



Fédération Française des Sociétés d'Aviron
Association Toulouse Pierre-Paul Riquet
Rallye du Canal du Midi

Hello everybody,
Here is some advice for the Rally :

You will embark at 8 o'clock on Monday August 2012 for the first, longest, and the most difficult stage because of the upgoing locks (the next day will be better, as the locks will be reversed). So, regular rallyists, please help out the new ones by showing them how to board and land. We'll of course be there as often as possible, but...

We do not have the right of way on the canal, therefore a smile is better than a "row" with anyone. When your boat is overtaken you must give way, especially when going under a bridge. Pull in the oars under bridges.

To embark, go far enough on the bank so as not to stop others. On landing, do not go too close to the lock, as the closer you get to the lock, the higher the haulage way will be.

At the Monstgiscard lock, you'll probably have to take the boat up the slope, the crew from two boats should get together to make it lighter. I'll be staying around that lock. While boarding or landing, lean towards the side of the boat where your oars are flat on the water, capsizing often takes place between boat and bank !

Even if the stage is timed, do not shout at rowers who are landing, help them rather, it will be faster.

As you row along, you will find more tree roots emerging : mind your boats !

Two to three people will be there to help you with your small wounds, do not wait for an infection but ask them for advice.

Take one water bottle for each rower but do not waste it, water is scare, do not leave your bottles behind. Do not leave any litter behind, plastic bags or bottles...

It is forbidden to bathe in the canal, even at the end of the stage in the evening, as you can get leptospirosis in many rivers and canals. You'll find soap in the trucks to wash your hands with.

Do not forget to eat well, and drink... water.

When cycling you must be between Henri who goes first and the one who will be at the end of the caravan, on the hauling way. Minors must at all times be in touch with either an adult or a boat.

Have fun on the Rally !!!

Watch out : 150 meters after the start, there's a pillar under a bridge, in the middle of the canal, rowers and cox, beware ! (it's the only one on the whole itinerary).

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