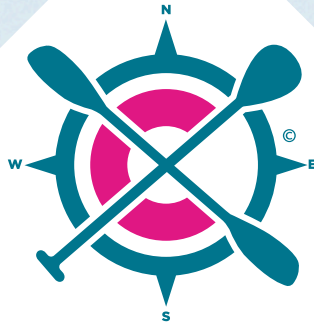


— ULTIMATE CRUSADER'S GUIDE —

Crew



THE CROSSINGTM
FOR CYSTIC FIBROSIS

*Bahamas to Florida Epic Paddle Challenge
& International Championship*



PIPER'S
FOUNDATION FOR



ANGELSTM
CYSTIC FIBROSIS

TRAVELLER



CROSSING FOR CYSTIC FIBROSIS ULTIMATE CRUSADER'S GUIDE

Crew

The following is a general overview and subject to change at anytime. For questions please contact info@pipersangels.org

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Being a crew member is so much more than just getting on a boat and hanging out for a day-long journey across the Atlantic. It is a labor intensive, vigilant, and extremely vital job that helps us get our paddlers from Bimini back to Lake Worth Beach safely. Please, please remember that this is not a joyride and that your involvement is absolutely essential for The Crossing for Cystic Fibrosis.

BASICS

- Your main function in this position is to ensure the safety of your paddlers at all times and serve as a communication link between your paddlers and the captain of your vessel
- You are the lifeline between your paddlers and the captain
- Communication with both your captain and your paddlers is essential to making sure that everyone is safe and accounted for throughout the journey, not just at night
- Throughout the night, you must always have eyes on your paddlers
- Keeping every paddler accounted for helps you as well as ensures safety
- Patience is one of the most important skills you will need to use. It can be a very arduous trip, however, you cannot rush your paddlers just because you might be getting bored or antsy
- There will be a mandatory safety meeting for all members of the Crew in Bimini to prepare and empower you to handle an emergency situation if it arises
- Be ready to problem solve quickly. The ocean is unpredictable and sometimes can change without anticipation; Examples include having to find alternative methods of food and nutrition handoffs from the boat if paddlers can't get close to the boat, or even needing to get a paddler on the boat yourself if they are unable to do so without assistance.



SAFETY

Safety is the most important facet of your role on the boat. If there is an unsafe situation or you feel that there is something that could go wrong, don't be afraid to speak up and talk to your captain about the situation. You are your paddler's biggest advocate, so don't be afraid to say something.

If you feel that your paddler is not able to keep paddling or is being stubborn (Which happens! They've been training so long for this!) and does not want to get in the boat during a potentially dangerous situation, it is your responsibility to talk to your captain about your concerns and come to a decision on how to address the situation.

Safety Guidelines:

- Breaks: Make sure that your paddlers are taking breaks that are long enough for them to rest and get hydration/nutrition/sun protection/stretch and not too far apart in timing
- Don't be afraid to assert yourself if you feel your paddler is ignoring your warnings to take breaks
- Create a tentative schedule with your paddlers before you leave Bimini and adjust depending on how they are feeling
- Music can ONLY be played once the sun rises because if a paddler falls off their board or an emergency situation comes forth, communication is vital.
- It is essential for you to call "PADDLER DOWN" if someone falls off of their board/craft and then everyone must wait until that person has gotten back on their board before continuing.



Carbon Monoxide Poisoning

Due to paddlers being behind the boat's engines for a prolonged period, carbon monoxide can be a serious danger. Carbon monoxide is odorless and colorless and can create a life threatening situation if the signs are not addressed fast enough.

Paddlers should always remain conscious if they are smelling fumes from the engine. Frequently ask your paddlers if they are smelling engine fumes.

If paddlers are smelling the engine fumes because this an indicator of carbon monoxide and that they must move away from that area where the fumes are, which is highly dependent on the wind speed and direction. Paddlers might want to try drafting off the side of the boat for cleaner air or simply back off further behind the boat.

