



COMPULSORY EQUIPMENT (ALL CLASSES)

In ADDITION to clothing worn by crews at the start, the following SERVICEABLE equipment must be carried. Crews will not be allowed to start without these items and if used must be replaced.

This ADDITIONAL kit, even if vacuum sealed, will be inspected at the Start and may be checked at the Finish or at any point along the course. A time allowance will be given should everything be in order. Penalties will be imposed if items are missing.

All the following are **per person**, must be treated as individual items and must not serve a dual purpose.

No	Item	Penalty
1	Buoyancy aid or life jacket (note 1)	Disqualification
1	Survival bag (note 1)	30 minutes
1	Sleeved thermal underwear to fit or Complete tracksuit	30 minutes
1	Whistle. Attached where it can be used.	20 minutes
1	200g solid chocolate or Kendal mint cake	20 minutes
1	300ml Emergency drinking fluid	20 minutes
1	Head covering capable of covering the ears (wool/thermal)	10 minutes
1	Spraydeck (Kayaks only) to be carried or worn at all times. Spraydecks must be used below Teddington Lock – this excludes Stages competitors finishing Day 3 at Ham/TYM	10 minutes (above Teddington) Disqualification (on the Tideway)

The following items must be produced for inspection at Devizes but can be retained by the support crew and handed to the competitors when required. For the Stages Race these are only required when the tide at Thames Young Mariners is very early. **Not required for Stages Race in 2016.**

1	WHITE light-stick; attached to the buoyancy aid on the left shoulder, between sunset and sunrise.(note 2)	30 minutes
1	Battery powered, forward facing white light to be displayed from Dreadnought Reach onwards (note 3)	Disqualification
1	Torch to be ready to show in any direction on the Tideway (note 4)	Disqualification

Emergency kit, if used, must be replaced as soon as possible, at the latest at the next checkpoint.

Checkpoints are at approx. 10 mile intervals. Crews may not continue past them without replacing missing kit. Umpires will penalize any failure to do so.

Notes:

- (1) Life jacket, buoyancy aid and Survival Bag specifications are detailed in the General Rules.
- (2) From sunset to sunrise paddlers must attach an activated white light stick to the FRONT of the left shoulder of their buoyancy aid. No other colours are permitted.
- (3) In addition: below the Wokingham Waterside Centre (Dreadnought Reach) and until disembarkation, all boats must, without fail, display between the hours of sunset and sunrise, a battery-powered white light facing forward. No other colours are permitted.
- (4) The recommended lighting for unpowered craft is an all-around white light on both the canal and river Thames. For practical purposes this means lights facing forwards and backwards. Care should be taken that rear facing lights do not dazzle other paddlers and a diffuse light should be used.
- (5) Below Teddington each boat must carry a torch ready for instant showing in any direction.

Nothing in these Rules is designed to deter the use of this Emergency Kit. Remember at the point you need to use this kit it needs to be accessible and available as your hands will be very cold and tightly packed kit may be impossible to get into.

In the event of retirement or emergency, call Race Control on 0207 620 0298