tops of the arm openings and gently pull up.
5. Make sure there is no excess room above the openings and that the jacket does not ride up over your chin or face.

## **Medals:**

Gold, Silver and Bronze medals will be given out to each category of competition. The numbers of Categories will be dependent on the number of athletes that wish to participate and their level of experience.