- Signs/Symptoms: Headache, dizziness, weakness, nausea, vomiting, rapid heartbeat, shortness of breath, seizures, chest pain, loss of hearing, blurry vision, disorientation, hallucinations, loss of consciousness
- First Aid & Treatment: Move the affected person as quickly as possible out of the area where they were and to fresh air. Immediately call the medical team so they can evaluate the person. If you and your captain feel that this is an emergency, go to the closest hospital as quickly as possible.



Dehydration & Exhaustion

- Signs/Symptoms: Headache, tiredness, dry mouth, lips, or eyes, dizziness or lightheadedness, delayed responsiveness, delirium, irritability
- First Aid & Treatment: If the person experiencing dehydration is a paddler, have them get on the boat to rest and replenish their fluids immediately. Urge them to drink water and fluids containing electrolytes (coconut water, Gatorade, Body Armor, Pedialyte, Liquid IV, Propel, etc). If the person is not responding to your interventions, have your captain call our medical team ASAP so we can get them the appropriate medical attention

Severe dehydration

- Signs/Symptoms: Lack of sweating, sunken eyes, shriveled skin, fever, increased heart rate, delirium, loss of consciousness
- First Aid & Treatment: If your paddler begins exhibiting signs of severe dehydration, get them on the boat as quickly as possible and immediately call for medical assistance.
- Prevention: Make sure your paddlers are drinking fluids at every break and if they have a camelback/bladder that it is always full and on their person or on their board. Paddlers are encouraged to eat at every break, even if its only a few bites so this can help provide necessary energy. Tip: Eating prepared fruit is a great way of keeping yourself hydrated and nourished.



Heat Cramps

- Sign/Symptoms: Painful cramps, especially in legs, flushed moist skin
- First Aid & Treatment: Move to a shaded place and rest. Remove excess clothing and place cool temperature cloths on skin. Provide sports drinks (Gatorade, Body Armor, Pedialyte, Liquid IV, Propel, etc.). Last, stretch cramped muscles slowly and gently.

Heat Exhaustion

- Signs/Symptoms: Muscle cramps, pale, moist skin, fever, nausea, diarrhea, vomiting, headache, fatigue, weakness, anxiety, faint feeling
- First Aid & Treatment: Move to a shaded place and rest. Remove excess clothing and place cool temperature cloths on skin. Provide sports drinks (Gatorade, Body Armor, Pedialyte, Liquid IV, Propel, etc.). Stretch cramped muscles slowly and gently. Call the medical team if you suspect heat exhaustion as the person may need an IV.

Heat Stroke

- Signs/Symptoms: Warm, DRY skin, high fever, rapid heart rate, loss of appetite, nausea, vomiting, headache, fatigue, confusion, agitation, lethargy, stupor, seizures
- First Aid & Treatment: Immediately call the medical team/Coast Guard. Move to a cool, shaded place to rest. Place ice bags on the armpits and groin areas. Offer cool fluids if alert and able to drink.

Choking

While paddlers are eating, especially if they are on their boards on the water, be vigilant for signs of choking. Sometimes they can be rushing to get their nutrition or to keep up their pace, but this can create a dangerous situation. Try to have paddlers stay as close to the boat as possible while taking food breaks in case intervention is needed.

Marine Life

Depending on the location, the type of marine creature encounters can vary and some will need basic attention. However, if there are allergic reactions, severe pain, or breathing complications, call for help immediately. Jellyfish stings usually present with burning, stinging, and pain, but normally heal on their own. Be prepared with vinegar in the case that someone gets stung by a jellyfish.



Hypothermia

If your paddlers are falling in a lot and are getting or staying wet, coupled with wind, they may begin to exhibit signs of hypothermia. While not necessarily a concern during the day, if it is windy during the night part of the paddle, there is a greater chance for hypothermia to take place.

