

***Paddle  
QLD*** 

***2020  
PACIFIC COAST  
VIRTUAL SERIES***

***STRUCTURE & GUIDELINES***  
*APRIL 16, 2020.*

***More People Paddling, More of the Time.***



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# WELCOME

Dear Paddle Clubs and members,

It is my pleasure to present the 2020 Paddle Queensland Pacific Coast Virtual Series which has been developed to support our Paddle Clubs, their members and the wider paddle sports community in these challenging times.

The Pacific Coast Virtual Series provides Paddle Clubs with a product to help engage and retain current members, re-connect with past members, provide local communities with an exercise activity that can safely operate within the Governments social distancing measures, while helping Queenslanders to keep functioning.

We all know that leading an active lifestyle is good for us. If we participate in regular physical exercise, we can expect to enjoy multiple physical and mental health benefits and by taking good care of our body, is one of the most important things we can do to improve our mental wellbeing.

Physical exercise makes you feel good, lifts your mood, increases your energy levels and improves your sleep.

A well-balanced and nutritious diet, provides you with the right balance of nutrients to work at your very best and able to handle life's day to day challenges.

After a day of physical exercise, coupled with a well-balanced and nutritious diet, the last way to improve our overall wellbeing is to get more rest. By aiming for eight hours of sleep a day, you will provide your body with important downtime to process and store the information it receives during the day.

Feeling connected to people, groups, places and culture also plays an important role in our mental wellbeing. We have evolved to live in tight bands and family groups, with a need for constant social interaction. Fostering and nurturing stronger relationships and connections in our community will also strengthen your social networks for when you might need extra support.

Spending time in nature has major benefits for your mental wellbeing and has also been shown to have wider health benefits including, building your immune system, lowering your blood pressure, improving your mood, reducing stress and there is no better way to embrace nature than paddling.

When you spend time in nature it also allows you to get more exposure to the sun which helps produce mood-stabilising chemicals such as serotonin, while also giving your Vitamin D levels a boost which helps regulate your sleep-wake cycles.

The Pacific Coast Virtual Series is to support our community and ensure exercise and participation in paddling continues to play an integral part of maintaining physical and mental health during these challenging times.

Paddle Queensland Paddle Clubs and their members should always act in accordance with the general advice available from the Department of Health and any Federal or State recommendations or requirements that are applicable. Further links can be found on the Paddle Australia COVID-19 page.

Yours in paddling.

A handwritten signature in black ink, appearing to be 'S. Sharples', with a long horizontal line extending to the right.

Scott Sharples  
**Executive Officer**



The following source information and direction links are provided by the Federal Government, Queensland Government and Sporting bodies for their advice on COVID-19.

[Queensland Health](#)  
[Queensland Government Public Health Directions](#)  
[World Health Organisation](#)  
[AIS – COVID-19 and Sporting Activity](#)  
[International Canoe Federation](#)

# 1. COVID-19 GUIDANCE FOR PADDLE CLUBS

**Paddle Queensland recommend you continue to make yourself aware of information in relation to Coronavirus (COVID-19) and adhere to the below Paddling Guidelines.**

**The following guide is to support our community and ensure exercise and participation in paddling continues to play an integral part of maintaining physical and mental health during these challenging times.**

- Paddlers and Paddle Clubs should always act in accordance with the general advice available from the **[Department of Health](#)** and any **[Federal](#)** or **[State](#)** recommendations or requirements that are applicable. Further links can be found on the **[Paddle Australia COVID-19 page](#)**.
- Social distancing should be a main consideration when afloat and when launching and coming off the water.

- Inter-club and/or open competitions should not continue until further notice.
- Activities should be limited to club members only.
- Team boat activity should not continue until further notice.
- Canoe polo competitions should not continue until further notice.
- Club changing facilities should not be used until further notice.

**The training of new participants is an important activity and clubs may consider continuing this activity providing the advice below can be followed to ensure the safety of all participants.**

- All communal or shared boats and paddles should be thoroughly cleaned with disinfectant after each use by a single person.
- Only one (1) person is to be in a shed, container or boat house at any one time.

