



# YUKON RIVER QUEST

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# Rules for 2022

## PREAMBLE

The Yukon River Quest has a rich heritage dating back to the centennials of the 1897-1899 Klondike Gold Rush. Known as “The Race to the Midnight Sun,” it is run at a time of year when the northern sky does not get dark, allowing paddlers the unique experience of being on the river 24 hours a day. The journey takes paddlers through the traditional territories of five Yukon First Nations, who used the river for thousands of years before the gold rush stampede came into the country and changed the land forever. The river, however, is much the same as it was when traditional First Nation canoes and later sternwheelers plied it in previous centuries. It is a wild river that draws people from around the world.

The Yukon River Quest is not your typical adventure trip down the river. It is a **wilderness paddling race**. Paddlers should anticipate that they may spend many hours at a time out of sight of any other boat or living person. The Yukon River has very few road access points, and very few people live along its banks. Teams should be aware that however good they are at paddling, things can and do go wrong: damaged shoulders, overused wrists, blistered hands, exhaustion, cooler temperatures and rain-induced hypothermia, heat-promoted hyperthermia, or just getting tired. **Teams should be equipped so they are self-sufficient for a couple of days if necessary.**

**Paddlers should also be capable of immediate self-preservation.** If you are alone on the river with no boats an hour either way, and for whatever reason you find yourself in the water, it will be up to you and no one else to recover the situation. Anticipate the worst. If you have a sore shoulder or wrist and need to rest, you will need to keep warm. That means a sleeping bag and shelter, preferably some hot soup. It may seem like a lot of extra weight that won't be used, but it can make the difference between being able to continue the race and becoming a rescue-off-the-river scratch. **Do not let overconfidence lead you to skimp on emergency gear.**

Hypothermia is by far the main reason that teams scratch and have to be rescued off the river. You may need two sets of spare clothes if it rains continuously. Put on warm clothes before you feel cold, especially a head warming toque and hand warming gloves. If you get shivery cold and can't paddle through it, stop, get out of the wind and rain, put on dry clothes, get into your sleeping bag and tent and make yourself a hot drink. If that is not enough to get you warm, fill a water bottle with hot water and put it inside your clothes. Warm up your core before worrying about cold hands and feet. A small backpacking stove weighs little and can save your race; that's why it's in your required gear list. Several monitor points and more formal checkpoints are spread out along the race route to help you as well (see rule 28 for locations and what to expect). They will usually have a fire going and hot water. Take advantage of them if you get cold and cannot help yourself. Losing even a few hours getting warmed up will not disqualify you. Do not be an off the river rescue statistic. ***We want you to finish!***

The race language is English, and some proficiency is expected.

***Rules subject to change as per Covid measures or other restrictions at race time.***

# General Race Procedure

## 1. Race Structure

The 2022 Yukon River Quest will run with two groups of boats starting 3 hours apart. Teams are seeded into the first or second group based on their past performance in the Yukon River Quest, their performance in other races, and our evaluation of the teams. The group that starts first is composed of teams we expect will be a bit slower, the teams whose intent is to finish the race and challenge themselves rather than win. The second group consists of faster teams. If seeded correctly the fast group will start overtaking the slower group at the north end of Lake Laberge. This gives the fast boats a succession of targets to overtake and gives the back of the pack a lot of implied safety cover.

## 2. Race Start

The first group of teams begin at 9:00 am Whitehorse Time. The second group starts at 12:00 (noon). The official starting line is by the gazebo in Rotary Peace Park in Whitehorse, Yukon, unless otherwise designated by Yukon River Marathon Paddling Association (hereinafter referred to as YRMPA). Paddlers run to their boats positioned on the riverbank. Positions are detailed in the final paddler briefings on June 21 (including whether some teams have to run through water to get to their boats), and all teams must enter the water from their designated positions (see Rule 16).

If 2022 is a low water year with plenty of beach space available, the race may have a single start at noon. The Race Marshal may make changes to this rule with approval from the YRMPA Board of Directors.

## 3. Entry Dates, Limits & Waiting Lists - Fees & Evacuation Deposit

**2022 Yukon River Quest entry opens at 14:00 [2:00 PM] Whitehorse Time on Nov. 1, 2021 for Voyageur and C4 teams, 14:00 on Nov 8 for tandem teams, and November 15 for solo teams.** Completion of the official online entry form, waivers and completed team member biographies constitute the team's intent to enter the race and further acknowledges that each team member understands and agrees to comply with each and every rule as stated in this document. ***Solo paddlers who have not completed the YRQ must race tandem or voyageur or must convince the YRQ Technical Committee that they have sufficient marathon racing or wilderness paddling experience. Solo racers must be able to self-rescue. Solo racers must provide a satisfactory paddling resume prior to registration.*** YRMPA reserves the right to reject any entry. Entries must be registered online and will close at 23:59 [11:59 p.m.] Pacific Daylight Time on June 1, 2022. Entries received after May 15 may not be listed on pre-race publicity materials.

**Team Registration** – To register, the team captain must complete the online application form by:

- Selecting a team name
- Declaring a boat class and number of paddlers
- Completing contact information
- Paying the entry fee and,
- Completing the waiver

With the continuing uncertainty over Covid and travel, racers only pay the waitlist fee of \$50. For the first 150 teams this secures a spot in the race. Teams are asked to pay in full by March 21 2022 (at least 50% payment

(non refundable) is required beginning March 1 2022). ***Teams will not be registered or appear in the Team Bios on the website until the \$50 fee is paid. Teams are not assigned numbers until they are paid in full.***

The [waiver](#) is posted on the website under Other Important Information and must be printed, read, initialed and signed by all racers and support crews. The captain is then responsible for making sure other parts of the form are completed, including registering a tracking device, and that each member of the team completes their section online. To ensure official registration, all information must be submitted as soon as possible after the team captain registers.

Teams must use their tracking device and appear on the race tracker web page prior to May 15 or within 7 days of registering, whichever is later. Incomplete registrations may not be entered in the race.

Teams must have a support crew at Carmacks, Minto and Dawson City. These may be shared between teams. Support-for-hire at Carmacks is **not** available as it has in recent years.

Substitution of team members can be done at no extra cost.

**NOTE:** Any substitution of team members after June 1 will not be guaranteed their correct shirt size and their name may not appear on the official Leaderboard, but every effort will be made to accommodate them. Any **addition of team members** must be done and paid for by 11:59 p.m. on June 1.

**Team numbers will be finalised shortly after June 1.** *Each entrant shall sign all documents or promotional material requested by YRMPA prior to, or at the mandatory pre-race competitors' meeting. Failure to comply will result in disqualification.*

### Limited Entries / Waiting List

The maximum number of teams allowed to start the race is 150. There also are limits to the following classes:

- 20 maximum voyageur canoes of six or more paddlers
- 75 maximum solo vessels (C1, K1, SUP)

If your class (voyageur or solo) is full or if the race is full, you will not be able to enter, but you can put yourself on the waitlist by paying a \$50 non-refundable fee. This fee counts towards your entry fee if you eventually enter.

