

## **Demonstration and Foreruns**

### **Canoe and Kayak Events**

#### **Demonstration Runs**

The boats included for the demonstration runs should be:

- 2 C1M,
- 2 C1W,
- 2 K1M,
- 2 K1W

There must be no more than two boats per event.

All paddlers should be capable of achieving the gates on an international level course.

Demonstration runners must be assigned bibs for identification purposes.

An HOC who do not feel they can provide a suitable level of Demonstration runners should invite participants from other Federations or discuss solutions with the Technical Delegate.

If possible it is wise to allow the Demonstration and forerunners a training slot during the official training (see Official Training).

### **Canoe, Kayak and Kayak Cross Events**

#### **Foreruns**

The purpose of the forerunner is to check that all aspects of the timing and scoring system are functioning correctly and to act as a rehearsal for all staff involved in that process. Foreruns also allow Coaches and Competitors another look at Athletes on the course.

Foreruns should include only two boats from each event that is competing in the following session.

The full timing and scoring system should be operating during the foreruns including TVS and results publishing and distribution. Forerunners must be assigned bibs and a start list produced.

At least 15 minutes prior to the commencement of competition on each day, or following a substantial break in the competition during a day, forerunners should complete the course.

The foreruns should operate on the same start interval as the next competition session. Athletes must complete a continuous run.

#### **Relevant Rules**

Link to ICF Canoe Slalom Competition Rules, <https://www.canoeicf.com/rules>