

First update of NoR/SI was released on 15th July 2023. Below is an explanation of the changes made:

1. **The panels of all committees** have been presented.

2. We have added an additional **paddling rule**. The rule clearly explains the way of paddling on the course: we go in a standing position non-stop, except when we fall into the water, and then it is allowed to pull the paddle up to 5 times in a position other than standing. So you can't go down to a sitting or kneeling position before a wave, buoy or shallows in order to avoid falling or gain time by rounding the buoy. Breaching the rule will result in a time penalty in accordance with 18.5.

3. Main **regatta safety meeting** will take place on Friday at 1900 after registration closes. Check-in location will be announced on ONB and whatsapp group. During the meeting, we will discuss the plan for Saturday and Sunday, explain the rules and answer your questions. Get ready for this meeting because there won't be much time to discuss during the races. On Saturday and Sunday we will only do brief meetings regarding the planned races. Again, we urge you to read NoR/SI carefully and point out the things you don't understand – let's talk about it on Friday evening. This avoids mistakes and penalties.

4. **Starting position on the water** will be indicated at the safety meeting for the race. Depending on the prevailing water conditions, this will be a sitting or standing position.

5. For the long race, we added **an optional start signal** – a cannon shot.

6. We got permission from the Maritime Office to **start the long distance race inside Kolobrzeg port**. Of course, assuming that the conditions between the port breakwaters will be appropriate for safe sailing out of it and for safe rounding the eastern breakwater of the port. The course will be approximately 9 km long. We are convinced that you will like this long race. It will include paddling in various conditions, i.e. flat water without current, flat water with current and sea conditions. There will be two starting lines. Women will line up in the first line and men 150m behind them. Start on the same starting signal, so there will be no crowds at the start and the peloton will be "mixed" under the lighthouse, when the fleet will be safely stretched out. Passing under the lighthouse, we ask for wide smiles (you will be a real attraction for tourists), which will be immortalized by a drone and a pair of good photo glasses. Don't be surprised that you will be greeted by their typhoons as you pass moored passenger ships. Such an event has never been seen in Kołobrzeg before.

7. After consultations with the judges and coaches and at the request of women riders themselves, we decided to **run the long distance for women** of the same length as for men. We are impressed by women fighting for equality 😊