- Signs/Symptoms: Mild hypothermia may include shivering with pale, numb, and cold skin, lacking coordination, and have slurred speech. Even if they are responsive, they may still be confused and require help. Severe hypothermia presents as a decreased level of consciousness, irregular pulse, muscle stiffening, and the person no longer shivering.
- First Aid & Treatment: To treat a conscious patient, prevent any further heat loss by removing wet clothing and covering them with dry clothes/towels/blankets. Move them to a warmer location if possible and give them something warm and sugary to drink. If the patient is unconscious, call for medical assistance immediately, but while you are waiting for help, monitor them closely while still keeping them as warm as possible.



SELF CARE

You have to take care of yourself! It is essential for you to feel as comfortable and rested as possible so that you can be confident in your role. You can't pour from an empty cup, so it's okay to prioritize your wellbeing!

Pro Tips:

- Bring snacks and drinks that you will want to have while you're on the boat. By keeping them in a separate place from your paddlers' nutrition, you will have easy access and it won't get confused.
- Make sure that you are getting plenty of sleep while you're in Bimini as you will have to stay up with your paddlers throughout the night and day, so it's crucial to get as much sleep as possible before you leave.
- Sun protection: Make sure that you are applying sunscreen to yourself and not just your paddlers. A big sun hat and a UV shirt are very helpful for crew to prevent sunburn.
- Seasickness patches are a great alternative to taking Dramamine to combat seasickness, there's far less drowsiness and you won't have to retake it. Disclaimer: they can cause hallucinations, please discuss with your doctor before getting them prescribed to you. Other options include seasickness wristbands, the Relief Band, and other non-drowsy medications available over the counter.
- Keep yourself hydrated! Just like with the snacks, keeping your water and electrolytes separate from your paddlers can help keep you organized. Keep it handy so you won't forget to drink frequently.



MOTIVATION

When paddlers were asked about what their crew did for them that made the biggest impact on their successful trip, motivation was the most common answer. Many of them mentioned that they relied on their crew to give them emotional support and keep them motivated. You are your paddler's biggest cheerleader on the water! Reminders that you are there watching over them and supporting them during the trip helps to keep them motivated.

Pro Tips:

- Prior to leaving Bimini, ask your paddlers how they would like to be motivated: affirmations, jokes, singing and dancing, tough love, etc.
- Be ready to offer words of encouragement, support, and help your paddlers remember their why.
- A fun, upbeat playlist is an easy way to keep everyone's spirits high while you're on the water during the day. Asking your paddlers and captain what kind of music they would want to hear while you're out there beforehand and creating a playlist is a great way to pass time across the ocean.
- Make sure that the playlist lasts upwards of 10 hours and you have access to the playlist offline, downloading it to your phone before leaving the US (Bimini WiFi isn't always reliable).
- Link to an example playlist here:
<https://open.spotify.com/playlist/77IVnZBO2xW2iIFGcCnAtv?si=54eae624e9144917>
- Reminder: music can ONLY be played once the sun comes up. This is most important from a safety perspective!



ORGANIZATION

The more organized you are, the easier your trip will be! Having a system in place before leaving will help create easy transitions between paddlers, keep breaks smooth, and help keep everyone on track.

Pro Tips:

- Discuss in advance with your paddlers a system to organize their nutrition, hydration, and other material needs so that everything is easily accessible or readily available while you're on the water.
- If you have more than one paddler on your boat, color coding is a simple way to keep everybody's gear separate by using colored duct tape and sharpies.
- Keep dry snacks and cold snacks separates to that you can optimize your space and avoid getting food soggy.
- Buying ice in the states is also usually easier than trying to find it in Bimini, but make sure to have plenty before you leave Bimini.
- Keep immigration documents in an easily accessible place and keep the documentation together to make it easy to the captain to clean customs.
- Create a timing schedule with your paddlers to determine how long they want to paddle between breaks and how long they expect breaks to last. This will be very different for competitive and recreational paddlers.
- Be ready to change the system as you go depending on ocean conditions and your paddler preference.
- During the night part of the paddle, having a small flashlight on hand is essential for being able to find things on the boat and sort through nutrition and coolers.
- Prep as much as you can before leaving Florida. The less you need to do in Bimini, the more you can enjoy your time there!
- Allot time on Saturday to pack the cooler, prep food/snacks/hydration, and organize the boat before getting ready to leave Bimini.



