

South Wales Canicross De Cymru

RACE RULES

Equipment:

It is the responsibility of the dog handler to ensure that both they and the dog are wearing the appropriate kit suitable for trail running.

It is advisable that dogs are run in a well fitting harness, bungee line and that runners wear a running belt. However, it is acceptable for runners to run in a normal collar/harness and lead.

The following equipment cannot be used:

- Slip lead/collar
- Choke Chains
- Halters
- Anti-pull collars/leads
- Flexi-leads

Failure to abide by these rules will result in disqualification.

Your responsibilities

To help ensure the continued acceptance of the sport and the availability of trails that will accommodate dogs:

- Always pick up after your dog – carry poo bags with you at all times.
- Leave the trail in good condition i.e. no littering.
- Remember not everyone loves canines like we do, keep yours under control and on a lead at all times.
- If you have an aggressive type dog, don't provide the opportunity for it to be out of control.
- Although facilities will usually be available, we recommend that you bring water for your dog.
- No physical or verbal abuse of your dog is allowed.

Cubs - please note:

For safety reasons, it is compulsory for an adult (over 18) to accompany Cubs (under 11s) on the course (in case a child is approached by a member of the public, gets lost, injured, or their dog is involved in an incident with another competitor's dog or member of the public's dog). The adult and child can if they wish, be both attached to the dog, via two hand held leads, bungee lines or a two dog bungee line in reverse or the adult is to run along side but not in front of the Cub. Pairing of dog and child in relation to the course, conditions, dog size, dog weight and dog handling is the responsibility of the parent or guardian.

During the race:

- We will use an interval start. This means that runners will be set off at intervals decided by the time-keepers.
- It is your responsibility to line up in number order and come forward to the start line when called by the timekeepers/race starter.
- Give yourself, your dogs and other competitors space on the start line.
- Control of your dog is required.
- All must be able to handle their own dog/s without assistance from the point at which they join the queue at the start to finish.
- Any members aged 16+ can run one or two dogs in each category, if you decide to run two dogs, please make sure you are still able to control your dogs effectively and pull to one side if someone needs to pass.
- Move off the trail if your dog needs to relieve itself and remember to pick it up.
- If you wish to muzzle your dog, please ensure that it is a racing style muzzle with enough room for the dog to pant properly and take a drink where needed. If your dog is reactive, we would recommend to wear something (A yellow ribbon is the most simple) to identify your dog as reactive, so people passing can give you ample space.
- Please try to maintain a good rapport with other users of the trail. You may encounter dog walkers, cyclists, horse-riders and other trail users - a smile or good morning greeting never goes amiss.
- Please do whatever it takes to make other trail users feel comfortable and not intimidated or inconvenienced – we'd like to use our venues again.
- When overtaking other runners on narrow trails, call before overtaking. Shout out as clear as possible if 'passing on the right' or 'passing on the left'. If being overtaken, keep your dog close.

- When passing other runners, each party should ensure this is done safely, allowing plenty of space for each runner and ensuring dogs do not become tangled.
- Dogs should be attached to the runner at all times except in cases of extreme danger to dog or runner. Dogs are allowed to run at heel.
- Runners should not go ahead of their dog at any stage except in cases of danger to dog or runner.
- The swapping of dogs during a race is not allowed. The dog you start the race with is the dog you must finish the race with.
- If for any reason your dog refuses to run you must not force your dog to run and you must retire your dog, however you are able to run without the dog if you wish. If you decide to drop out of the race, a RET (retired) result will be recorded in the results.
- Racing bibs supplied by South Wales Canicross must be worn on the front of your garment attached with 4x safety pins – one in each corner (please supply your own pins). The whole bib must be visible at all times during the race. If your bib is not visible to the start timer you will be asked to leave the start line, rectify the problem and be moved to the end of the queue to restart. The whole bib must be visible to the finish timers, marshals, the public and other runners throughout the race - failure to do so may result in your time not being recorded.
- Animal cruelty, unsportsmanlike, aggressive, threatening, abusive or any behaviour deemed to be unacceptable at any stage during the event will not be tolerated. As well as the distress negative behaviour causes, South Wales Canicross events are attended by families with young children. The venues are public places where families come to enjoy themselves. This also extends to intimidation or harassment of dogs, runners, marshals, helpers, volunteers or South Wales Canicross outside of events.
- Please contact marshals if you/your dog experience difficulties, or if you decide to drop out of the race.
- Any form of abuse of marshals will result in automatic disqualification and possible ban from future events.