



MyDW Guidelines

We can't run the world famous 125 mile Devizes to Westminster International Canoe Race this year... but we are challenging you to complete the distance over the coming weeks. The challenge will start on Good Friday, but instead of just being the 125 miles down to Westminster, you will have 9 weeks from 2nd April to 6th June to complete 125 miles in any combination of distances and times on the water.

If you were thinking about following the DW course, we urge you **NOT** to. Whilst you are free to paddle any route that you like, you must adhere to the **relevant government Covid restrictions**, follow all local regulations regarding rights of way and access points, take note of **British Canoeing guidelines** and be aware of all river conditions, hazards, etc. If you will be paddling at your club, you must follow any club regulations that have been put in place.

Please do not paddle on the Thames tideway below Brentford. The DW Organisation works very closely with the Port of London Authority and must adhere to multiple conditions, including the deployment of safety boats, to get permission to use the tideway. **DO NOT AIM TO FINISH AT WESTMINSTER.**

You will also need the relevant waterways licence if you are not a British Canoeing member.

The MyDW rules are very simple:

1. Be safe

You must follow social-distancing guidelines and follow local Covid restrictions. Keep your paddles local.

Please paddle responsibly without putting yourself or others in danger. There is no safety support and you are on your own. One of the aims of the challenge is to promote canoeing and we don't want negative publicity.

Just as it would be for any training paddle, it is entirely your responsibility to ensure that you are safe when taking part in **MyDW**.

2. You must only paddle out and back routes

You must start and finish the route at the same location. No just paddling downstream!

3. All boat types are eligible for MyDW

Unlike normal DW rules, this challenge is open to any single or 2 person boat that is propelled by a single or double bladed paddle. This is a one-off, embracing all forms of boats. The aim here is to encourage paddling of all formats and to raise money for charity.

DW will return in 2022 with the usual classifications of permissible craft allowed to enter, together with all the other rules that make it the unique race that it is.



4. Upload your Times and Distance

The MyDW challenge is being supported by Ludum. You will need to upload your distance and time onto Ludum - this can be done direct using GPS devices and software such as Garmin, Polar, Suunto.

If you don't have a GPS device, you can download and use the Ludum App on your phone to record your sessions.

We will be sending out detailed instructions on how to register and use the Ludum platform before the challenge starts.

Through Ludum, you will be able to see a leader board showing distance and times across various categories. No prizes for the fastest paddlers, it's just for fun! **Please be honest.**

5. Have fun with it all

This is your challenge so have fun getting out on the water. Why not plan your last paddle to have you finishing the 125 miles as you get off the water. See if you can get a family member or two to be with you at the finish to celebrate. Please take photos showing you at your finishing line and share with the canoeing world.

6. Use the opportunity to raise money for a good cause

MyDW is supporting the Dorothy House Charity and we are asking the paddling community to help raise money for this valuable organisation. Your entry fee of £10 per paddler will contribute to the **MyDW** fundraising total. We are looking to set up a Just Giving page so you can pass on any money you raise directly through that.

If you are looking to support a different charity, please can you let the DW Committee know the total amount that you raise.

We will be awarding **THE PFEIFFER CUP** for the crew or individual that raises the most sponsorship. This will be awarded at the 2022 prize giving.

Every paddler that completes the MyDW challenge will receive a certificate and memento – we won't be giving out medals.

Please share your challenge on social media #MyDW