

HCC Landcrew Talk

- Be prepared to get wet
- Find a friend to help you landcrew if you can
- You are the Fat Controller. Care for your paddler as their coach would.
- Be organised. Your paddler won't necessarily be.

1 week before

- Ensure your paddler has all the HCC compulsory items they need to carry on their boat. If their favourite pfd is old and not 2013 HCC tested, take a spare in case it doesn't pass
- Your paddler should write down their race plan in discussion with you. Find weaknesses with the plan (eg trying new things on the day / unrealistic targets etc).
- Download the HCC landcrew maps etc to your iphone /ipad /tablet and / or print them out
- Print the HCC paddler map, write on it the earliest times your paddler expects to arrive at each checkpoint
- Make separate paddler and landcrew lists of what to take
- Make a list for each checkpoint of what you will take to each checkpoint (one for paddler things, one for your things).
- Check car: spare tyre has air, car battery is good and key batteries have power (take spare key). If using someone else's car, ask them to do these things and ask of any car specific things you need to know.
- Wash all paddlers race clothes and pack them. Prepare everything you can in advance; check your paddler is organised and double check their pack
- If required, practice changing over drink systems, GPS batteries etc
- Oversee your paddlers nutrition, sleep and hydration during race lead up

1 day before

- Fill car with petrol, fill washer water, clean windscreen
- Prepare / pack all final things from your list
- Make a last list for the race morning pack
- Charge your phone / ipad and paddlers GPS

On the day

- Sleep in for as long as you can. This will be easy because you will be organised! No panics on the day.
- Pack your car with paddler things on one side and landcrew things on the other. Makes life easy in the dark.

Windsor - Start

- Take lunch – There may be a BBQ and coffee van but don't rely on it, especially not for your paddlers lunch
- Control your paddler:
 - When you arrive, register then get the compulsory items and the boat together and go to scrutineering when the queue is small.
 - Your paddler may be like an excited puppy. Control them. Get the boat and all paddlers race things set up first THEN chat and hang out with friends.
 - Watch the time – make sure your paddler is drinking and eating as per your race plan. Start getting your paddler dressed and ready one hour before their start time
 - Vaseline / Gurney goo your paddlers hands and bits that might chafe 1 hr before start (<https://www.gurneygears.com/gurneygoo>)
 - Don't let your paddler get on the water with too much warm clothing on. Pack it in a dry bag and place within paddlers reach in the boat.
- Before you leave Windsor or on arrival at Sackville go to the toilet and if partaking in BBQ dinner at Sackville, buy it well before paddler arrival time - don't leave these things until your paddler turns up at Sackville to find you are looking after your own needs– they get upset ☹

Sackville

- The car park is a long way from the checkpoint so keep personal items you carry to a minimum (use backpack - take rug / snacks / money for BBQ – no seat unless your paddler needs one).
- Take any clothing/food agreed from your race plan plus any extra things your paddler might need if conditions have changed. **This is the crucial checkpoint to ensure your paddler is dressed and resourced appropriately to continue. Check their body temperature and adjust clothing as required.**
- If fast paddler – return to your car promptly and get going to Wisemans (sometimes big queues for bus – you are not allowed to walk)

Wisemans

- Get your car and gear organised again on arrival.
- Know where the LCRK campsite is and use it. It IS your best friend on the evening.
- Before you walk to the LCRK campsite, go to the toilet (located at car park)

Brooklyn - Finish

You will need:

- Money to buy BBQ/coffee/drinks
- Seat/blanket and beanie for paddler (if really cold – remember there is a space blanket in their pfd)
- Favourite drink (preferably fizzy) and choice of 3 foods your paddler loves and are easy to eat – include protein (even a burger!)
- Your things to keep you warm and comfy

When your paddler finishes

- **Immediately** throw a rug around them, put a beanie on, and give them food and drink. Encourage them to keep eating because they will soon be asleep for a long time and must be satiated
- Get them changed into warm clothes
- If your paddler rendered assistance during the race and wants their time corrected, you must notify the race director *in writing within 3 hrs* of your paddlers finish time.