If the race is not full, but your class is full and a team of that class drops out and you are at the head of the waitlist for that class, you will be sent an invitation allowing you to enter.

Once the race is full: If a team withdraws, a team from the waitlist will be invited. Teams are invited as follows:

- The team that paid their waitlist fee earliest will be invited unless they are in a class that is still full. In that case the next team on the waitlist is selected and the earliest registered eligible team will be invited. No preference is given to one class over another.
- If a team declines their invitation or fails to pay in full within 5 days, the next eligible team on the list is issued an invitation. The team that failed to take up the offer will be sidelined and will not receive further offers unless they contact us to have their queue position reactivated. If that happens, they retain their original position in the queue.

**Entry fees** – The Yukon River Quest entry fee ***must be paid online by credit card or Interac*** by the team captain. The entry fees for the race are (including online registration fee) \$400 per boat plus \$400 per person. This amounts to

- **\$800.00** Canadian Dollars per solo kayak or solo canoe or SUP team
- **\$1200.00** Canadian Dollars per tandem canoe or tandem kayak team
- **\$2000.00** Canadian Dollars per C4 canoe team (4 per team)
- **\$2800.00** Canadian Dollars for a 6-person voyageur, **\$3600** for an 8-person voyageur

Evacuation/Tracking deposit collected at Final Registration - An additional refundable deposit of \$500 per solo and tandem team and of \$1,000 per voyageur team and C4 team *is collected from the team captain at final registration in Whitehorse*. This deposit is held in the event that a team and its gear has to be evacuated by a volunteer boat. *This payment must be made by cash, or credit card*. The deposit is held until the completion of the event. If a team or its gear is not evacuated, the deposit will be returned to the team captain. The deposit is also held if a team fails to return a tracking device assigned to them by YRQ race officials for tracking.

#### 4. Definition of Teams and Entry Classes/ Divisions.

Each team must be registered in one of the following boat classes:

- **A solo canoe or solo kayak or SUP (Stand Up Paddleboard) team entry** is a paddler who travels down the river in or on the same craft. The solo classes are divided into men's and women's divisions.
- **A tandem canoe or tandem kayak team entry** consists of two members who travel together down the river in the same craft. This class is divided into men's, women's, and mixed divisions.
- **A C4 canoe team entry** consists of 4 people who travel together down the river in the same craft. The C4 class is divided into open (predominantly men), women's, and mixed divisions
- **A voyageur canoe team entry** consists of 6 or more people who travel together downriver in the same craft. The voyageur class is divided into open (predominantly men), women's and mixed divisions.

At least one-third of the members of a mixed team must be women, or the boat will be entered in the open division.

The paddlers on each team who start the race in a boat must finish in that boat for that team to be eligible for prize money. Voyageur or C4 teams that drop paddlers for whatever reason, or tandem teams that drop a paddler and continue with another paddler, may receive unofficial times and finisher pins. Each team described above is to be entirely self-sufficient except at the Carmacks and Minto checkpoints. Refer to Rule 12 for boat specs/class divisions and Rule 11 for prize money.

#### 5. Age Limits

There is a minimum age limit of 15 years old for entrants. The minimum age limit for a solo entry is 19 years of age, and at least half the members of a tandem, C4 or voyageur entry must be 19 years or older. Parents of a minor must complete an [Assumption of Risk form](#).

#### 6. Substitution of Team Members

Each team member may be substituted, after entry has been accepted, up until the day before the start of the race. **No team may replace all their members. That is effectively a withdrawal, requiring a new entry, and will be treated as such.**

Final date for race substitutions:

- At registration, the weekend before the race.

- After June 1, changes may not be reflected on the leaderboard.

## 7. Cancellations / Withdrawal before the Race

Teams withdrawing from the race may receive a portion of their entry fee refunded as defined in the following table.

| Refund | Cut-off                   |
|--------|---------------------------|
| 50%    | End of March              |
| 40%    | End of April              |
| 30%    | 5 weeks before Race Start |
| 20%    | 4 weeks before Race Start |

## 8. Course, Checkpoints and Mandatory Layovers

The Yukon River Quest covers approximately 715 km (444 miles) of the Yukon River through remote northern wilderness areas from Whitehorse to Dawson City, Yukon. Teams are required to have a river map and should be prepared for travel through this type of area. Bear and moose encounters are possible; necessary precautions should be taken. There are 6 official race checkpoints including Dawson City. ***Times are collected at race checkpoints only.*** See Rule 28 for checkpoint procedures.

- CP1 – Policeman’s Point Checkpoint - verbal
- CP2 – Lower Laberge Checkpoint – verbal
- CP3 – Carmacks Checkpoint – ***layover***
- CP4 – Minto Checkpoint – ***layover***
- CP5 – Thistle Creek Checkpoint – verbal

FINISH LINE [CP6] - Dawson City – (see rule 31 for Finish Line procedures)

Teams are required to rest at Carmacks and/or Minto, a minimum of 10 hours rest.

There also are monitor points along the race route for monitoring your safety and progress (see rule 28).

## 9. Race Officials and Team Captains

The established rules guide the Race Marshal and Race Judges in their decisions.

The Race Marshal:

- Oversees all aspects of the race from the pre-race competitors meeting to the awards presentation
- Has discretion to make decisions about race procedures and rules
- May penalise teams, including disqualification
- May be advised by Race Judges. A decision of the Race Marshal may only be contested by filing a Protest statement. See Rule 15.

The Deputy Race Marshal:

- Assists the Race Marshal and may act on their behalf if they are unavailable

The Race Judge:

- May be a YRMPA Board Member, former racer, or other person the Race Marshal has requested assistance from
- Provides advice to the Race Marshal and assists in making decisions

The Race Committee:

- Is comprised of two Race Judges and the Race Marshal
- Meets to settle disputes and make decisions on Protests (see Rule15)

The Team Captain:

- Is responsible for communicating with the Race Marshal, including filing any Rule Violation Form, Protest statement or Response statement
- Must inform the race of any withdrawal of their team from the race

#### 10. Pre-Race Inspections and Meetings

- FINAL REGISTRATION for racers is MANDATORY in order to receive racer packages, bibs, pre-race boat inspections and boat decals
- Team and support crew meetings held on Tuesday June 21 (also mandatory) may be virtual for 2022. Everyone will be notified closer to the race.
- Final Registration available from 09:00 to 17:00 Saturday - Monday, June 18-20. ALL participants must bring documentation to prove they have adequate medical insurance for a medical evacuation. This includes local racers who must bring their Health Care Cards.
- Racers and support crews must also present proof of Covid vaccination.
- Failure to attend will result in disqualification at the discretion of the Race Marshal. A schedule will be posted on the website.

