



George Bass Surf Boat & Ski Marathon



EVENT INFORMATION

Welcome to the George Bass Surfboat and Ski Marathon for 2020
29/12/2019 – 04/01/2020

Are you thinking about entering the GBM2020?

Did you know that the George Bass Marathon is the world's longest toughest surfboat race?

The GBM covers 188 kms of the most spectacular piece of Australia coastline.

The George Bass Surfboat Marathon commenced in 1975, with skis added to the event in the 1990's. It is a truly unique experience for competitors, support crews and organizers. An event where personal challenges are met, and lifelong friendships are formed as part of the GBM family.

There's a lot of information contained in the race information pack so here is a more compact version of the information that you will receive once you have registered.

DAILY BREAKDOWN

<u>Day 1 Sunday 29th December 2019 distance 31 km</u>	Batemans Bay - Moruya
<u>Day 2 Monday 30th December 2019 distance 19 km</u>	Moruya – Tuross Head
<u>Day 3 Tuesday 31st December 2019 distance 22 km</u>	Coila Beach - Narooma
<u>Day 4 Wednesday 1st January 2020 distance 24 km</u>	Narooma – Bermagui
<u>Day 5 Thursday 2nd January 2020 distance 36 km</u>	Bermagui - Tathra
<u>Day 6 Friday 3rd January 2020 distance 27 km</u>	Tathra – Pambula Beach
<u>Day 7 Saturday 4th January, 2020 distance 29 km</u>	Merimbula – Eden

THE COURSE



Note: The safety of all competitors and support crews is our primary concern. The course is subject to change based on weather forecast, swell, wind and surf conditions to ensure the safety of all participants. This will be communicated to all crews during the race.

The Rules

The 2020 George Bass Surfboat and Ski Marathon will be conducted under the rules in the Surf Sports Manual (35th edition), any subsequent amending bulletins and circulars, and the following **local rules**;

1. **Minimum age of competitor is 17 years**
2. All crews must be made up of competitors that are financial and proficient SLSA members and from **one Club only**.
3. All international competitors and club teams must gain international clearance from their governing body and must be submitted to event organisers 1 month prior to commencement of the event.
4. Only accredited **S3 Sweeps** will be eligible to sweep surf boats in this event.
5. A team sheet must be completed daily, to advise organisers of who will be on the water each day.
6. Deep water changes: Observer must raise and keep the supplied flag in the air from the start to completion of every change over. This sends a clear signal to all following boats both in powerboats and race boats that rowers in the water. The changing power boat (or IRB) will have right of way and all trailing boats must change course to avoid any interference with crew members in the water for the duration of the change. The sweep must raise their arm horizontal to the water for at least 30 seconds as a clear signal to following crews that his/her team is about to complete a change. We will require all powerboats (SLSA Inflatable Rescue boats with a prop guard are exempt) undergo a complete motor shutdown during the process **only if rowers are to enter the boat over the transom**, and sea conditions allow from the time they pull alongside the rowers to be collected from the water. The preferred option for entering a powerboat is via a ladder or the side or having the change made by a SLSA IRB. Under no circumstances are powerboats allowed to use Reverse to pick up rowers from the water. **ANY CREWS FAILING TO ADHERE TO THIS REQUIREMENT WILL FACE DISQUALIFICATION FROM THE EVENT.**
7. A medical replacement is permissible. Must be approved by the Event Referee, Event Medical Coordinator and Safety Officer for compelling grounds, at least **1 hour** prior to the days racing. Once a competitor is ruled out, they are unable to return to the race.
8. In the case of multiple surfboats approaching a single turning buoy, the craft nearest the buoy has right of way and other craft must not impede any that are ahead of them.
9. Smoothing/ slipstreaming behind powercraft (support or water safety vessels) is not acceptable. Powercraft are requested to move from the immediate vicinity of surfboats ASAP. Any competitor or crew found guilty of this practice will be disqualified from the relevant leg.

The 2020 George Bass Surfboat and Ski Marathon Committee will direct all matters relating to the actual conduct of the competition.

The 2020 George Bass Surfboat and Ski Marathon Committee may, subject to the rules in the Surf Sports Manual (35th edition) and event rules, any subsequent amending bulletins and circulars, postpone, cancel and/or alter any or all legs of this event, and alter the area of the competition.

Divisions

BOATS

- **Open Men**
 - Row short legs x4 with 6 rowers
 - Long legs x 3 with 8 rowers
- **Open Women**
 - 8 rowers
- **Vets – Men & Women**
 - Minimum age 30.
 - Minimum combined boat age 280
 - Men - Row short legs x4 with 6 rowers
 - Men Long legs x 3 with 8 rowers
 - Women - 8 rowers
- **Super Vets – Men & Women**
 - Minimum age 45
 - Minimum combined boat age 380
 - Row every leg with 8 rowers
- **Juniors 17-23**
 - Row every leg with 8 rowers

**ALL DIVISIONS ARE DEPENDANT ON NUMBERS OF ENTRIES
THERE MAY BE SOME COMBINATIONS eg VETS/ SUPER VETS, OPENS/ JUNIORS**

SKIs (Men, Women & Juniors depending on entries)

- Spec ski (single & double)
- Ocean ski

Insurance

The race is conducted under the SLSA insurance cover.