RELAY TEAMS

Keeping track of the timing for your relay teams is important to make sure that they are all getting equal time on the water and having enough time to rest. Be patient as you work out how to get your paddlers in and out of the boat when they switch paddlers. In some cases, this is the first time that they'll

be doing these transitions and it takes a little bit of practice to get used to for both the paddlers and the crew. You can support them through these transitions by helping to hold boards in place, passing them paddles, removing/attaching the PFD or leash, having nutrition and hydration ready for the paddler coming on the boat. Eventually these switches will become seamless and quick!

COMMUNICATION

- Communicate both the bad and the good with both your captain and your paddlers.
- Set aside some time either before you leave, or when in Bimini to set expectations, rules, jobs, and systems.
- Establish what is important to your paddlers while they are on the ocean.
- Communicate timing and distance with your paddlers so they can have an idea of where they are can ease some of their stress. By communicating the speed, it can provide some encouragement.
- Stay calm, attentive, and supportive while you're communicating with your paddlers – paddlers mentioned appreciating pep talks during breaks.
- Don't be afraid to assert yourself when you are on the ocean with your paddlers if you feel that your paddlers need a hydration or nutrition break.

COMFORT

- Yoga mats are great to keep on the boat as they can be used for easing the pressure on your feet while standing and watching your paddlers, as well as for naps for paddlers if needed.
- Having a pair of shoes that to wear while on the boat can also help keep your feet comfortable if needed.
- Be sure that whatever you decide to wear is comfortable: workout clothing is most commonly worn, as well as a comfortable swimsuit in case you want to jump in the water during a break.



BUILD YOUR OWN CREW KIT

Make a crew kit specific to your personal needs, while factoring in paddler needs, captain needs, weather, and the boat. This shouldn't take up too much additional space, but should be sufficient for necessary items that you want to have accessible at all times.

Examples to Include:

- Waterproof container
- Flashlight
- Portable charger
- Charging cable
- Aux cord
- Waterproof phone case
- Ziplock bags and trash bags
- Wet Wipes
- Rag/paper towels
- Sunscreen
- Change of clothes
- Vinegar
- Liquid IV or equivalent
- Advil/Ibuprofen/Aspirin/ Other Medicine
- Chapstick
- Deodorant
- Sunglasses



OFFICIAL EVENT RULES

SAFETY STATEMENT

All participants (defined as registered paddlers, captains and crew) and parties (defined as anyone accompanying a participant) acknowledge their participation in any open ocean event is inherently dangerous and potentially life threatening. The Event Directors establish the route, set forth participant rules, plan the event, manage the start and finish of the event, set minimum standards for participant conduct, but in no way insures or warrants the outcome, safety, or health of any participant or party. Liability for the safety of any participant or party belongs solely to that participant or party. The weather and ocean is an ever changing, vast, and unpredictable environment. Parties and participants who lack the experience to survive unforeseen events, under potentially extreme conditions, are advised to not participate.

The safety of the participants, parties, spectators, all third parties and staff is the number one priority. At the pre-race meetings Event Directors will do their best to post the forecasts and conditions, warn the competitors of potential dangers, give the approximate location of safety personnel, and do their best to establish a minimum course of conduct for participants and parties in the event of good and adverse conditions. It is the participants and party's responsibility to attend and obtain the information provided at all pre-event meetings. If a participant has not attended any of the pre-event safety meetings or does not understand any of the information, the participant must inform the Event Director accordingly (in writing). If said participant does neither then the participant will be disqualified from the event.