#### 11. Awards & Prize Money

Prize money is based on 150 teams registered. It is adjusted up or down by a percentage point if fewer or more than 150 teams are counted on the June 1 paid registration deadline.

TOTAL PRIZE MONEY: \$64,245

| Tandem Classes | Men's C2 | Women's C2 | Mixed C2 | Men's K2 | Women's K2 | Mixed K2 |
|----------------|----------|------------|----------|----------|------------|----------|
| 1st            | \$1500   | \$1500     | \$1500   | \$1500   | \$1500     | \$1500   |

|                         |                      |                         |                       |                   |                   |                    |
|-------------------------|----------------------|-------------------------|-----------------------|-------------------|-------------------|--------------------|
| 2nd                     | \$705                | \$705                   | \$705                 | \$705             | \$705             | \$705              |
| 3rd                     | \$360                | \$360                   | \$360                 | \$360             | \$360             | \$360              |
| <b>Solo Classes</b>     | <b>Men's C1</b>      | <b>Women's C1</b>       | <b>Men's K1</b>       | <b>Women's K1</b> | <b>Men's SUP</b>  | <b>Women's SUP</b> |
| 1st                     | \$787.50             | \$787.50                | \$787.50              | \$787.50          | \$787.50          | \$787.50           |
| 2nd                     | \$390                | \$390                   | \$390                 | \$390             | \$390             | \$390              |
| 3rd                     | \$195                | \$195                   | \$195                 | \$195             | \$195             | \$195              |
| <b>Big Boat Classes</b> | <b>Open Voyageur</b> | <b>Women's Voyageur</b> | <b>Mixed Voyageur</b> | <b>Open C4</b>    | <b>Women's C4</b> | <b>Mixed C4</b>    |
| 1st                     | \$2700               | \$2700                  | \$2700                | \$1800            | \$1800            | \$1800             |
| 2nd                     | \$1350               | \$1350                  | \$1350                | \$900             | \$900             | \$900              |
| 3rd                     | \$675                | \$675                   | \$675                 | \$450             | \$450             | \$450              |

Teams must beat another in its class above (C2, K2, C1, K1, SUP, VC, C4) to receive prize money.  
 Bonus prize money of \$400 is added if a team breaks a record in its class. In addition, bonus prize money is awarded below, regardless of class:

|                                      |                                   |                                 |                                |                                      |   |
|--------------------------------------|-----------------------------------|---------------------------------|--------------------------------|--------------------------------------|---|
| <b>Top All-Yukon Men's/Open Team</b> | <b>Top All-Yukon Women's Team</b> | <b>Top All-Yukon Mixed Team</b> | <b>Top All Indigenous Team</b> | <b>Top All-Senior Team (age 55+)</b> | <b>Top All-Young Adult Team (age 19-24)</b> |
| \$600                                | \$600                             | \$600                           | \$600                          | \$600                                | \$600                                       |

| <b>Top 10 Overall Bonus Prize Money</b> |           |     |          |
|---|-----------|-----|----------|
| 1st                                     | \$3000    | 6th | \$982.50 |
| 2nd                                     | \$2400    | 7th | \$787.50 |
| 3rd                                     | \$1920    | 8th | \$630    |
| 4th                                     | \$1537.50 | 9th | \$502.50 |



|     |        |      |       |
|-----|--------|------|-------|
| 5th | \$1230 | 10th | \$405 |
|-----|--------|------|-------|

**PRIZE MONEY ELIGIBILITY** – To be eligible for prize money, a team must beat a team in its class that started the race and either come first in its class or finish in a time no greater than 25% longer than the class winner took. For instance, if the 1st place women's K2 took 46:32:24, then to be eligible for a prize 2nd and 3rd women's K2s must finish within a time of 46:32:24 + 11:38:05 = 58:10:30. Or if the overall fastest voyageur finished in 39:30:23, other voyageurs must finish in less than 39:30:23 + 9:52:35 = 49:22:58.

**SPECIAL AWARDS** – The fastest team overall receives free entry in the following year's race (captain should keep team intact from 2021 race – if there must be a partner change, the new partner must pay his/her portion of 2022 entry fee). Their names are also added to the permanent YRQ trophy. There may be Sponsor Awards for Top Solo Male and Female Kayaks, SUPs, and Solo Canoes, Youngest Paddler, Oldest Paddler, Top Yukoners, Spirit of the Yukon, and the "Red Stove" award to the next to last team to finish before the cut-off time. Others may be added by YRMPA.

**FINISHER PINS** – Each team member who finishes the race receives an official Finisher Pin at the Awards Presentation.

## 12. Vessel Specifications

The specifications below allow canoes, kayaks, stand up paddleboards (SUP), C4 canoes, and voyageur canoes capable of carrying the safety gear necessary for this wilderness race. *Boats not meeting the specifications below will be disqualified.* All tandem/solo canoes/kayaks (other than sit-on-top kayaks) must be equipped with a full coverage spray deck/skirt with snaps or tie downs. C4 canoes must have a spray skirt around the bow paddler, though full coverage is recommended. All boats must be powered and steered solely by human muscle power. Use of an illegal steering or propulsion device, including sails, will result in disqualification. No boat may be equipped with oarlocks, row-lock, tholepin, or outriggers. Vessel types must be recorded on your application. All vessels are measured at registration and inspected again on the morning of the start. **Please do not bring a vessel to this race unless you are**

**ABSOLUTELY sure it fits within the YRQ specifications listed below.** Refer to the "How to Measure" section on the FAQ page. Email us at [info@yukonriverquest.com](mailto:info@yukonriverquest.com) if you have questions.

### a. TANDEM CANOE SPECIFICATIONS

The tandem canoe (C2) class allows a range of vessels from stock recreational touring and wilderness tripping canoes to longer standard class canoes, including some models with concave lines. USCA cruisers are not allowed. Each canoe must start the race with an approved, full coverage spray deck. Canoes must be paddled with the use of single blade paddles only. No rudders or skegs.

- Tandem Canoe Max. Length - 18 feet, 6 inches, stem to stern
- Tandem Canoe Min. Width (stock) - 32 inches, widest point midship at the 4-inch water line\*
- Tandem Canoe Min. Width (concave) – 33.5 inches, widest point midship at the 4-inch water line\*
- Tandem Canoe Centre Gunnel Min. height: 12 in.
- Tandem Canoe Min. Height at Bow: 16"
- Tandem Canoe Min. Height at Stern: 16"

\* C2s whose gunnels are concave outwards at any point along the boat must be 33.5 inches wide at the 4-inch water line at the widest point. Other C2s must be at least 32 inches wide at the 4-inch water line at the widest point. This rule allows: “stock” canoes such as the Clipper and Wenonah Jensen 18 models; “standard” canoes such as the Clipper Whitewater II and Wenonah Minnesota II models; and “concave” canoes such as the Wenonah SCR, and the Savage River Susquehanna and Blackhawk models.

