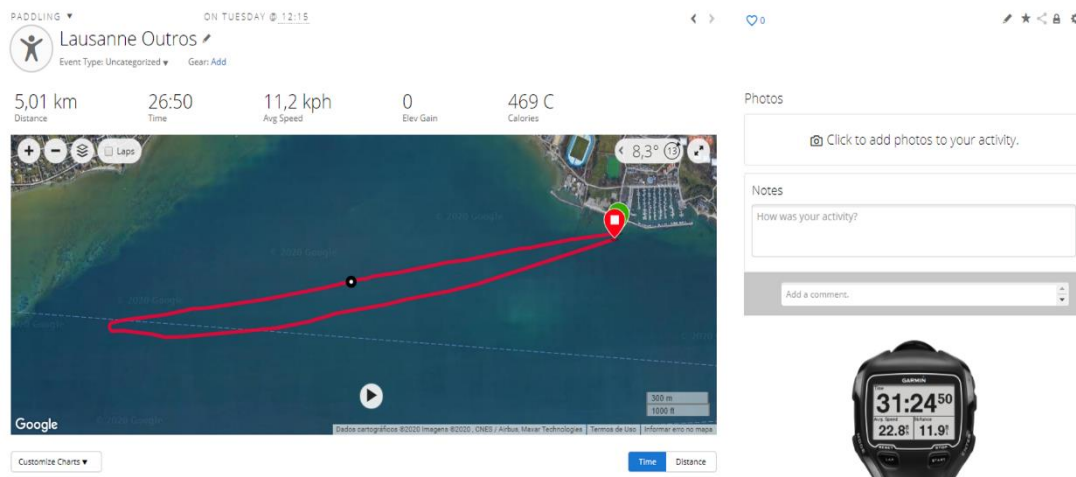




## Participation rules and guidelines for the ICF 5km Paddle Challenge

1. The event period starts from May 15<sup>th</sup> to June 14<sup>th</sup>
2. Each week the results of all participants will be updated and the weekly winners will be announced on the event website [www.canoeicf.com/5kPaddleChallenge](http://www.canoeicf.com/5kPaddleChallenge)
3. To enter the event – follow the link <https://bit.ly/5kPaddleChallengeEntry>
4. Choose how you will participate – Ergometer, Boat or Board (only single paddling craft can be used). Each entry can choose only one type of craft. Multiple entries are allowed if you want to participate in multiple crafts. Note that all crafts used must be in line with normal safety standards for paddling.
5. The event distance is 5km.
6. Upload your result at <https://resultscui.active.com/events/ICFvirtualrace>
7. Every participant can send unlimited number of paddling sessions during the competition period.
8. If you use an Ergometer, for the result to be valid, your machine should have a board computer recording at least the distance and time. You must send pictures of start and finish readings.
9. If you use a boat or board, for the result to be valid, you will need to track your time on a GPS device and upload a screenshot of your record on the above results page. The screenshot must contain the distance (5km) and time. Example below



10. If paddling on water:
  - i. On Sea/Lake- full distance should be paddled as half in one direction and the second half in the opposite direction (point A-B-A). The distance should be done with at least one 180-degree turn. There is no given size of the turn.
  - ii. On river/creek- full distance can be in one direction from point A to B without having to return.
11. Questions send to [entries@canoeicf.com](mailto:entries@canoeicf.com)
12. Paddle safely but most of all have fun. We look forward to seeing your results