- A maximum of one (1) boat is allowed on a wash rack at any one time.
- A maximum of one (1) person can wash boats at any one time.
- Paddlers must always ensure a minimum distance of two (2) metres between one another, both on and off the water.
- Paddlers must always ensure they enter and exit the water while keeping a minimum distance of two (2) metres between one another.
- Paddlers waiting to wash their equipment are to always keep a minimum distance of two (2) metres between one another and not be in the vicinity of more than two (2) people, including family members at any one time.



## 2. SERIES, DISTANCES, CRAFT & AGE BRACKETS

Series	Distance (Km)	Single Craft Only	Male & Female Age Brackets
10K	10	<b>Canoes, Kayaks, Ocean Skis, SUPs, Prone boards, Outriggers.</b>  <i>(Dragon boats are not available at present due to COVID-19 restrictions).</i>	<b>Under: 12, 14, 16, 18, 21 &amp; 23.</b>
DISCOVERY	5		<b>Opens: 23-35.</b>  <b>Over: 35, 45, 55, 65 &amp; 70.</b>

### 3. KEY DATES

Rounds	Entry due Date	Leader board Announced
May	May 10	May 17
June	June 14	June 21
July	July 12	July 19
August	August 9	August 16
September	September 13	September 20
October	October 11	October 18
November	November 15	<b>Winners announced at Paddlefest 2020, December 5-6, Location to be announced.</b>

## 4. COURSES

- **Out and Back:**
  - 10K: 5 Km (10 km),
  - Discovery: 2.5 Km (5 km).
- **10K Loops:**
  - 5 laps of a 2 Km course,
  - 4 laps of a 2.5 Km course,
  - 2 laps of a 5 Km course.
- **Discovery Loops:**
  - 4 laps of a 1.25 Km course,
  - 2 laps of a 2.5 Km course.
- **Remember to stay local!**

Out and Back course example courtesy of Tony Brown.

Paddle Queensland PACIFIC COAST Virtual 10k TT  
Sports House 337 Christine Ave Varsity Lakes