Tips and hints

Driving

- Find another vehicle as a travel buddy; anyone you meet on way back to your car... it helps keep you alert and you can get lost together 😊
- Easiest to use maps on ipad because they are backlit and zoomable
- use a GPS if you have one
- Driver consider taking a GU or energy drink just before the drive home

Paddler Wellbeing

- You are responsible for your paddlers temperature and comfort. They often need a lot of guidance because they arrive cold / hot, sore or exhausted making it hard to think clearly. Help them stick to their race plan if all is going well.
- On arrival at each checkpoint, tell them their time, and who is in front of / behind them if relevant.
- If paddler remains in boat:
 - Feel their body temperature (back, chest, arms, legs) assess clothing accordingly. Don't let them self-assess without checking them. If they take clothing off, repack/replace on boat in dry bag

- Ask if they are chafing anywhere – apply Vaseline or gurney goo. Quick massage if required.
 - Feed and water them as planned, wipe their face if necessary
 - Clean out and sponge out the boat and repack/restock clothes/food/water as planned
- If paddler is getting out of boat:
 - Have all the gear you need for your paddler laid out on a rug/towel so you can locate it easily
 - Immediately put rug around shoulders, and dry beanie on head. Have a seat ready and offer it.
 - Give some food then change clothing if changing. Maintain good body temperature. Monitor your paddler's wellbeing. Ask how they feel, any problems they had on the water.
 - Apply vas / goo if chafing. More food, rest and massage after that.
 - Once your paddler is cared for, clean out and sponge out the boat and repack/restock clothes/food/fluid as planned
 - If your paddler is in good nick and you didn't plan a long checkpoint stay, then don't let them overstay. 10 minutes is plenty for recuperation. Resting longer just makes means a longer night for you all. Stick to your race plan.
- If your paddler is unwell, get them out of their boat to stretch, assess for hyperthermia, take to medical aid if necessary. Keep them warm.
 - Stick to your paddler plan and objectives. No regrets.

General

- Pack your landcrew and paddler gear completely separately
- Consider your own fix it kit in addition to paddlers kit (then you can always find what you need)

Some things I think are important to pack:

(in addition to compulsory equipment and your paddlers things)

- First aid kit incl. vaseline or gurney goo (remember ibuprofen and paracetamol can be safely administered alternately every 4 hrs if your paddler is in pain but well enough to continue)
- Water specifically for myself
- Toilet paper / container for Wisemans
- Sling pack for servicing paddler in their boat

- Wear a waterproof watch
- Backpack to carry things to checkpoints
- Road map / GPS if you have one / HCC booklet incl. landcrew and paddler maps
- Lists saved in my iphone/ipad (easy to read – don't need torch)
- Spare car keys
- Ipad/tablet with downloaded HCC maps (great for navigation in dark – also good for entertainment if you have a long night ahead of you)
- Headtorch
- Spare batteries if your paddler's GPS has a short life
- QUALITY gaffer tape (Nashua 457 is best) (not duct tape – it doesn't stick)
- Scissors / Stanley knife / pliers
- Shock cord /tethers to tie things onto boat
- Sponge to dry out boat
- Small towel to dry boat deck if you want to tape anything on to it (eg bananas, gu etc)
- Towel / rug to sit on
- Spraydeck (even if your paddler doesn't want it – take it)
- Warm rugs and beanies for you and paddler
- Wet shoes– make sure they are mud-suck-proof.
- Gortex jacket
- Some snacks – unless you have a really long night, don't overdo them – all just makes more stuff to carry. I usually take snacks a paddler might like too, just in case *any* paddler needs some extra sustenance if their plan has gone wrong.
- Phone with alarm or an alarm clock in case you want a sleep
- Layered clothing which rolls up high on arms and legs easily
- Full change of warm clothes for you and paddler
- Large wet tub that will fit paddlers pfd etc after the race

And very importantly....

There are Lane Cove crew at Sackville and Wisemans. They will be in the water and on land and happy to help you with anything. So utilise them, even if you don't know them, and especially if you are landcrewing on your own. I am notorious for turning up to checkpoints and organising everyone with jobs to do when my paddler comes in. Everyone helps willingly (or maybe they are just scared of me) and it's great fun. Be part of it. We are a great team.

Finally – if your paddler is behaving like a crankypants, don't take it personally, and don't bite back. Feel the love ☺