

# 2025 SHORT COURSE GUIDE

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# D R E A

**EVENTS** 

HAPPEN

Step into a dreamscape of wondrous events and embark on unforgettable adventures in Perth / Boorloo, the most relaxed and naturally adventurous capital city.

- Soar over the dreamlike Avon Valley in a hot air balloon or experience true awe paragliding.
- Sip your way through the award-winning Swan Valley, home to more than 40 wineries and 70 restaurants and cafes.
- Feel the thrill of powerboating, skiing, stand up paddle boarding and kayaking in the region's otherworldly 295km long Avon River.
- Watch Mother Nature paint a fiery sunset over the sparkling Indian Ocean at one of Perth's 19 beaches.
- Cycle or walk along the Swan River / Derbal Yerrigan and experience Perth's unique flora and fauna.
- Feel the thrill of Optus Stadium's Halo Rooftop Walk or Matagarup Zip+Climb.
- Discover Rottnest Island / Wadjemup, where you'll be greeted by 63 wondrous beaches and the world's happiest animal, the adorable quokka.
- Immerse yourself in Noongar culture on an Aboriginal tour discover the cultural significance and ancient stories of this region.

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#### WELCOME MESSAGE FROM HON REECE WHITBY MINISTER FOR TOURISM

#### Avon Descent 9-10 August 2025

The Western Australian Government is a proud sponsor of the Avon Descent through the Metro Events Program.

The Metro Events Program was established in 2024 to support local event holders to expand their existing events, further activating the Perth region for locals, and drawing in visitors from outside Western Australia.

In its inaugural year, 11 events, including the Avon Descent, have been awarded funding through the Metro Events Program. The Western Australian Government is proud to sponsor these events, which help bring vibrancy to the State, give visitors a time-sensitive reason to book a trip to Western Australia, and enhance the experience of tourists in the city.

The Western Australian Government also sponsors a range of sporting, cultural, arts and culinary events across the State, as we strive to populate an exciting, diverse and world-class calendar of events that is always on, year-round.

Tourism is a key part of the Western Australian Government's plan to diversify the economy, create jobs, and develop business opportunities. Events play an important role in this plan as we strive to achieve our vision for Perth and Western Australia to be the fastest growing events destination in the South East Asia region.

We hope everyone enjoys the Avon Descent and takes the time to explore all that the Perth region has to offer.

HON REECE WHITBY MLA MINISTER FOR TOURISM

## Short course options

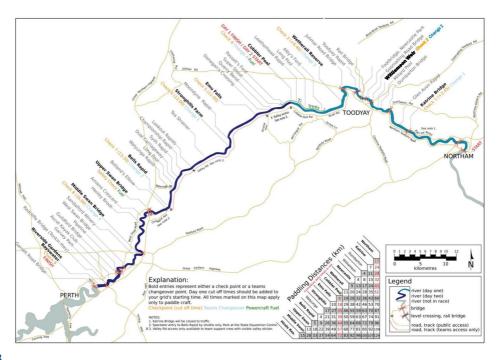
Participating in the 124km Avon Descent is a physical test and requires experience and know-how that does not suit all competitors.

Northam's Avon Descent Association offers short course options to accommodate a greater involvement by individuals and teams. All short course options come under the Avon Descent banner and are marketed as participation options and not specifically separate events.

#### 2025 course options include:

- Day 1 Super50
- Day 2 30km Swan Classic
- Day 2 17km Lilac Challenge
- Day 2 5km Bayswater Splash and Dash

### Course map





Day 1—Saturday 9 August 2025 Start at Northam Weir End at Cobbler Pool, West Toodyay

This option is available on day 1 of the Avon Descent and provides access to the event from Northam to Cobbler Pool. The course is approximately 52km and participants have full access to the same support services (including timing and the Avon Descent Support Unit) as the 124km competitors. Paddlers and Power craft need to be scrutineered for the Super50, as the course contains white water. Competency is also required.

## Stickers and race numbers

#### **ID Numbers**

**PADDLE CRAFT:** Your official CRAFT Race ID Number sticker will be given to you at scrutineering. Your HELMET Race ID Number Sticker will be given to you at Friday registration along with your BlueChip UHF timing tag.

**POWER CRAFT:** Your official HELMET Race ID Number Sticker and BlueChip UHF timing tag will be given to you at Friday registrations.

#### ID stickers and timing devices

**HELMET STICKERS:** Participants must have their helmets clear for both the timing chips and race ID number—please ensure any old numbers are removed. Any participants with a carbon helmet must apply a foam spacer between the helmet and the timing chip. Please see the BlueChip timing team at registration if you need the spacer.

**TIMING CHIP STICKERS:** The timing device is a sticker which is Ultra High Frequency. There are two stickers for individual participants, teams of two and teams of four. Double or triple paddle teams and power craft teams will receive 1x set of timing device stickers which must be worn by the front paddler or power craft driver. Stickers must be placed one on each side of the helmet so be sure to bring all helmets to registration.

