

Paddleboard Race 2026

RULES & ENTRY FORM



DATE and TIME

Tuesday 11th August at 13.00 hrs

COURSE

The race will start at approx 13.00 hrs from Abersoch Main Beach

The course is in Abersoch bay, off the Main beach
The direction and length of the course is weather dependent, and will be advised to competitors on registration.

TIDAL INFORMATION

High water 18.45 hrs approximately.

VENUE

Registration is at the bottom of the ramp in the centre of Abersoch Main Beach.

RULES

PRE-RACE

Paddleboard Race day,

1. Entry forms will be available before event and on beach location on day of event
2. Entrants are to check in with beach event officer
3. After registration, paddleboards must be taken to the beach for placement and inspection.
4. **£5 entry fee.** Late arrivals to sign forms on beach if necessary

GENERAL RULES

1. Competitors must not receive assistance from the shore or any other vessel, e.g. No towing.
2. Competitors are requested to use suitable dress/protective clothing so as to conserve body heat.
3. Start and finishing instructions will be issued to competitors when registering entries at the registration station.
4. Minimum age of entrants, 16 years. At the time of registration every competitor will be required to sign a declaration absolving the organisers from any responsibility. Under 18 year olds must have the signed permission of a parent or guardian.
5. In all matters relating to the Paddleboard Competition the Committee's decision is final.

SAFETY RULES

The decision on whether to go ahead with this event, and how it is to be run, lies entirely with the Regata Abersoch Regatta Committee. Sea conditions, wind strength and direction, wind chill, pollution etc. will all be taken into account before any decisions are made.

1. Well fitting, recognised life preserving devices or approved buoyancy aids must be worn by all competitors – there will be no exception to this rule.
2. No physical interference between paddleboards will be permitted and offending competitors may be disqualified.
3. Safety craft will be provided. It is, however, the responsibility of each competitor to ensure their own safety and be satisfied that they are proficient swimmers. Competitors will be required to sign a declaration to that effect. Competitors will also be responsible for drawing to the attention of the organisers if they have a medical condition, disability or special needs.
4. Competitors must follow the instructions of the safety officials on the beach and in safety boats. Safety officials are permitted to withdraw from the race any competitor who they consider to be unfit to participate or to continue.

GENERAL DECLARATION TO BE SIGNED BY ENTRANTS

All participants will be required to sign that they have read and accept the Regata Aberspoch Regatta's Terms and Conditions before being allowed to participate in the race.

PADDLEBOARD COMPETITION 2026

**ENTRY FORM AND GENERAL DECLARATION
TO BE SIGNED BY ENTRANTS**



To be completed and handed in on the beach before the race, together with £5 entry fee

Name

General Declaration

I confirm that I have read and accept the Terms and Conditions as outlined on the reverse/next page of this form.

I confirm that I am a proficient swimmer

I declare that I have no pre-existing medical conditions that prevents my participation or successful completion of this event.

Name

**Signed (Parent or Guardian if
under 18)**

**Emergency
Contact No.**

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EVENT TERMS AND CONDITIONS

1. In these terms and conditions references to an activity includes all types of fundraising events and activities.
2. In relation to events organised by Regata Abersoch Regatta:
 - 2.1. To secure your place you must pay the registration fee by the date specified unless the event is free;
 - 2.2. All participants must act responsibly and take care for their own safety and that of those around them;
 - 2.3. You must not participate in the event whilst under the influence of alcohol or drugs nor consume alcohol or drugs during the event;
 - 2.4. Photographs and films may be taken throughout each event by Regata Abersoch Regatta or its contractors and agents. Regata Abersoch Regatta relies upon legitimate interest as a lawful basis to use photographs and films featuring event participants for marketing, publicity and fundraising purposes by means of print, broadcast, social media or any other media now or in the future.
 - 2.5. Regata Abersoch Regatta may request consent from a participant to feature in a specific media for marketing, publicity or fundraising purposes. In the event Regata Abersoch Regatta makes such a request it will seek the consent from the Participant (or the Participant's parent or guardian in the event the Participant is under 18) on a separate consent form. The Participant may at its sole discretion choose to grant Regata Abersoch Regatta consent. It is not a condition of the Event that such consent is granted.
 - 2.6. All Participants and the parents or guardians of any under 18s acknowledge and agree that no payment will be made to any Participant for the use of any photographs, images or films in which they may feature.
 - 2.87. Please note that participating in certain Regata Abersoch Regatta events may involve a real risk of serious injury or even death from over exertion, dehydration, accidents with other participants, spectators or road or sea users and other causes.
- The following provisions apply to all activities:
3. You:
 - 3.1. Agree to ensure that you are eligible to take part in the activity in accordance with any criteria published by the activity organiser (e.g. minimum age, height/weight or health restrictions etc.) and agree to comply with any safety guidelines or other activity rules;
 - 3.2. Accept that the onus is on you to ascertain whether there are any risks associated with you taking part in the activity and confirm that you are not aware of, or have disclosed when prompted, any medical condition or impairment that may be detrimental to your health if you participate in the activity. If you become aware of any such medical condition or impairment you will withdraw from the activity. If you are in any doubt as to your physical ability to take part in the activity you must consult your doctor before arranging to take part;
 - 3.3. Accept that you are taking part in and/or organising the activity on your own initiative and agree to participate in the activity entirely at your own risk; and
 - 3.4. Agree that you will not hold Regata Abersoch Regatta, its volunteers or agents liable for any loss, injury, damage or costs that may result from the activity or your participation in it caused in any way, save death or personal injury due to the negligence of Regata Abersoch Regatta or fraud or fraudulent misrepresentation by Regata Abersoch Regatta. We recommend that you obtain personal accident insurance cover for any activity involving risk of injury.
4. If a claim is made against Regata Abersoch Regatta in relation to the activity (except where the activity has been organised by Regata Abersoch Regatta) or arising out of any breach by you of these terms and conditions, you agree to reimburse Regata Abersoch Regatta for any sums which Regata Abersoch Regatta pays as a result of that claim including, but not limited to, any associated legal or other costs and expenses.
5. Any entry fees paid are non-refundable. If an activity organised by Regata Abersoch Regatta is cancelled for any reason, Regata Abersoch Regatta will, at your request, endeavour to refund any fee paid by you to Regata Abersoch Regatta or to offer you a place for an alternative activity. Any refund will be made via the original method of payment and will be processed within 30 days of request by you for a refund. Where an activity organised by a third party is cancelled for any reason, Regata Abersoch Regatta is unable to offer a refund or alternative activity.
6. You agree to comply with any guidance issued to you by Regata Abersoch Regatta or made available on its website;
7. If you send us any photos or video of your activity you agree that Regata Abersoch Regatta may (free of charge) publish or broadcast them to publicise the work of Regata Abersoch Regatta and to promote fundraising in aid of Regata Abersoch Regatta.
8. You agree that you will not do anything to harm the Regata Abersoch Regatta's good name and reputation.
9. These terms and conditions shall be governed by and construed in accordance with the laws of England and Wales and the parties submit to the exclusive jurisdiction of the English Courts.