

River Mill Park
Start-Finish / Transition Zone / Camp Site

Direction of traffic: Right side of the river at all times.

Take Out: North end of dock, marked by flashing lights with shallow water approach. **Approach counter clockwise** around the boy marker.

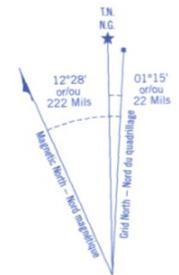
Put In: Dock area marked by flashing lights. Depart right of monument.

Halfway Point
Located in a sheltered bay.

Turnaround: Marked by a large inner tube with an orange frame and strobe light. Light will be on dusk to dawn.

Approach counter clockwise.

ALGONQUIN
OUTFITTERS



Declination
 11.04 W

Map Scale
 1:24 000

DISTANCE
 Including portage at River Mill Park
4.97 km one-way
9.94 km return

Emergency Numbers
705-349-2566
705-571-1159

SAFETY PRINCIPLES

1. **Mandatory Gear List while on the water.**

- a. Each competitor must wear a Coast Guard approved PFD at all times during the water sections of the course. Self-inflating PDFs are permitted.
 - b. Whistle attached to the PDF at all times.
 - c. One paddle per paddler.
 - d. Buoyant towline of >50 feet (i.e., throw bag).
 - e. Bailing device (canoe or closed kayak). Self-bailers are permitted.
2. All teams will **remain within 100m of the shoreline** at all times during the event unless when making a crossing.
 3. **Signal Light/Beacon** turned on are MANDATORY between Dusk and Dawn. The light must be attached to the stern or bow of the watercraft in a manner that allows the watercraft to be identified in a 360-degree manner.
 4. **Navigation Light** in possession by teams is mandatory between Dusk and Dawn. Lights are not required to be on but must be available.
 5. All teams are required to **be proficient in self-rescue techniques**, enabling themselves to re-enter their watercraft should they capsize.
 6. Teams are required to **provide assistance to another team in distress** for example, a capsized boat, broken paddle, and physical injury. If a participant is in physical distress, facilitate getting the participant to the nearest shoreline and flag down a patrol boat for assistance or call the emergency phone number listed on the map.
 7. If a participant is **experiencing physical symptoms** at any point during the event they should return to start line as soon as possible or call Race Management for assistance.
 8. Participants are required to supply all of their **hydration and nutritional needs** for the duration of the event. Participants will be strongly encouraged to maintain good levels of hydrations and nutrition throughout the event. If, during the event, they require additional hydration/nutrition they should flag down a patrol boat for assistance. If participants are experiencing any adverse physical symptoms upon arrival at the finish line they are strongly encouraged to access medical attention from event staff.
 9. **Active Lightening:** Remove yourself from the water in the safest manner possible. Remain remain on dry land until lightening has passed x 30 minutes.
 10. **Motor Boat Traffic:** Please stay to the right side of the river. Do not assume the boat can see you or will provide you right of way. Paddle defensively and with your safety in mind.
 11. **Cell Phones:** Please carry a cell phone with you at all times while on the water. Emergency contact numbers are on the map side.