## b. SOLO CANOE SPECIFICATIONS

The solo canoe (C1) class allows a range of vessels from half-decked Kruger-style touring and wilderness tripping canoes to performance touring canoes. Each canoe must start the race with an approved, full coverage spray skirt/deck. Canoes in the solo class **may** have a rudder. Solo Canoes must be paddled with the use of single blade paddles only.

- Solo Canoe Maximum 4” waterline length-width ratio: 9.7
- The canoe must flare to the 6” waterline for at least 2 meters (6’6”) *in cumulative length over all sections of the hull*

## c. KAYAK SPECIFICATIONS

This race is for recreation or expedition-style kayaks only. *Sit-on-top kayaks are allowed.* Kayaks must have adequate internal storage compartment(s) for all the gear required for this race. Kayaks must have fore and aft watertight storage compartments or flotation chambers. Kayaks must be paddled with the use of double-blade paddles only.

The Yukon River Quest has adopted its own length-width ratio for determining the suitability of kayaks for this race. The simple length to width ratio is determined by dividing the total length of the kayak at the 4-inch waterline (not including rudder) by the mid-ship width at the 4-inch waterline. Do not rely on other published ratios. In addition, there is a minimum overall width. **Measure according to directions in the “How to Measure” section of the FAQs.**

### Solo Kayak

- Maximum 4” waterline length-width ratio: 10.8
- Minimum overall width at the widest point: 20”

### Tandem Kayak

- Maximum 4” waterline length-width ratio: 10.2
- Minimum overall width at the widest point: 26”

## d. SUP SPECIFICATIONS

Specifications for SUPs are as listed below:

- Maximum board length: 4.27 m [14 feet]
- Minimum board width: 60.96 cm [24 inches]
- Fins or daggers are allowed. Foils are not allowed
- Quick release tether on waist belt to be worn at all times

- Quick release tether will serve as Tow Line
- Single blade paddles only
- All equipment to be fastened securely to board
- All mandatory gear is required (see rule 17, note exceptions for SUPs)

#### **e. C4 CANOE CLASS SPECIFICATIONS**

As of 2017, C4 canoes with teams of 4 paddlers are allowed based on the following specifications. All canoes in this class must be paddled with the use of single bladed canoe paddles only. Specific hull measurements:

- Maximum length of 23'1". Minimum weight 55 pounds from the manufacturer.
- The boat must be specifically built by the manufacturer to accommodate 4 paddlers.
- Minimum width at the centre line, at the 4" waterline, is 33", at both the gunwales and 4" waterline.
- Minimum width at the 4" waterline – 4 feet in from the bow is 16", 4 feet from the stern is 17"
- There is no concavity in the longitudinal axis of the hull and no concave lines in the cross section (side to side)
- Minimum depths from the manufacturer: Bow= 20", Centre= 13.5", Stern= 17"
- No hard-line transitions in the hull of the boat. Curve of chine must be equal to at least the radius of a softball.
- Maximum tumblehome of 2" per side.

#### **f. VOYAGEUR CANOE CLASS SPECIFICATIONS (6 or more paddlers)**

The voyageur canoe class celebrates First Nations and Canadian heritage. Teams of 6 or more are allowed based on the following specifications. All canoes in this class must be paddled with the use of single bladed canoe paddles only:

- Overall length allowed: 24 – 42 feet
- Minimum widths measured at the 6-inch waterline (for boats of lengths below):
  - Boat length: 24-28 feet 6" waterline width: 36.25"
  - Boat length: 28-34 feet 6" waterline width: 44"
  - Boat length: 34-42 feet 6" waterline width: 48"
- Minimum depth at gunnels: 18 inches

#### **BOAT SUBSTITUTION**

Substitution with an illegal vessel at any point along the route will result in disqualification. On prior approval of the Race Marshal, a damaged vessel may be replaced with another of the same class, with a time penalty of two (2) hours.

#### **13. Claims**

Each team member agrees to hold YRMPA, the race sponsor(s) and other contributors (that is, sponsors and contributors to the race and YRMPA, as distinguished from the sponsors of individuals or teams) harmless from any claim or demand based on any alleged action or inaction by the team member, their agents, employees, and volunteers resulting from injury to the team member or his/her property. Further, YRMPA has the unqualified and unrestricted authority to permit the race sponsor(s) to photograph and otherwise collect information for advertising, public relations, or other publicity purposes.

#### 14. Failure to Comply

All decisions by the Race Marshal shall be complied with. Failure of a team member to comply with the Rules of General Race and River Procedures may result in disqualification or penalty as decided by the Race Marshal. A team may only dispute a decision of the Race Marshal by filing a Protest statement.

#### 15. Rule Violations and Protests

*Rule Violations:* All racers are required to report all suspected violations of the rules to the Race Marshal or Deputy Race Marshal at the earliest possible opportunity. Rules Violation Forms are available at checkpoints and can be submitted to the Race Marshal or Deputy Race Marshal via a race volunteer.

*Protest:* A Team wishing to contest a decision, action, or race process of the Race Marshal, or make a complaint about the conduct of another team, must provide a written Protest statement with \$50.00 cash within an hour of the official end of the race.

The Protest statement should contain as much detail as possible, must be signed by the team captain and submitted to the Race Marshal, Deputy Race Marshal, or a Race Judge. There is no set form for a Protest statement, but it should contain the name of the team, date, time and place of the events, description of what happened, and names of any people involved, if known.

The Race Marshal will share the Protest statement with the Race Committee, who may:

- Dismiss it and inform the team captain who submitted the Protest statement or,
- Consider the Protest further.

If an allegation against another team is not dismissed, that team captain is provided a copy of the Protest statement. The team captain may submit a written Response statement to the Race Marshal within 2 hours of being provided the statement or 1 hour after the official end of the race, whichever is earlier.

The Race Committee may then, in considering the matter:

- Review the Protest and Response statements
- Interview witnesses
- Review photos or videos and,
- Consider any other available information.

After concluding their consideration, the Committee may:

- Dismiss the Protest
- Determine there was a rule infraction
- Issue penalties to a team or team member

- Disqualify a team or team member
- Ban a team or team member from competing in future races
- Make a statement on behalf of the race or,
- Take any other action necessary to address the matter

A decision of the Race Committee is final.

## River Procedures

### 16. Common Start/Late Start

Teams leave the start line at their assigned departure time en masse in a 'LeMans' style start at Rotary Peace Park. Racers run or walk approximately 300 metres to their vessel situated along the riverbank in its designated position. One support person per team may assist in pushing off the boat from that location. If the support person or team member[s] are seen moving the boat from its start position, a one-hour penalty shall be imposed by the Race Marshal. Any team starting late that is not on the water within half an hour of the start is considered a no show and will be disqualified. See section 2 for details.

