

# TurtleHead Paddle-O Course, Rules & Required Gear

## **Course:**

Approximately 15K around Kent Lake (You must stay within Kensington Metropark, no venturing to Island Lake Rec Area)

All Controls are optional

20 Controls worth varying amounts (e.g. CP 54 is worth 50pts, CP 63 is worth 60pts, etc.)

Map – USGS style, but 1:20,000 scale. Grid will be 1 kilometer squared. Magnetic Declination 7°

## **Rules:**

No GPS assistance allowed. A watch to record for post-race analysis is ok.

No extra or mechanical methods of propulsion other than with a paddle/hands.

No swimming... intentionally.

No portaging allowed to cut across land.

3 Hour cutoff, 20 points per minute late.

In the event of lightning, no boats will be allowed on the water. All boats on the water must come to shore immediately.

You must give assistance to another team that is in need, such as someone struggling to get back into their overturned boat. We will give time credit where appropriate.

## **Required Gear:**

Canoe/Kayak (rental or your own)

Life Jacket/PFD – Must be worn at all times while on water (rental or your own)

Paddle (rental or your own)

Hydration – 20oz minimum

Whistle

Compass

Cell Phone (Charged, Turned off, & Protected from Water) (1 per team)

## **Recommendations:**

Wear clothing and shoes that you don't mind being wet with lake water.

Consider bringing a change of clothes

Sunscreen / Bug Spray / Hat / Gloves

Bring a dry bag or zip lock bag(s) to store wallets and other valuables that could be damaged by water

Do not leave valuable items loose inside the boat, canoe, or kayak. Car keys and cell phones sink if they are not in a bag that will float