



Ras Rafft Caerfyrddin - Carmarthen Raft Race Dydd Sadwrn/Saturday 23 Mehefin/June 2018

Cofrestru Rafft/Raft Registration, 1pm, Canolfan y Cei/Quay Centre
Lansio Rafft/Raft Launch 3pm Rasys Rafft/Raft Races 4pm

FFURFLEN GOFRESTRU A RHYBUDD YMWADIAD **ENTRY FORM AND DISCLAIMER**

RULES OF ENTRY - RHEOLAU GOFRESTRU

<p><u>Rhaid cael chwe pherson ym mhob rafft i gystadlu am gwpan.</u> <u>Fe all rafft gyda nifer llai o bobl arni gystadlu i ddod i'r brig o fewn ei dosbarth.</u></p>	<p><u>Rafts to have six participants to compete for race cups.</u> <u>Rafts with less than six participants can compete for 'best in class' cups</u></p>
<p><u>Rafft adran iau:</u> <u>Rhaid bod y cystadleuwyr o dan un ar bymtheg ar ddiwrnod y ras.</u></p>	<p><u>Junior rafts:</u> <u>All participants must be under sixteen on date of race.</u></p>
<p><u>Rhaid bod pob ffurflen gofrestru yn gyflawn, wedi ei arwyddo ac wedi ei dychwelyd erbyn 4pm ar y 22^{ain} o Mehefin i 'Celtic Hearing', 17 Heol Awst, Caerfyrddin, SA31 3AL.</u></p>	<p><u>Entry forms to be completed and signed and returned by 4pm on the 22nd June to 'Celtic Hearing', 17 Lammas Street, Carmarthen, SA31 3AL.</u></p>
<p><u>Rhaid symud pob rafft o'r afon ar ôl y ras.</u></p>	<p><u>All rafts must be cleared from the river and slipway after the race.</u></p>

Os am fwy o wybodaeth cysylltwch â Jenny Fox, Carmarthen Town Council 01267 235199.
If you require any further details please contact Jenny Fox, Carmarthen Town Council 01267 235199.

Rhaid i bawb wisgo siaced achub ar yr afon a hefyd ar lan yr afon.
All participants must wear a life jacket on the river and on the river bank.

Enw'r rafft Raft name	
Capten y rafft Raft captain	
Rhif cyswllt Contact phone number	

Rhybudd Ymwadiad

Mae pwyllgor GWENDRAETH VALLEY PADDLERS wedi gwneud pob ymdrech i sicrhau diogelwch yr ymgeiswyr. Mae pawb sy'n cymryd rhan yn gwneud hynny ar risg ei hunan. Nid yw'r pwyllgor yn gyfrifol am unrhyw niwed i berson nag eiddo. Mae gan bwyllgor Gwendraeth Valley Paddlers yswiriant ar gyfer diogelwch personol yn unig. Os oes angen yswiriant ar berson i gymryd rhan yn y ras yna mae'n ofynnol i'r person hynny drefnu'r yswiriant hwn ar gyfer ei hunain. Mae nifer y rafftiau yn gyfyngedig er mwyn sicrhau diogelwch ag yswiriant.

Disclaimer Notice

GWENDRAETH VALLEY PADDLERS committee has made every effort possible for the safety of participants. We accept no liability for injuries or damage to property or person and all those that take part or follow the raft race do so at their own risk. Gwendraeth Valley Paddlers committee insure safety personnel only. If participants require insurance cover to partake in the raft race they will have to organise this insurance for themselves. Numbers of participants will be limited due to safety coverage and insurance. Raft numbers are limited due to safety cover and insurance.

Enw ymgeisydd Participant's Name	Llofnod ymgeisydd Participant's signature	Os o dan 16 mae angen llofnod rhiant neu gwarcheidwad / Parents or legal guardian signature if participant under 16.

RHAID I BOB YMGEISYDD DDARLLEN AC ARWYDDO'R DAFLEN HON.
ALL PARTICIPANTS IN THE RACE MUST READ AND SIGN THE DISCLAIMER.



River Festival 2018 Carmarthen

Raft Race Specifications

Participants in the raft race must be able to Launch and recover their rafts this will involve carrying them onto the slip-way so ensure you have enough assistants or crew to carry the craft.

Please also consider the following:

- Expanding foam may not be suitable as it absorbs water becomes heavy and sinks.
- All other materials must be properly secured to the raft: polystyrene in particular is very buoyant but also very weak, if pieces detach it can be difficult to recover and is a source of pollution.
- Sails and flags look great on rafts; however on a windy day they will slow down a raft and make it difficult to paddle and steer.
- If utilizing drums, please wash them out to clear all contaminants.
- Raft Construction; use ropes, tape, glue, etc. If you have to use screws or nails, ensure no sharp points are exposed.
- Please ensure that ALL paddlers can safely exit the raft, even when it's inverted – take particular care to ensure feet and other body parts can-not be trapped in the raft should it flip over.
- Please test your raft in a safe (non-flowing) environment, narrow/tall craft can be very unstable when loaded with crew and may float better upside-down.
- There will be a slipway inspection of the raft to ensure the above points have been adhered to – any obvious breaches must be remedied prior to the race.
- Raft Crew can dress as they wish; however all must wear a Buoyancy Aid and robust footwear – No flip-flops/sandals or bare feet.
- Raft Crew must not be under the influence of alcohol - Anyone who is obviously intoxicated will not be allowed to participate in the race.
- Remember the sun can reflect off the water so consider some sun protection especially for Junior rafters.

And finally please ensure your raft is removed from the site ASAP after the event has finished, as the River Festival Group do not have any disposal facilities.

Enjoy and have a great race!

For and on Behalf of

Gwendraeth Valley Paddlers and Carmarthen River Festival Group