### 17. Mandatory Equipment

Mandatory Equipment is also listed in Appendix 1. ***Mandatory equipment must be carried the entire length of the racecourse.*** Failure to do so will result in disqualification. If any of these items are used up or lost due to unforeseen events, they may be replaced by support crews at the Carmacks and Minto checkpoints. Random gear checks are conducted at the Carmacks and Minto checkpoints. **Any missing items may result in a penalty imposed by the Race Marshal.**

- a) Paddles:
  - i. Each canoe, C4, and SUP must start the race with a single-bladed paddle for each person in the vessel and a spare single-bladed paddle.
  - ii. Each kayak must start with a double-bladed kayak paddle per person and a spare double-bladed kayak paddle in the vessel.
  - iii. Voyageur canoes must have one single-bladed canoe paddle per person and two extra single-bladed paddles in the vessel.
- b) Each vessel must have a towline attached to the vessel and accessible to hand:
  - i. All voyageur canoes are to have a 40-foot buoyant towline at bow and stern.
  - ii. All other boats are to have a 20-foot buoyant line at one end and a 40-foot buoyant towline at the other end (latter may be your buoyant heaving line if it is to hand and throwable (eg has a throw bag or monkey-fist at the free end) (see h).
  - iii. SUP tether is the paddler's tow line.
- c) **Approved PFD:** Each team member must carry a Canadian Department of Transport, Canadian Coast Guard, Fisheries and Oceans Canada, or U.S. Coast Guard Class Personal Flotation Device [PFD]. This must be worn at all times when on the river or water [e.g.: swimming]. **Self-inflatable PFDs are not allowed.** A PFD that appears to be more than five years old or which has been subjected to heavy use may not offer the user the protection envisaged when new and is likely to be rejected at inspection. PFDs that have been tampered with or modified in any way that affects its fundamental integrity, such as being cut, slit, or torn will be rejected. PFDs passed for use must display conformance to standards via a label attached at the time of manufacture by its maker. The PFD presented for and passed at inspection at Whitehorse is the only one that may be worn throughout the duration of the race. Any competitor

found either not wearing it or who has replaced it with an inferior or non-compliant version at any point will be disqualified. Racers from other than the USA or Canada may use PFDs that provide a minimum of 50 Newtons of inherent buoyancy and should conform to one of the following European or international standards: EN393, EN395, ISO12402-5, or ISO12402-6 and be appropriately labeled.

- d) The following items must be attached or in a pocket of each PFD: whistle, emergency space bivysack (eg Coghlan's Emergency Bag, <https://www.coghlan.com/products/emergency-bag-9815>), fire starter, waterproof matches/lighter.)
- e) Full coverage spray skirt/deck with snaps, tie downs, or strong Velcro are required for solo and tandem canoes and kayaks while traveling on the river from Whitehorse to Lower Laberge and Carmacks to Rink Rapids. C4 canoes, at a minimum, are required to have a spray skirt/deck around the bow paddler, but full coverage is strongly recommended. Non-compliance will result in disqualification. This does not apply to sit on top kayaks.
- f) For voyageur canoes, it is recommended they have a full coverage spray deck, but it is not required. However, those voyageurs without a spray deck are required to have an internal flotation device.
- g) A buoyant heaving line of > 15 m (45') in length and > 6 mm at least (1/4") diameter, accessible to hand and throwable. This may be used as your tow line (see b).
- h) Food and fluids to sustain each team member throughout the course of the race.
- i) One Bailer (bucket or pump) – not required for SUPs.
- j) River Map (available for purchase in Whitehorse or from [yukonbooks.com](http://yukonbooks.com)). It is strongly recommended that these be copied onto waterproof paper or laminated.
- k) Race bibs to be issued by YRMPA and signed by racers at final registration in Whitehorse [one of each separate bib to be turned in], and race decals showing team numbers applied to either side of bow except where the shape of the vessel necessitates a more visible placement on the stern or top of boat.
- l) Basic First Aid Kit (see link under Rules & Prep on website).
- m) One sleeping bag per person rated to -5C.
- n) Free-standing tent(s) to shelter all members of a team.
- o) Watertight flashlight or navigation light for night travel and signalling (required by Transport Canada) – Petzel-type LED either mounted on front of boat or in use as a headlamp on a solo kayaker or bow paddler of a tandem or voyageur team. Teams are required to turn on the light between dusk and dawn (midnight to 4 a.m.) and have adequate battery power for eight or more hours.
- p) 2 extra layers of warm clothing contained in a dry bag.
- q) Backpack stove and fuel with a pot capable of boiling 16 oz. of water.
- r) A robust zip-seal bag per person to transport used toilet paper to Carmacks / Minto / Dawson for disposal.
- s) Sunscreen
- t) Rain gear (tops and bottoms) for each team member.
- u) **Two Way tracking and messaging device** (SPOT X or inReach) activated for tracking and properly mounted on boat deck face up.

A team may be assigned a tracking device by race officials during the race **if** something happens to their own device. If a Team Captain is provided a YRQ-owned tracking device, then he/she must attach the device to his/her boat deck face up. At the end of the race, the tracking device **must** be returned to race officials, or the evacuation deposit will not be returned.

Where appropriate, the above mandatory items should be carried in a dry bag.

In addition, it is strongly suggested that each team carry the following: an insulated container (thermos) with a hot drink or soup, sunglasses, insect repellent, knife, money, and ear plugs or bug net for use in Carmacks or Minto.

## 18. Personal Floatation Device (PFD)

PFDs must be worn by all team members when in a boat, swimming, on a dock or near the shore.

The PFD presented for and passed at inspection at Whitehorse is the only one that may be worn throughout the duration of the race. Any competitor found either not wearing it or who has replaced it with an inferior or non-compliant version at any point will be disqualified.

### 19. Teams in Distress

Any team witnessing another team in obvious distress is required to assist until the situation is resolved, a volunteer boat arrives, or the team assisting is relieved by another team. Time adjustments may be given based on the time they spent providing aid, at the discretion of the Race Marshal. **If you are unable to assist, send a message on your SPOT X or inReach device.** It is recommended that you have pre-constructed messages in your device such as, "A team has stopped near this location, not in obvious distress". This allows you to send messages quickly without wasting race time.

**Failure to offer assistance in an emergency will result in a lifetime disqualification from Yukon River Quest for all team members.**

### 20. Team Support

No planned help is allowed throughout the race, with the exception of Carmacks and Minto. **Pace boats** (i.e., crafts paddled or powered that follow or lead a team for ANY purpose including keeping speed up, offering support, sustenance, conveying water or feeder boats) **are prohibited**. Teams considering or wishing to have any other boat on the river in their vicinity during the race should contact the race organization in advance.