Event Directors shall provide participants and parties with courses of conduct including hand and audible signals to be used if someone is injured, in danger, or in need of help. And all participants and parties shall continually scan the environment for any participant or party that may need help, shall assist any participant or party that may need help, and notify staff.

All paddling participants must AT ALL TIMES wear a United States Coast Guard approved personal flotation device "PFD", and use a tether (or leash) securely connecting the participant to their board.

All paddling participants must AT ALL TIMES wear a United States Coast Guard approved waterproof whistle.

All paddling participants must IN DARK HOURS (12am - 7am) wear a yellow safety glow stick.

All paddling participants must IN DARK HOURS (12am - 7am) wear a Crossing For Cystic Fibrosis approved yellow reflective mesh safety vest.



GENERAL RULES

These General Rules apply to both registered recreational participants and registered competitive participants, except where noted.

- 1. Registration:** All individuals coming to Bimini for The Crossing For Cystic Fibrosis event including paddlers, captains, crew, family, friends, and sponsors, must register! To register please visit <https://www.crossingforcysticfibrosis.com/registration> and for event information visit <https://www.crossingforcysticfibrosis.com/>
- 2. Registration Deadline:** The event's registration deadline is April 21st. Any paddler who wants to change their registration ticket type to Recreational Solo with Boat Support, must make this request to info@pipersangels.org by April 21st.
- 3. Registration Forms:** Registration must be completed by the participant, crew, and captain with appropriate fees and registration information. Officials of the event reserve the right to refuse application or entry into the event at their discretion with or without cause.
- 4. Paddler Participation:** Each paddling participant is only allowed registration into one paddling category of entry. Relay team paddlers are allowed to captain their own boat when not paddling.
- 5. Eligibility:** Each registered participant must be at least 18 years old on the day of the event or a minimum of 10 years of age and accompanied by a guardian or designated chaperone. Any registered paddling participant between the ages of 10 and 13 must have an 'On Water' chaperone. Each crew member must be at least 18 years old on the day of the event, or accompanied by a guardian or designated chaperone if younger than 18.
- 6. Registration Fee:** Registration fees are priced on a 3 tier price range depending on the date of registration. Prices increase by \$50 each tier closer to the event.
Solo Recreational Paddlers: Registration fees for Solo Recreational participants, that we are providing boat support for, start at \$399. These fees will provide your support boat captain with two nights' accommodations in Bimini, all Bahamian entry fees (based on size of boat), and \$100 towards fuel per Paddler they support.
All other paddlers: Registration fees start at \$149
- 7. Registration Includes:** Event Performance Shirt, Event Sponsor Gift Bag, Official Event Hat, a Challenge Coin, and a Crossing Crusader Medal (for paddlers only)
- 8. Registration Refund:** Registered participants who cancel or withdraw their registration, switch to non-attending, or switch to virtual paddler are not eligible for a registration refund, unless they are registered in the Recreational Solo with Boat Support category, cancel/withdraw by April 21st, AND have the registration cancellation/ withdrawal reason of personal injury, deployment, or bereavement. Registration and associated fees can not be rolled over to the following year.
- 8. Fundraising Minimum:** Each registered paddler in the recreational and competitive categories has a \$2,000 fundraising minimum. Captains, crew, friends, family, and virtual participants are required to fundraise \$500. Final contributions must be received by July 31st at 11:59pm EST.
- 9. Fundraising Commitment:** If a registered paddler withdraws from the event or cancels their registration they will remain responsible for the \$2,000 minimum fundraising commitment, or \$500 for captains, crew, friends, family, and virtual participants. If the cancellation or withdrawal reason is due to personal injury, deployment, or bereavement, they may request their fundraising commitment to be waived, but funds can not be rolled over to the following year. Requests must be sent to info@pipersangels.org.
- 9. Support Boats:** All paddling participants, both Competitive and Recreational (with exception of "Recreational Solo with Boat Support"), must obtain and provide their own support boat, and all captains must register by April 21st at <https://www.crossingforcysticfibrosis.com/registration>., Failure to do so requires Event Director approval for any modifications or additions after the registration deadline.



