

32<sup>nd</sup> Annual Surf N' Turf  
Rules and Regulations

Surf N' Turf is intended as a fun and challenging event. The rules and regulations listed below reflect this intent and a spirit of camaraderie and competitiveness through sport. Above all, they are to ensure fairness of competition and safety for all participants.

Registrations

- Teams must consist of at least 50% CAF members in order to benefit from CAF registration pricing.
- Military equipment loans may only be used by military teams/competitors.
- Teams may consist of 3-9 members.

Categories

Tin-person (single competitor) competition categories include:

- Men's (under 40 yrs)
- Women's (under 40 yrs)
- Men's Master's (40+ yrs)
- Women's Master's (40+ yrs)

Tin-Mate (two competitors) competition categories include:

- Open/Mixed (any age, any gender)
- Women's (both female, under 40 yrs)
- Men's (both male, under 40 yrs)
- Women's Master's (both female, 40+ yrs)
- Men's Master's (both male, 40+ yrs)

Team (3-9 competitors) competition categories include:

- Mixed/Open (any ages, any genders)
- Women's (all female, any age)
- Master's (all 40+, any gender)

General Rules

- Course officials shall have the authority to disqualify competitors in accordance with the rules and regulations described below.
- Course officials, first aid personnel shall have the authority to remove a participant from the race if, in their judgment, continuing in the race will endanger the health and safety of that individual or of others.

## Annex K – Rules of the Race

- Any participant who withdraws from the race at any point must inform the officials at a transition point or at the finish line area as soon as possible. It is important to know where the participants are located on the course at all times. If the withdrawal is as a result of injury or equipment malfunction during a leg, that team will be permitted to continue. If any team cannot complete a leg of the race, the time recorded for that leg will be the slowest overall time plus 5 seconds.
- All Participants (with the exception of swimmers) must wear their race number (bib) on the front of their shirt so that it is clearly visible at all times during their stage of the race. The number serves to identify an official competitor in the Surf n' Turf Relay, therefore, it must be clearly visible at all times. Folding, cutting or intentional alteration of the race number is prohibited.
- Participants are responsible to adhere to all traffic laws and are answerable to the consequence of any infraction thereof.
- Participants must follow the instructions and directions of course officials and public authorities at all times.
- The event will occur rain or shine.

### The Course

1. Safety First:
  - No tripping, interference or deliberate physical contact between racers at any time;
  - Life jackets must be worn on the canoe/kayak leg;
  - Helmets must be worn on the bike legs; Safety glasses must be worn on the mountain bike leg and should be worn on the cross country run and road bike;
  - No running on the pool deck;
  - Bikes must be walked across bridge to Baker Island; and
  - Participants must be willing to lend assistance in the event of encountering an injured fellow participant.
2. Disqualifications for:
  - Unsafe or unsanitary conduct;
  - Unsportsmanlike conduct including interference with other competitors;
  - Failure to obey traffic laws and marshalling by authorities;
  - Littering; and
  - Failure to display race number (bib) appropriately.
3. Running Legs:
  - No individual course support vehicles or non-competing escorting runners shall be permitted to pace or accompany participants. Coaches, family members, friends, or supporters shall not ride alongside a participant, either on a bicycle or in a motorized vehicle, and shall not pass food, drinks or any

other items to the racer. Headphones and/or other personal audio devices are not recommended for this leg of the event. Participants choosing to use such equipment do so at their own risk.

4. Canoe/Kayak Leg:

- Tin Person and Tin Mates may only use a kayak with kayak Paddles;
- Teams of 3-9 members must use canoes with canoe paddles;
- Teams/individuals using personal kayaks/canoes must supply their own paddles, safety equipment and MOT approved flotation device;
- No interfering with other boats and do not block others upon reaching the boat ramp;
- Participants must wear a lifejacket (MOT approved personal flotation device) at all times while in the canoe or kayak;
- Participants may use the safety boats to right themselves and re-enter the race should they overturn;
- All Canoes must have the basic safety equipment which includes the following:
  - ✓ One Canadian approved personal flotation device (PFD) or lifejacket of appropriate size for each person on board
  - ✓ One buoyant heaving line of not less than 15 m in length
  - ✓ A whistle and one bailer
- Canoe/kayak not equipped with the items listed above will be disallowed.

5. Road Bike Leg:

- Drafting is not permitted;
- Competitors must obey traffic laws during the race, including yielding to traffic signals/stops;
- Competitors must obey marshalling by police & event staff;
- Support vehicles are not allowed to drive on the race route, 15-minute penalty for driving on the race route;
- All bikers must stay behind the designated transition area start line and wait in the marshalling area for their canoe team members. Anyone caught beyond the marshal area will have a 5 minute penalty;
- Tandem and recumbent bicycles are not permitted (exceptions to the recumbent rule are permitted for those with medical conditions);
- Each competitor shall wear a hard shell cycling helmet with chin strap fully buckled during the entire cycling phase of the race. Any competitor seen cycling without an approved helmet shall be immediately disqualified. Safety glasses are strongly recommended;
- No individual course support vehicles shall be permitted to pace or accompany participants. Coaches, family members, friends, or supporters shall not ride alongside a participant, either on a bicycle or in a motorized vehicle, and shall not pass food, drinks or any other items to the racer. Each competitor is responsible for rejecting any attempt to be assisted or followed; and

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- Headphones and/or other personal audio devices are not recommended for this leg of the event. Participants choosing to use such equipment do so at their own risk.
6. Mountain Bike Leg:
- All the same rules apply as per the road bike with the exception of drafting and safety glasses;
  - Safety glasses must be worn on this leg;
  - Racers must be recognized at check points on each loop of the Mountain Bike leg to ensure loops are not skipped. Be noticed: call out race number to volunteer at checkpoint. 15-minute penalty for skipping a loop; and
  - When approaching another mountain biker from behind you are to call out “Track left” or “Track right” before a pass is attempted. When a mountain biker hears “track left” or “Track right” called from behind, he/she must move over to the right or left to allow another mountain biker to pass, but you do not have to slow down.
7. Pool Swim Leg:
- No shoes are allowed in the pool area;
  - Tin-people are to be hosed-down before entering the pool;
  - No diving allowed. Feet-first entry only;
  - The cut-off start time for the pool is 1430 hrs, with 30 min leeway if legitimate explanation given (e.g. flat tire, delayed by train, etc.);
  - No swim aids or flotation devices shall be used by competitors. No Wet Suits. Swim goggles may be worn;
  - Only course officials shall mark race numbers on the upper arms and thighs of competitors. The marking shall take place at Baker Island (for Tin-people and Tin-mates) and in the pool transition area (all others) prior to entering the pool; and
  - No individual coaches/pacers allowed for participants. The swim course in the pool is thoroughly monitored by qualified lifeguards.
8. Participants must park in designated parking areas. Parking on Baker Island is reserved for VIPs and event staff. Use of local business parking lots is prohibited unless authorized.
9. Volunteers will not handle athlete’s personal equipment.
10. Tin-people and Tin-mates may not compete as part of a larger team as this may give one team an unfair advantage over another. Only one bib number will be allowed per competitor.