Teams must carry enough food and water to sustain them throughout this wilderness race. Breaches of this rule will result in disqualification. Except for Carmacks and Minto, no team may accept help that is not equally available to all teams. Unplanned assistance from other competitors ("Good Samaritan" actions) is allowed. If there is a suspicion that help is planned, teams may be penalized.

### 21. Alcohol and cannabis policy

- Alcohol, marijuana (for the purposes of this policy marijuana includes all cannabis related products including oils, extracts, sprays, creams, and edibles) and other drugs – both prescribed and non-prescribed – have the capacity to impair judgment. The Yukon River Quest has a zero-tolerance approach for racers, volunteers, and staff towards the consumption of alcohol, marijuana and other drugs which have the capacity to impair judgment during the race.
- Consumption of alcohol, marijuana or drugs during the Yukon River Quest will result in immediate removal from the race at the individual's expense.
- Racers, volunteers, or staff arriving at the start of the race or at a checkpoint during the race and deemed to be under the influence of alcohol, marijuana or drugs will not be allowed to continue and will be promptly removed from it.

### 22. Interference

Intentional interference with another team's progress, whether on or off the water, will result in disqualification. Any unsportsmanlike behaviour should be reported to the Race Marshal and may result in a penalty.

### 23. Drafting

Drafting (wake-riding) is permitted. Please be respectful and courteous. See Rule 20 as it relates to pace boats and planned help and Rule 22 with regards to interference. If there are any issues, they must be brought to the attention of the Race Marshal as soon as possible.

#### 24. Navigation Light

As required by Transport Canada, all vessels are **required to have a navigation light on between dusk and dawn (midnight to 4 a.m.)** – A Petzel-type LED either mounted on front of boat or in use as a headlamp on a solo kayaker or bow paddler of a tandem or voyageur team is acceptable. The light should be used to signal from shore to passing boats if you need assistance.

#### 25. Use of Spray Skirts/Decks

- Spray skirts/decks are required while traveling on the river from Whitehorse to Lower Laberge and Carmacks to Rink Rapids
- Kayaks, solo and tandem canoes are required to have full coverage spray skirt/decks. This does not apply to sit-on-top kayaks
- C4 canoes, at a minimum, **are required** to have a spray skirt/deck around the bow paddler, but full coverage is strongly recommended
- Voyagers are not required to have a spray deck if they have internal floatation
- Non-compliance will result in disqualification

#### 26. No Littering – No Removal of Artifacts

Litter of any kind along the river and its banks is not tolerated. This includes the dropping of extra food at any point along the river. Teams must practice 'no-trace' camping at all points along the river. **Teams proven to have littered at any point along the route will be disqualified.** The Yukon River has been termed “the world’s longest museum” and is the site of many historical artifacts and properties. Removal of, or interference with, any artifacts will result in disqualification.

#### 27. Statutory Compliance

In addition to Rule 26, the rules and laws applying to any historic sites or properties along the race route govern competitors. Any team member who violates a territorial, national, or international law while in the race may be disqualified if convicted. Teams may not carry firearms while competing in the race.

#### 28. Checkpoint, Monitor Points & Layover Procedures

At each checkpoint, a time is entered when a team passes an imaginary line on the river as they pass a race marker (cone/buoy). Team times are posted on the results board and website. Failure to check in results in a time penalty or disqualification. Please respect our volunteers who work at these checkpoints; they receive information from other checkpoints as it is called in. Please pay attention to the procedures below for each checkpoint. They will also be reviewed at the pre-race meeting.

Note that some checkpoints have cut-off times associated with them. These times may be extended at the discretion of the Race Marshal due to extreme conditions.

Monitoring Points are for safety cover only and no official time is recorded. Some monitoring points may only be manned for part of the race.



CP= Checkpoint

MP= Monitor Point

**CP 1. Policeman's Point** (60.95°N, 135.084°W) is a verbal checkpoint on the left side of the river just before the pilings in the river.

**POLICEMAN'S POINT CUT-OFF TIME:** Teams must reach CP 1 within 4 hours of starting (13:00 Wednesday June 22 for the first group, 16:00 for the second) to remain in the race. A team failing to meet this requirement will be disqualified or asked to withdraw by race officials. The team may continue as a withdrawn team with the Race Marshal's consent (see Rule 30).

**MP 1. Early Lake Laberge** (61.016°N, 135.051°W) [buoy] is a monitor point on the right side of the lake about 4 km (2.5 miles) from its beginning. *Teams must pass between the buoy and the shore* and must continue to stay on the right side of the lake, keeping within 200 metres of the shore. This lines teams up with the mouth of the river at the end of the lake. Teams do not need to follow every bay but must be within 200 metres at every point of land (be within 200 metres at least every 500 metres).

**MP 2. Cathers Post / Laurier Creek** (61.11774°N, 135.0996°W) [buoy] is a verbal monitor point on the right side of the lake about 17 km [10 miles] from its beginning. *Teams must pass within a buoy and the shore and call out their number to the race official on shore/boat.* Failure to do this results in a two-hour penalty. Teams must stay on the right side of the lake, paddling from point to point, within about 200 metres of the shore. Teams are not expected to follow the shore into every bay. Once teams are past Goddard Point [61.3590N, 135.2366W] about 3.5 km [2 miles] from Lower Laberge, they may paddle directly towards Lower Laberge.

**CP 2: Lower Lake Laberge** (61.3919°N, 135.2312°W) is a verbal checkpoint with the observer on river right at the entrance to the Yukon River. *SPOT devices with basic tracking should be turned off here and then back on.*

**END OF LAKE CUT-OFF TIME:** Teams must reach CP 2 within 13 hours of their start time to remain in the race (22:00 for the 9am start group and 01:00 Thursday for the noon start group). A team failing to meet this requirement will be disqualified or asked to withdraw by race officials. Teams in the slower group that take over 13 hours (22:00 at Lower Laberge) should seriously consider withdrawing. The team may continue as a withdrawn team with the Race Marshal's consent (see Rule 30), or be evacuated to the Lake Laberge Campground at Deep Creek off the N. Klondike Highway. If a team withdraws here, they should be prepared to paddle out to road access, or if that is not possible, to camp until a boat is available to take the team and boat to the road system. *The cut-off time will be 01:00 Thursday if we revert to a single start.*

**MP 3. Lower 30 Mile** (61.5552°N, 134.9386°W) is a verbal monitor point about 38.5 km (24 miles) from the end of the lake on river left. Teams must call out their number to the race official on shore. Look for the fire in the camping area if you need to stop and warm up. It is also marked with a flashing light and safety flag.