10.00 km  
Distance

57:31  
Time

10.4 kph  
Avg Speed

Recorded on Garmin Edge 500 3 April 2020 by Tony Brown CV Paddlers

Time Distance

10.00 km

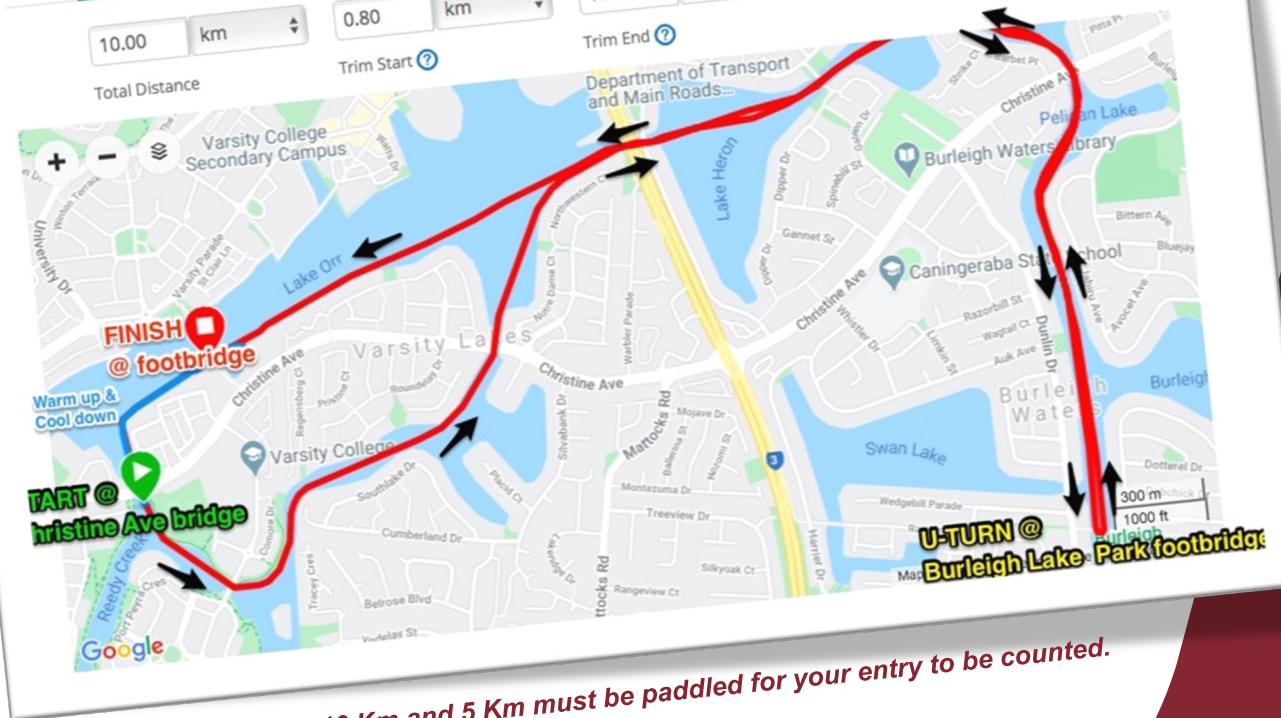
0.80 km

10.80 km

Total Distance

Trim Start

Trim End



A minimum distance of 10 Km and 5 Km must be paddled for your entry to be counted.

## 5. ENTRY REQUIREMENTS

- **Must be a current Paddle Queensland Paddle Club member.**
- **Entry's due by the 2<sup>nd</sup> Sunday of each month** *(See Key Dates).*
- **A minimum of three (3) times (exercises) must be submitted per round.**
- **Your Fastest Time will be posted on the Leaderboard.**
- **Your Second and Third times will count towards the Fastest Average Speed and Journeyman Awards.**
- **Entries will be accepted in the following formats:**
  - Garmin / Smart Watch,
  - SafeTrx,
  - Strava,
  - Relive,
  - Stopwatch photo.



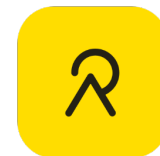
**GARMIN**



**SAFETRX**  
*Tracking you home safely*



**STRAVA**



**Relive**

## 6. ENTRY SUBMISSIONS

- All entries are to be emailed to Paddle Queensland at: [events.qld@paddle.org.au](mailto:events.qld@paddle.org.au)
- Items required with your entry include:
  - Full Name (*First and Surname*),
  - Club (*Club you're a member of*),
  - Sex (*Male, Female*),
  - Age (*Years*),
  - T-Shirt (*Size*),
  - Location (*Place of your paddle exercise*),
  - Distance (*10K Series / Discovery*),
  - Course (*Out & Back / Loop*),
  - Craft (*K1, C1, Ski, OC1, SUP, Prone*)
  - Fastest Time (*hour : minutes : seconds*),
  - Average speed (*Kph*),
  - Total distance (*Km*),
  - Tide (*High / Low*),
  - Wind (*Direction & Speed*).

*A minimum distance of 10 Km and 5 Km must be paddled for your entry to be counted.*



## 7. POINTS

- **The Top 20, 10K Series paddlers will receive the following points based on their leaderboard position at the end of each Round.**
  - 1<sup>st</sup> place = 20 points to 20<sup>th</sup> place = 1 point (*Sliding scale*).
- **For every Round entered, each 10K Series paddler will receive five (5) points towards the Journeyman Award.**
- **For every Round entered, each Discovery Series paddler will receive 10 points towards the Club Championship Award.**

## 8. AWARDS

- **Awards will be presented at Paddlefest 2020, December 5-6, Location to be advised.**
- **Major Awards:**
  - Male and Female 10K Series Champion,
  - Male and Female Journeyman Champion,
  - Discovery Series Club Champions.
- **All Age Bracket Champions will receive a Commemorative Hat & Shirt.**
- **Depending on Sponsorship, all Age Bracket Champions will be put into a prize pool and winners drawn.**
- **Other awards for review:**
  - Fastest Average Time, Total Ks paddled, Best Relive Video, Best Paddle Photo.





*More People Paddling, More of the Time.*