



8th Türi-Tori Downriver Race

Safety Information Sheet

During the race, participants may encounter different health disorders or injuries. Do not take excessive risks because doing so you might put your life and health as well as those of your team-mates in danger.

Assess your capabilities objectively and acquaint yourself with possible dangers.

By signing this Safety Information Sheet you confirm that you are aware of the risks and dangers and that you participate under your own responsibility.

Hazards in nature

- Competitors may become victims of wild animal attacks or get bitten by adders
- Some insect bites may cause acute allergic reactions or illness

Hazards on roads

- Traffic on public roads is neither closed nor regulated during the race. Competitors and their support teams are in danger to become victims of traffic accidents if caution is not exercised

Hazards on water

- Competitors are in danger of drowning if boat capsizes
- Competitors are endangered by hypothermia when wet
- There is the danger of colliding with other vessels as a result of which the boat may break or capsize
- Waves may fill the boat with water and/or capsize it
- In rapids, the boat may hit against rocks or get carried away by waves as a result of which it may capsize and you may hit yourself against rocks causing injuries or even death
- Trees and rocks in the water may cause the boat to capsize or break
- Bumping into fallen trees may cause injury or capsizing

Hazards caused by physical strain

- Heart failure
- Excessive physical strain may cause injuries to muscles, joints, bones or skin
- Dehydration (in case of insufficient consumption of beverages)
- Lack of carbohydrates (in case of insufficient consumption of food)
- Exhaustion

Other hazards

- Competitors may fall out with their team-mates or other competitors
- Competitors' clothes or other equipment may suffer damage or become lost during the race
- Competitors are in danger of getting into traffic accidents when driving home after the race tired
- **Coincidence of several dangers and other factors (e.g. tiredness, quarrel, poor visibility) or bad weather conditions (e.g. wind, rain, snow, cold) may make dangerous situations even worse**
- **Competitors must therefore be aware of unprecedented dangers not described above**

Prevention of risks and risk management

- Competitors are obliged to assess risks objectively and evaluate their abilities to cope with these risks
- Competitors must quit the race when feeling unable to continue safely
- Competitors must choose their routes on the river so that in case of capsizing they will be able to reach the riverbank

- Competitors must be aware of the fact that due to the nature of the race the organisers are unable to provide security or lifeguard services
- Competitors are obliged to wear properly fastened life-jackets at all times during the race
- Competitors and drivers of their support vehicles must follow the traffic rules
- Competitors are recommended to take sufficient supply of water with them
- Competitors are recommended to take sufficient supply of nutritious food with them
- Competitors have to wear weatherproof clothing and it is recommended to have a survival blanket in the boat
- Competitors are recommended to get vaccinated against tick-borne encephalitis

ACCIDENTS

In case competitors encounter injury or serious health problems and require medical help the following should be taken into account:

- the first to arrive at the scene are most probably fellow competitors;
- competitors are obliged to inform the organisers of the accident. It is compulsory to have a mobile phone with a saved emergency contact number on your person at all times. In case you are unable to reach the organisers by phone due to poor reception you or your team-mate or a fellow competitor must go to higher ground while the other stays with the victim;
- please assess your ability to help objectively as not to put yourself in danger as well;
- depending on the situation, the organizers will either call the ambulance or transport the victim to the competition centre;
- you must bear in mind that arrival of either the ambulance or organisers may take a long time because of the remote area or difficult terrain.

Confirmation of the competitor

I hereby confirm that:

- I have thoroughly read this Safety Information Sheet. I am aware of the fact that I am taking part in the Türi-Tori Downriver Race under my own responsibility and that I am personally liable for my possible injuries, health problems or even death
- I will take necessary steps to prevent danger and manage risks involved
- I am fully aware of the condition of my health and will take prescribed medicines with me
- In case of accident I will assist the injured person without endangering my own life
- I will inform the organisers of the accident by calling the following number: **+372 5883 9269**.

Starting number of the team:

Name(s) of competitor(s):

Signature(s):