RACE ID NUMBER: The sticker is to be applied over the top of the timing chip on the helmet. The timing chip must be applied straight and without folding, crinkling or bending. It must also not be stuck over any screws or metal plates on the outside of the helmet. Timing stickers must remain on the helmet for the duration of the event.

## Day two short courses

#### **Participants**

Participation in the Day 2 Course Options is open to paddle craft only. This course option suits recreational paddlers and is less restricted than the Avon Descent—competitive craft specifications do not apply.

Likely craft involved in the optional events includes (but not limited to):

- Single, double, fours, six and multiple considerations
- Recreational kavaks
- Surf skis
- Ocean paddle craft
- Stand up paddle boards
- Outriggers
- Dragon boats
- Surf boats
- Rowing shells

From the Start

- The condition of the craft or the choice of suitable craft used will be the responsibility of the competitor and it is expected that all paddlers will have the ability to self-rescue in flat water conditions.
- As a result of the river width from bank to bank the race is a timed race from start to finish without a stop with the fastest winning craft in the selected division taking out the win.
- All craft will start in waves with a short interval between each wave.
- All craft will take up a single file formation to negotiate all bridges with narrow access.
- At the West Swan Road—Barkers Bridge all craft are to negotiate a passage under the bridge in single file. No overtaking is permitted from 200m approaching a bridge and all craft are to negotiate the bridge with extreme caution and safety.
- Craft may overtake at any time other than on an approach to a bridge. If approaching a craft in front, the overtaking manoeuvre must be on the left of the craft in front.

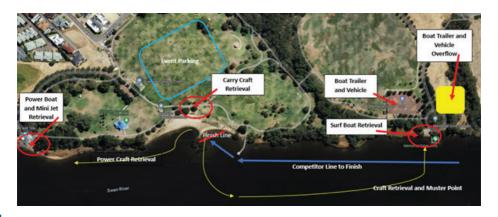
- An announcement is to be made in the tighter sections of the river that
  overtaking is about to happen and the boat in front must give up their
  position and move over to the right if posable.
- Clear communication will avoid collision, damage and injury.
- Overtaking is on for all once passed the bridges. Communicate the passing manoeuvre once again.
- Single file formation again around Fishmarket Reserve Guildford Boat Ramp and before the rail and traffic bridges ahead.
- The island at Garvey Park approximately 2.5km upstream of the start/ finish line and adjacent to the Ascot Kayak Club is to be negotiated with the island always on the left and passing it with care when the river narrows.
- When passing under the Redcliff Bridge Tonkin Highway, use care when negotiating the bridge that is not a single file passage.
- The finish for all craft will be through a finish line located near the beach just past the jetty at Riverside Gardens in Bayswater.
- Craft operators will then take instruction from marshals.
- All competitors under the age of 15 must wear a life jacket. Competitors
  over the age of 16 have life jackets as an option but strongly
  recommended. Helmets are not required. Carrying drinking water is
  strongly recommended.
- These course option suits craft with under rudders, who cannot participate in the Avon Descent because of the rapids but want a challenge and be part of a bigger event rather than a casual weekend paddle.
- The turning point of each course may be a challenge for the longer craft with multiple paddlers and curtesy will be required when a number of craft are in the turning zone at the same time.

## DAY 2 Siming

Participants are encouraged to arrive one hour before the start of their event.

0830am	Start of the day 2—30km Swan Classic  Start at Riverside Gardens  Upstream to Middle Swan Reserve  Turn around  Return to Riverside Gardens
0900am	Start of the day 2—17km Lilac Challenge  Start at Riverside Gardens  Upstream to Lilac Hill Park—City Swan  Turn around  Return to Riverside Gardens
1000am	Start of the day 2—5km Bayswater Splash and Dash  Start at Riverside Gardens  Upstream to Garvey Park  Turn around Ron Courtney Island  Return to Riverside Gardens

## Finish area



#### Participation medals

All Avon Descent participants receive a medal at the Rievrside Gardens finish line. Stick around for photos!

#### First Aid and General Recovery

Those participating in the Day 1, Super 50 will be supported by the Avon Descent Support Unit and contract Medical Services Provider.

Participants in the Day 2, short courses are required to self-rescue. If first aid is required, contact can be made with metro first aid providers located at:

- The City of Swan festival, Lilac Hill
- Ascot Kayak Club, Garvey Park
- The City of Bayswater festival, Riverside Gardens

#### Withdrawals

Event Rules Section 10 requires competitors to inform an Official should they withdraw (fatigue, injury, disqualification, damage).

This may be done face to face or via text to the Withdrawal Phone Number. The Race Number and "Withdrawn" is sent to this phone number. A "Confirmed" response must be received.