Only members of a Surf Club will be covered under this policy. It is strongly recommended that every member of the team (competitor and support personnel) be joined up as members of the respective Surf Club prior to the race start. **IF YOU'RE NOT A MEMBER OF THE CLUB YOU WILL HAVE NO EVENT INSURANCE COVER.**

Mandatory Pre-Race briefing

A mandatory pre-race briefing will be held on 28th December 2019 – Venue to be advised. If your team manager and sweep, or paddler do not attend you will not be able to compete.

How is the race run?

For those that have never experienced the “Great Race” here is a brief overview of what you should expect. Final event information will be sent out in early October which will give you more information on the actual race and tactics, but this should give some insight into what you’re in for.

The start every day is in deep water between markers at the back of the surf. Under no conditions do we race off a beach. Remember you will have sliding seats fitted and the straight-line start will set you on a course directly down the coast.

During the race the ocean is your oyster. You may steer whatever course you wish, and many crews do just that. Some stay close to shore while others can be found kilometers out to sea.

The finish will always be fair and square to the racing course between markers beyond the break. You will never be asked to complete a race in through the surf. This is a rowing race not a race of chance and the last thing we want to do is place tired crews at risk by asking them to crack waves at the end of a marathon under race conditions.

Powerboat tips

- Each crew is required to have a motorised craft to convey its additional rowers.
- Powerboats compliant under RMS regulations or IRB as per SLSA requirements
- Clubs are totally responsible for the mechanical condition of their support craft.
- The race will not be delayed because of mechanical failure to any support craft.
- We will be able to help your boat drivers at our briefings each day to provide all the information on local sea and bar conditions.

Health and Nutrition

A Doctor and nurse will be on board a support boat for the duration of each leg of the Bass.

Crews and support boats will be told the name of the boat and the radio call sign to contact the Doctor, both at the main briefing before the commencement of the event and at each evening briefing.

The George Bass is both physically and mentally demanding event, so before you commit to the GBM ask yourself;

- Am I up for the challenge?
- Am I physically ready for this?
- How has my training been?
- Does my ability or lack thereof put others at risk if I need to be rescued?

Below are some general health tips to remember

- Physical & mental fitness
- Hydration
- Sunburn
- Sea Sickness
- Blisters
- Bluebottle Stings
- Strains & Sprains
- Nutrition
- Medication

Staying safe at sea

As mentioned earlier The George Bass is a demanding event. It is important you look after the welfare of yourself and your members.

There will be event doctors and medical team who will make determination if rower is unable to continue in race. Injuries should be reported to the event doctor.

Whilst at sea there will be a medical boat equipped with basic first aid equipment and doctors and nurses. They will be able to provide basic assistance and support. In an emergency/critical incident the event emergency plan will be enforced with professional evacuation sought. This could involve evacuation from the medical boat by helicopter, IRB transport to nearest beach to link up with emergency services etc.

There will be a first aid team at each of the finish locations providing assistance as required.

There will also be First Aid facilities available on either the Referees Boat and, on a boat specifically designated for this purpose. Clubs should also come equipped with First Aid materials and kits and should ensure adequate drinks, warm clothing, sun screen and wind protection is available in the support boats.

GPS Trackers

GPS Trackers were introduced to the GBM in 2016.

For event organizers it gave us peace of mind knowing where competitors were at any given time and was an added safety measure to track your progress.

For family, friends and support crews trackers gave them the ability to follow your progress from the comfort of home anywhere in the world, via the live site.

Radio Communication

Each team/support boat needs to provide their own VHF radio in the surfboat or in the support boat which will be on the designated race channel VHF ship to ship 77 so that the Race Officials, can contact every boat at any given time.

Camping

The George Bass will have three camp sites. There will be a minimal cleaning fee per camp site introduced this year (cost to be advised). Teams using these campsites are required to provide a fully refundable security deposit of \$300 in the event of damage.

Please email Sue georgebassmarathon@gmail.com if planning on using the camp sites, what days you plan on being there and approximate numbers

Daily briefings & Presentations

It is essential that members from each Club, preferably Team Managers and/ or Sweeps, be present at the daily de-brief and safety meeting – non-attendance can result in exclusion from that day's leg.

To support our sponsors it is requested that representation from each Club be present at the daily presentations. Those not present can be excluded from daily prizes and draws.

GBM 2018 Social Events – subject to change

There are four key events during the week that are as iconic as the overall race. All crews are encouraged to join in the camaraderie and have a bit of fun to help make the week to remember. Date, time & Venue - TBA

1. **Calcutta**
2. **Red Faces**
3. **Pick a Bum (18+). Kids activities will be organized whilst Pick a Bum is happening**
4. **Final Presentation**

This is a great opportunity for all involved in the event to let their hair down and relive the highs of the week.

Event contacts: georgebassmarathon@gmail.com

Race Director	Andrew Holt	0414 980 572
Race Co-Ordinator	Sue Hunt	0401 361 822
Safety Co-Ordinator	Steve Dobson	