



LCRK Dark Time Trials Procedures

This information is for the benefit of newer Members and visiting paddlers looking to paddle LCRK time trials (TT's) in the dark.

LCRK has decades of experience safely paddling dark TT's, and our approach has been refined over the years. For our collective safety – all paddlers are expected to follow simple procedures. A quick summary is provided below with more information on the LCRK website [here](#)

Lifejackets

Lifejackets are mandatory for TT's.

Lights

Lights are required for all TT's outside of daylight savings, and any other times you finish after sunset.

Requirement	Reason
White light on the front, red light on the back	Very effective in being able to distinguish risk of head-on collision vs rear-ender. <i>Note this is ONLY for LCRK TT's. Refer RMS for night time paddling at other locations.</i>
Constant/solid not flashing/strobing	A flashing light is highly distracting – particularly for a following paddler
Attached to the bow and stern of the <u>boat</u>	Marks the extremities of the boat. Do not attach to paddler/lifejacket/headwear.
Dull, not bright – you should be able to look directly into the beam without squinting	Boat lights are for you to be SEEN. Not for you to see.
Mask the rear of the front light	Ruins your night vision if you are staring into it.

Tips:

- A single LED light (e.g. a keychain LED) placed inside a white vitamin/film canister makes an effective light.
- A white light can be made red with a strip of red electrical tape (available at the shed)
- An overly bright light can be dulled down with white electrical tape (available at the shed)
- Waterproofing can be improved using a ziplock sandwich bag or similar

Assistance

The most important aspect of safety is looking out for each other, particularly during our Time Trials. If for any reason you suspect a paddler is in trouble, STOP. If someone is in the water the first person to arrive must STAY with them until they have resumed. (Times will be adjusted)

Stay Right

All boats on a collision course must turn to the right. This does not mean you cannot take sensible racing line through bends but common sense is required. When approaching a left-hand bend always assume that someone will be coming the other way and will need space between you and the bank

Boat numbers

All paddlers taking part in the TT's must have a clearly visible LCRK boat number. This is important to help the time keepers do the difficult job of recording times. But more importantly it is critical that the time keepers are able to account for everyone. Members have their own Boat Number – or spares/visitors can be obtained from the registration desk at the shed.