

Checklist for Do-It-Yourself Boat Control

This instruction is created to assist athletes, coaches and team leaders to avoid disqualifications in Boat Control of international events according to racing rules of ICF Canoe Sprint 2011-2012. Please contact to Chief Official of Competition Event or ICF Canoe Sprint Committee if you need more information or you have ideas to make this instruction better.

A. Is a scale ready?

- #1 Check Does the scale show "0.00" before weighting?
- #2 Calibration If display shows something else **press** [→ 0 ←] -button before weighting. Be careful that nobody touches the scale at the same time

B. Is a boat ready?

- #3 Dry boat Is your boat **totally dry and clean** from foreign substances? If not, please clean and dry your boat carefully before weighting.
- #4 Empty boat Has all loosely fixed things removed from a boat? If not, please **remove everything which is not permanently fixed** before weighting.
- #5 Extra weights Have you **fixed** your **extra weights** into a boat structure? If not, please fix it because volunteers might drop it easily in Boat Control #2 after your race. Officials are working according #4
- #6 Lane number Have you removed your lane number plate? If not, please **remove your lane number**.
- #7 Correct parts Do you have exactly **correct seat and footrest or floorboard and kneeblock(s)** inside a boat?
- #8 Devices Have you removed your **wrist watch, gps, heart rate monitor and other real-time feedback devices** from your boat? If not, please remove your equipment from the boat.

C. Is a Boat Control Tent/Area ready?

- #9 Wind Is there a perfect wind protection around the scale (a tent with 3 walls)?
- #10 Extra weights Do you have extra weights available to have marginal enough?
- #11 Marginal Do you know the deviation of the scale to estimate a proper marginal for extra weight needed? (For **K1/C1: 50-100g, K2/C2: 100g, K4/C4: 100g**)

D. Weighting of Boat

- #12 Position Please put your boat onto the scale carefully to the position that bow, stern or rudder do **not touch anywhere**
- #13 Extra weights **Mark all the fixed extra-weights** so that you will immediately see if anyone has changed them
- #14 Modifications **DO NOT CHANGE ANYTHING AFTER WEIGHTING!**
- #15 Always check Check your boat on scale **before each race**; Ask assistance from Boat Control Officials or ask your Team Leader to contact Chief Official if you don't understand this process of Boat Control