Recreational SOLO participants will be provided a support boat. Support vessels and escort boats must be a minimum of 22ft. with dual or more engines preferred. In the case that a paddler is unable to find their own boat support and captain by the April 21st registration deadline, they must email boats@pipersangels.org.

10. Media Release: All participants, parties, captains, volunteer crew, and occupants consent to all participants, parties, X4CF agents (or any third party) procuring in any and all manners, without payment or compensation, any and all media including, but not limited to, photographs, video, interviews, or similar, obtained by any X4CF agent, party, participant, or 3rd party, for any purpose whatsoever, including but not limited to resale, advertising, and any and all activity including any and all promotional activity.

11. Event Discretion: X4CF reserves the right to amend these rules and or any other agreement or policy, at any time, for any purpose.

12. Polygraph: By entering the event all participants, captains, volunteer crew, and boat occupants voluntarily consent to submit to a polygraph examination as deemed necessary by X4CF agents. All decisions of the polygraph examiner will be final. Any participant, captain, volunteer crew, or occupant of a boat who refuses to take a polygraph or provides untruthful answers as determined by the examiner will be disqualified from the event without further notice, and may result in the disqualification of their associated participants or boat occupants. Such a disqualification will eliminate payment or provision of any prize money awards and/or refund entrance fees, and may prevent the disqualified persons from registering for future events (at the sole discretion of X4CF agents).

13. Protests: A race participant (and only a race participant) may file a protest to the finish position of themselves or another race participant. Each paddler will be emailed a copy of the unofficial Crossing For CF results with timing and placement prior to the Crossing For CF Awards Ceremony. Paddlers will have until 11:59pm EST on Wednesday, after the Crossing to review these results and file a protest.

All protests shall contain the following minimum elements of:

A written recitation of the facts, dates, and events, based on the first hand observed accounts of the protest filer delivered via email (from the email address the protesting participant registered under), to protest@pipersangels.org before 11:59pm EST on Wednesday, after the Crossing.

All protests X4CF deems properly filed (at the sole and absolute discretion of X4CF) shall be ruled upon in writing by the Event Director and responded to (via email to the filer) within 48 hours of protest filing. All decisions of X4CF shall be final, absolute, binding, and non-alterable or appealable by any court, governmental authority, body, board, or third party of any kind or nature. If a protest was not ruled upon in writing by the Event Director, X4CF in its sole and absolute discretion, deemed the protest not proper.

14. Rule Acknowledgement: By registering for this event or participating as a party, all participants and parties acknowledge and shall abide by all rules and responsibilities set forth herein, shall be bound by same, and including, but not limited to, all additional rules, policies, procedures, and instructions conveyed by X4CF agents or X4CF media (websites, e-mails, etc.) whether written, digital, video, picture, or verbal.

15. Hold Harmless: It is expressly understood that all participants, parties, and non-registered occupants of their boats enter into this event voluntarily and at their own risk. Further, each registered and non-registered participant on behalf of other family members and/or executors agrees to release and hold harmless Piper's Angels Foundation, event officials, sponsors, the City of West Palm Beach, City of Lake Worth Beach, and Palm Beach County, and all other persons connected directly or indirectly with operation of said event from any liability for libel, slander, loss, damage, negligence, harm, injury, or death suffered by any participant, entrant, captain, volunteer crew members, their companions, vessels and equipment which may occur during the event.