**MP 4. Big Salmon** (61.8764°N, 134.9179°W) is a monitor point located on river right about 2 km before the confluence with the Big Salmon River. Look for a volunteer boat at shore and a fire on the top of the bank. It is also marked with a flashing light and safety flag.

**MP 5. Little Salmon** (62.0528°N, 135.6806°W) is a verbal monitor point at the Little Salmon Village boat launch on river right, about 60 kilometers (40 miles) from Carmacks. Teams must pass by this monitor point close enough to be able to call out their number to the race official on the bank. It is also marked with a flashing light and safety flag.

**CP3 Carmacks - CP3 Coal Mine Campground**

All teams stop at the Coal Mine Campground (62.1119°N, 136.2669°W), on river right about 2 km upriver from the bridge and the main part of town. The timing line is upriver at the beginning of the campground. Teams then paddle about 50 meters to a dock where their support crews assist them to get out and get their boats ashore as directed by race officials. Voyageur and C4 canoes are secured along the shore. All solo and tandem canoes and kayaks plus SUPs are carried to the staging area by their support crews.

At Carmacks, teams may be given full assistance by their support crews. Please refer to the [Carmacks Briefing](#) notes for details on camping and facilities.

**Mandatory Layovers:** There are two layovers for the race, the first is Carmacks, and the second is Minto.

- Teams **must** stop in Carmacks **and** Minto but may choose to divide their mandatory 10-hour rest time between the two checkpoints as they see fit.
- Support crews must assess their teams to determine if they are in adequate condition to continue, even if the plan is to stop and go. First aid personnel are available nearby.
- Teams paddling for 28 hours or longer from the start must stop in Carmacks for at least 3 hours.

#### **CARMACKS CUT-OFF TIMES:**

All teams must arrive at their assigned Carmacks checkpoint CP3 (A) or (B) within 34 hours of the start. A team failing to meet this requirement will be disqualified or asked to withdraw by race officials.

- 19:00 Thursday evening for the 9am start group
- 22:00 Thursday evening for the noon start group

After signing in, teams are given a time when they are allowed to leave the checkpoint.

All teams must depart within 42 hours of the start or by 06:00 Friday morning – close of checkpoint

Any team that has not left by 06:00 Friday, is deemed to have abandoned the race. *If a team has withdrawn and has not notified the CP Coordinator by the time the CP closes, a penalty of \$100.00 will be levied.*

If adverse weather conditions on the lake or river cause a stoppage or delay in the race, these required times may be altered at the discretion of the Race Marshal. Note that the closing time of the checkpoint means that the slowest boats will have to take some of their rest at Minto. For instance, a boat in the second group arriving at 23:58 must leave by 06:00, a rest time of 6 hours and 2 minutes. Such a boat would have to stop for at least 3 hours 58 minutes at Minto.

All teams must provide the Race Director with their anticipated stop time in Carmacks well before the race.

Note: This is only advisory. Teams can change their mind at Carmacks with no penalty. Please advise the Timing volunteers of changes to your plan. An anticipated-out time label will be attached to your boat based on this advice.

**MP 6. Five Finger Rapids** (62.2699°N, 136.3558°W) is monitored by a volunteer boat working in the river just beyond the rapid. It is there to assist teams and boats to shore in the event of a capsiz.

**CP 4. Minto Resort** (62.582°N, 136.849°W) is a checkpoint at the last road access before Dawson City. All teams **MUST** stop here.

- Teams who have not stopped for at least 10 hours at Carmacks are required to rest here for the remainder of their required 10-hour layover.
- A label is attached to their boat with the earliest time they are allowed to leave.
- The rest time at Carmacks that is subtracted from the 10 hours required rest is the actual time spent in Carmacks, not any advisory time that you may have given the race.

Teams must leave Minto by **13:00 Friday**, (49 hours from their assigned race start). Any team still in Minto after this time is deemed to have abandoned the race. *If a team has withdrawn and has not notified the CP Coordinator by the time the CP closes, a penalty of \$100.00 will be levied.* If adverse weather conditions on the lake or river cause a stoppage or delay in the race, these required times may be altered at the discretion of the Race Marshal.

Yield to barge traffic crossing river to and from Minto Landing, about 1 km downstream of the checkpoint.

**CP 5. Thistle Creek** (63.08654°N, 139.480424°W) is a checkpoint on river right. (Depending on water levels, it may be located on river left). Teams must pass by this checkpoint closely, to call out their number to the race official on top of the riverbank. This location is marked by a flashing light and a safety flag. Note that the official location of the checkpoint is at the barge landing site for a placer mine. The actual location will be near there.

**MP 7. Sixty Mile** (63.5628°N, 139.7566°W) is a verbal monitor point on an island on river left near the Sixty Mile River confluence. It is about 70 kilometers (47 Miles) from Dawson. Teams must pass by closely, to call out their number to the race official. The monitor point is marked with a flashing light and a safety flag.

**CP 6. Dawson City Finish Line** (see Rule 31).

### 29. Tracking Device

- A GPS tracking and two-way messaging device **must** be used by all teams
- The team's tracking device must be attached to the boat deck/spray skirt face up and it must be active throughout the race
- A team may be assigned a tracking device by race officials during the race **if** something happens to their own. If a team captain is provided with a YRQ-owned tracking device, he/she must attach it to his/her boat deck face up. At the end of the race, the tracking device **MUST** be returned to race officials, or the evacuation deposit will not be returned.

### 30. Withdrawal from the Race

A team that withdraws or must be evacuated from the race must do so by completing an official withdrawal form at the main checkpoints in Whitehorse, Carmacks, or Dawson City as soon as possible after leaving the river.

Written notification is required if withdrawing from the race. (\$100 penalty if race officials are not notified before the checkpoint closes). If/when you remove your boat from the staging area, please inform one of the volunteers.

A team that has withdrawn from the race but feels it is at no immediate risk, and therefore adequately equipped and provisioned to continue paddling on the river, must, with the Race Marshal's consent, fill out a form acknowledging downgrading the team to "**Withdrawn**" status.

On the form paddlers must agree to indemnify YRMPA from any liability for their well-being and notify race officials of its intended destination and arrival time. YRMPA will attempt to pass this information to the team's emergency contact. After the official end of the race, YRMPA will not be tracking or monitoring boats.

**Teams deemed by the YRQ Race Marshal to be at risk or timed out** (unable to make the next timing cut-off), will be asked to withdraw or will be disqualified. If at risk, they may be taken off the river and lose their evacuation deposit.

Teams that withdraw or are disqualified will not show up as such on the online tracking system until they are on land at a road access point or until the race has ended. That way they continue to be tracked.

A team that is recovered off the river by a volunteer boat, aircraft, or other means is considered withdrawn and must complete a form acknowledging that withdrawal and forfeiture of its evacuation deposit.

Medevacked teams that have their boat brought to a CP are considered withdrawn and will forfeit their evacuation deposit.