#### 30km Swan Classic

Day 2—Sunday 10 August 2025 Start/end at Riverside Gardens, Bayswater

The Swan Classic launches participants from Riverside Gardens in Bayswater and proceed upriver 15km to just passed the Middle Swan Bridge to Middle Swan Park, turn the marker buoy, left hand around and return to the Riverside Gardens finish line. The course must be navigated as per Department of Transport rules (upstream on the right and downstream on the right). When negotiating bridges the craft travelling upstream will give way to the craft travelling downstream if needed.

The start will be in an allocated waves with like craft and gender with a maximum of twelve in each wave. Craft will be marshalled into a position to enter the water at Riverside Gardens and will be directed by marshals. This part of the event requires patients and cooperation.

This 30km flat water course is ideal for those who want to experience a challenge similar to the Avon Descenders last stage of the 124km two-day mission.

This event is only recommended for competitors that have done the correct preparation but do not have the correct craft or have the desire to do the full-length Avon Descent.

#### Suitable craft for this event:

- Recreational kayaks
- Surf skis
- Ocean paddle craft
- Stand up paddle boards
- Outriggers
- Craft with under rudders

This event needs 5 or more entries to proceed.







#### 17km Lilac Challenge

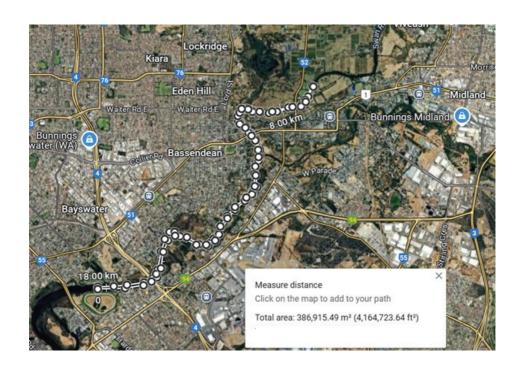
Day 2—Sunday 10 August 2025 Start/end at Riverside Gardens, Bayswater

Lilac Challenge participants launch from Riverside Gardens, travelling upstream along the right bank to a 180 degree, left hand buoy turn at Lilac Hill Park (adjacent to the family fun day in the park) then travelling back down stream and on to Riverside Gardens, Bayswater. This 17km flat water course is perfect for those wanting a little more of a challenge and also support the activity at the Lilac Hill Park and an event sponsor, the City of Swan.

Paddlers under the age of 15 must paddle with a paddle partner and must wear a life jacket.

#### Suitable craft for this event:

- Recreational touring kayaks
- Any plastic craft
- Surf skis—life saving ski
- Ocean paddle craft
- Stand up paddle boards
- Outrigaers
- Surf boats
- Dragon boats





## Bayswater Splash and Dash

5km Bayswater Splash and Dash

Day 2—Sunday 10 August 2025 Start/end at Riverside Gardens, Bayswater

The Bayswater Splash and Dash participants launch from Riverside Gardens, travelling upstream along the right bank to Ron Courtney Island adjacent to Garvey Park and Ascot Kayak Club. Paddlers are to circumnavigate the island with the island remaining on the paddlers left and then make their way back to the finish line at Riverside Garden

Paddlers are to paddle upstream with the right bank on their right and downstream also with the right bank on their right.

This 5km flat water paddle is to give anyone with a paddle craft in their backyard the opportunity to then take part in the Avon Descent Experience.

Paddlers under the age of 15 must paddle with a paddle partner and must wear a life jacket.

Suitable Craft can include any craft that floats and is propelled by paddling.



## General tips

- Get fit!—make sure you're fit enough to participate.
- Be prepared—assess the weather and river conditions and prepare yourself accordingly. Do not take risks and if in doubt, do not do it.
- Prevent hypothermia—be aware of the warning signs (shivering, muscle weakness, abdominal cramps, lethargy, hallucinations, aggressive behaviour and euphoria). Change into dry/warm clothes immediately following racing or training. Seek medical help if symptoms persist.
- Drink plenty of fluids—thirst is not a good indicator of hydration. Cool water is a good fluid replacement drink.
- Fuel up—keep your energy levels up by eating high carbohydrate and low fat foods before, during and after the race.

#### Clothing/ Safety equipment

Remember to wear weather appropriate clothing. Thermal clothing (tops and bottoms) and a CAG (windproof/waterproof top) are also recommended. Protect yourself against sunburn and windburn on all exposed areas.

All competitors under the age of 15 must wear a PFD. Competitors over the age of 16 have PFD's as an option but strongly recommended. Helmets are not required. Carrying drinking water is strongly recommended.

#### General public access to river not permitted

Please ensure your support crew, friends and family are aware that they (and the general public) are not permitted on the water, along the event course, during the Avon Descent. Our Emergency Services and volunteer rescue and recovery must be focused on event participants and do not need the distraction.

FREE EVENTS!

### **8 to 10 AUGUST**

- FRI NORTHAM Bilya Festival
- SUN CITY OF SWAN Avon Descent Festival
- SUN CITY OF BAYSWATER Finish Line Festival