16. Hazardous Weather/Event Delay and/or Cancellation: X4CF officials may, in their sole and absolute discretion, cancel or delay the event for any reason including, but not limited to, a hazardous environment. A hazardous environment may result from weather, water, sea life, or any other condition an X4CF agent deems, and the determination of a hazardous environment rests solely in the discretion of X4CF agents and will be assessed continuously throughout the event. Participants and parties



acknowledge the communication of event status is difficult and often impossible in an event of this size and nature. It is therefore the duty of the participants and parties to make every effort to obtain from a X4CF official the event status, it is not the duty or liability of X4CF agents to get this information to parties or participants, and if the environment appears hazardous the party or participant shall take all precautions necessary to preserve their safety regardless of whether the event is delayed or canceled. It can't be stressed enough, this is a large event and communication is often not possible. It is therefore the responsibility of the participant of the party to do what is necessary to preserve their safety regardless of the event status. In the event of cancellation or delay, the following shall apply:

Any notice of cancellation or delay will be broadcasted on the designated event channel, social media, and emailed to registered participants. If canceled or delayed all participants are expressly prohibited from entering ocean waters (even with a support boat) until such time that an X4CF agent announces the reinstatement of the event. All participants must board their respective support boat without exception. Participants shall only re-enter ocean waters if and only if X4CF officials announce on the designated radio channel the event is officially resumed. It is expressly understood by all participants, parties, captains and crew that the cancellation or delay or reinstatement of the event does not ensure their safety, and all must determine in their own judgment whether to participate under the given conditions based on factors including but not limited to the seaworthiness of their boat and their own seamanship and waterman capabilities.

No refunds of fees or donations (partial or in whole) shall be made due to cancellation or delay.

CROSSING FOR CYSTIC FIBROSIS CONTINGENCY PLAN

This contingency plan aims to ensure the safety and well-being of all participants, staff, and volunteers involved in the Crossing For Cystic Fibrosis event. By implementing these measures and protocols, we aim to mitigate risks and respond effectively to any unforeseen circumstances.

Key Contacts:

- **Event Director:** Travis Suit, travis@pipersangels.org, 561-246-0205
- **Director of Safety:** Josh Ferris, joshferris@pipersangels.org, 321-544-5735
- **Medical Director:** Dr. Ray Vazquez, 561-243-0394
- **Communications:** info@pipersangels.org

Weather Contingencies: Weather will be monitored leading up to and during the event. If adverse weather conditions such as lightning, strong winds, or rough waves are forecasted or present at the time of the event:

- Registered Participants will be notified of any delays or schedule changes via email and at in-person meetings/check-in. All registered participants should attend these meetings to obtain any critical information and answers to their questions.
- If the X4CF Director of Safety deems unsafe conditions for the original event day and time, the Beach Launch and paddle would be rescheduled to one day before or one day after, depending on conditions. **All participants are encouraged to plan their travel and lodging arrangements based on the potential that the Beach Launch and paddle could start on Friday June 20th, Saturday June 21st, Sunday June 22nd, or Monday June 23rd.**
- The Lake Worth Beach Landing celebration event will be adjusted according to the day of departure from Bimini if participants do not launch on the originally scheduled departure date.
- If there are any changes to the competitive paddling divisions outside of the outline Official Rules, the changes will be relayed via email and at in-person meetings/check-in. All registered participants should attend these meetings to obtain any critical information and answers to their questions.
- Captains' meetings and event check-in days and times in Bimini may be adjusted depending on event needs based on any weather delays, which will be communicated via email to registered participants.