Teams are responsible for making their own arrangements to retrieve personal equipment. Items remaining after the race are considered abandoned and become the property of the YRMPA.

### 31. Finish Line Procedures – Dawson City [CP 6]

A team finishes the race when it crosses the Finish Line at Dawson City, marked by a cone and flag on the bank on river right, about 1 km after passing the Klondike River.

A horn will sound as each team passes this line and the finishing time will be recorded.

Teams then will be directed to the docking area on river right just past the boat dock for final inspection.

A team's official time will be its elapsed time on the river, not including mandatory layovers, plus any penalty or adjustment by the Race Marshal. *The team's official time will not be recorded until racers sign in.*

*Please move your boat out of the way of other boats, as directed by race officials or volunteers.*

Teams are responsible for arranging their own support (mandatory) and accommodations in Dawson, and transporting their canoes, equipment, and themselves home after the event. See the FAQ page on the website for options.

The event officially ends at 21:00 Saturday, June 25, 2022. Up until this point, a secure area will be available for team equipment. Race officials are not responsible for monitoring the progress of teams on the river after this time. Teams that finish after this time are provided a sign-in location in Dawson City at the Awards Presentation and will be recognized as official finishers.

If adverse weather conditions on the lake or river cause a stoppage or delay in the race, the required finish time may be altered at the discretion of the Race Marshal.

The Awards Presentation is held in Dawson City on Sunday, June 26 at 10:00 in Minto Park. It is an open-air event so bring layers of clothing, a rain jacket, and a folding chair if you have one. There are limited bleachers and picnic tables available.

Paddlers renting boats from the Yukon River Quest must have them inspected and return the spray deck or they will forfeit their damage deposit. Boats must be clean, clear of tape and stickers, and undamaged other than expected wear and tear.

Read the [FAQs](#) and watch the [Racer Info](#) section of the website and our [Facebook](#) page for any rules updates, a preview of the racer and support briefings, race schedule, special events, travel updates, and other race information.

## APPENDIX 1: Mandatory Equipment List

This list of gear is the bare minimum required. Racers should not consider this a complete list of necessary gear.

Each Racer **must** have the following:

- Paddle (single-bladed for canoe, double-bladed for kayak)
- Personal Flotation Device (as described below) with attached:
  - Whistle
  - Emergency space bivysack
  - Firestarter - Waterproof matches/lighter
- Race bib provided by YRMPA
- Food and fluids to sustain yourself for the duration of the race, plus emergency rations for 24 hours
- Sleeping bag rated to at least -5°C
- 2 extra layers of warm clothing in a dry bag
- Rain gear (top and bottom)
- Sunscreen
- Zip-seal bag for toilet paper for disposal in Carmacks/Minto/ or Dawson

Each team must carry the following:

- First aid kit (one kit per 3 people on team) in a dry bag or waterproof container containing:
  - 2 - 4x4 sterile gauze dressings
  - 2 – 3x4 telfa pads (non-stick burn pads)
  - 1 roll 2” crepe bandage (or co-adhesive bandage such as Vetwrap if you are confident you can use it right) No gauze, as it will turn into a soggy mess
  - assortment of waterproof adhesive bandages (Band-Aids, Elastoplast)
  - Roll of 1” waterproof adhesive tape, or equivalent amount of duct tape
  - 4 antiseptic wipes
  - Blister dressing: 2 4”x4” burn or bed sore dressings e.g., Duoderm Ultrathin, Spenco 2nd Skin, Dr. Scholl’s Blister Treatment
  - Scissors
  - Anti-chafing cream/ointment (e.g., Nothing Butt, Body Glide, Sports Balm Chamois Balm)
  - Needle or safety pin (should be sterile)
  - Suggested items:
    - painkiller – e.g., Tylenol, ASA (Aspirin)
    - anti-inflammatory – Naproxen, Ibuprofen
    - Anti diarrheal medication e.g., loperamide (Imodium)
    - Antacid (e.g., Gaviscon, Tums) and/or anti-gastroesophageal reflux (heart burn (e.g., Pepcid)

- Solo, tandem, C4, SUP: one extra paddle (single-bladed for canoes, double-bladed for kayaks)
- Voyager: two extra paddles
- River map preferably printed on waterproof paper or laminated
  - Recommended: GPS with waypoints and 2<sup>nd</sup> copy of map
- Free standing tent(s) to shelter all racers on the team
- Watertight flashlight or navigation light - Petzel-type LED mounted to boat or a headlamp
- Bailer or pump: one per boat but more are recommended for C4/voyager, does not apply to SUPs
- Backpack stove to boil water:
  - Jetboil with 50g of fuel *or*
  - Other type of stove with pot large enough to boil 16 oz of water and 50g of fuel

Each vessel must conform to specifications listed in Rules (Rule 12, pp 9-11) as well as have the following:

- Towlines:
  - SUP's must have a tether attached to be used as a towline.
  - For all other boats: towlines must be attached and accessible to hand, only use buoyant/floating rope > 6mm (1/4") diameter:
    - Voyager and C4: two 40'
    - Kayaks, tandem and solo canoe: one 20' and one 40',
  - The 40' line must be throwable (e.g., to a dock or boat), therefore a throw bag is recommended to be used for one or more towlines.
- Spray skirt/deck securely fastened with snaps, tie downs, or strong Velcro (see Rule 17e):
  - Solo and tandem canoes and kayaks: full coverage **mandatory**
  - C4: coverage for bow paddler at a minimum **mandatory**, although full coverage is ***strongly recommended***
  - Voyageur ***without*** internal floatation: **mandatory** or,
  - Voyageur ***with*** internal floatation: **suggested**, not mandatory
- Race decals provided by YRMPA showing team numbers applied to either side of bow except where the shape of the vessel necessitates a more visible placement on the stern or top of boat.
- Tracking and messaging device (SPOT X or InReach)
  - activated for tracking and properly mounted on boat deck face up.

#### Personal Floatation Devices:

Each team member must have a Canadian Department of Transport, Canadian Coast Guard, Fisheries and Oceans Canada, or U.S. Coast Guard Class Personal Flotation Device [PFD]. This must be worn at all times when

on the river or water [e.g., swimming]. ***Self-inflatable PFDs are not allowed.*** A PFD that appears to be more than five years old or which has been subjected to heavy use may not offer the user the protection envisaged when new and is likely to be rejected at inspection. PFDs that have been tampered with or modified in any way that affects its fundamental integrity, such as being cut, slit, or torn will be rejected. PFDs passed for use must display conformance to standards via a label attached at the time of manufacture by its maker. Racers from other than the USA or Canada may use PFDs that provide a minimum of 50 Newtons of inherent buoyancy and should conform to one of the following European or international standards: EN393, EN395, ISO12402-5, or ISO12402-6 and be appropriately labeled.