17. **Proceed At Your Own Risk:** Participants and parties participating in this event do so at all times at their own risk and assume all risks born therefrom.
18. **Pregnancy:** Registered paddlers, captains, or crew beyond their first trimester of pregnancy are not permitted to participate in The Crossing due to potential health risks.
19. **Supports Vessels:** Support boats are recommended to be a minimum of 25 feet long and powered by two engines. All support boats MUST have ship to ship radios (VHF). All radios must be permanently mounted to the vessel. A PARTICIPANT WHOSE SUPPORT VESSEL CONTAINS ONLY A HAND HELD RADIO SHALL BE DISQUALIFIED. The Race Director must be notified at least 72 hours in advance of departing from Florida of any support boat changes.
20. **Leashes:** All stand up participants are required without exception to wear a leash attached to their board and to their person at all times.
21. **Safety Gear:** All paddling participants must wear and provide their own personal flotation device (PFD) throughout the duration of the event. All paddling participants must provide and wear their own yellow reflective safety vest and yellow glow stick during dark hours prior to sunrise (12am-7am.) All paddling participants must provide and wear their own US Coast Guard approved waterproof whistle at all times. All paddling participants must also wear official event gear, including but not limited to GPS trackers and race numbers during the entire event. Official event gear (GPS trackers and race numbers) will be provided in Bimini by event officials at no charge to all paddling participants. Nighttime safety gear may be removed at the official sunrise time determined by event officials and announced over the designated radio channel. The use of official event gear ensures the safety of all participants. Participants that fail to abide by these safety regulations at any time throughout the duration of the event will be required to board their respective escort boat.
22. **Food/ Beverage Provisions:** All paddlers, captains, and crew are responsible for their own food supplies during The Crossing. Please make necessary arrangements for your team/crew. If any participant or crew member has a specific dietary need they must adequately prepare for those needs prior to traveling to Bimini. It's imperative that each individual bring enough drinking water for themselves for the duration of their stay in Bimini and during The Crossing event.
23. **Rule Violations:** Any person found to be intentionally in violation of any rule, intentionally disobeying directives or instructions conveyed, or defrauding the X4CF event or PAF organization may be subject to penalty, disqualification, or banned for life at the discretion of the event organizers.

BIMINI & CROSSING RULES

1. **Passport & Travel Requirements:** Every participant traveling to Bimini is responsible to be up to date with all information on the bahamas.com website in regards to travel, documentation, fees, and other pertinent information for Bahamas entry and visitation. This includes bringing your valid passport book (expiration date must be after 6 months past your Bahamas arrival date or per Bahamas guidelines.) Participants without required documentation will not be allowed entry into Bimini, Bahamas or participation in any and all Crossing For Cystic Fibrosis events, and will be sent back to Florida or processed how Customs & Immigration of Bimini sees fit.
2. **Travel to Bimini:** Each participant is responsible for their own travel to Bimini, in which paddlers typically go over with their support boat. Rec Solo participants will go to Bimini with their designated support boat/captain/crew. All participants are encouraged to plan their travel and lodging arrangements based on the potential that the Beach Launch and paddle could start on Friday June 20th, Saturday June 21st, Sunday June 22nd, or Monday June 23rd.
4. **Customs Check-In in Bimini:** Each participant is responsible to clear Customs using [Click2Clear](#) (each captain should do this for the individuals they bring over on their boat). Once getting to Bimini, the captain will enter the Customs office to process paperwork. Please see more information here: <https://www.bahamascustoms.gov.bs/visitor-info/marine-vessel-declarations-cruising-permits/>



3. **Event Check-In in Bimini:** A central check in location will be designated and announced prior to the week of the event. All participants must be registered and checked in no later than noon the Friday before the beach launch. Any participant whose boat has not checked in prior to the event will not be allowed to start the event. All participants, captains, and crew members must attend a safety meeting. Failure to attend a safety meeting will result in disqualification from the event.

5. **Accommodations: **NEW TO 2024/2025:** All participants must book their own lodging accommodations. Paddlers, captains, crew, friends, family, and sponsors are responsible for reserving, managing, and funding their own accommodations while staying in Bimini. Suggestions will be provided on the event website with any available discount codes or booking links. Note that lodging is limited at Bimini Cove and Bimini Big Game, therefore reserving your lodging early is recommended.

6. **Mandatory Captain's & Participants Safety Meeting:** All participants, captains, and crew must be present at the virtual and in-person meetings to participate. These meetings will take place in June.

7. **Event Radio Channel:** The official event channel will be determined by the Director of Safety prior to the event and confirmed at the mandatory captain's meeting in Bimini.

8. **Bimini Start Schedule:**

- Saturday, June 21st, 2025
 - 10:00 pm - Beach Check-In
 - 11:30 pm - Participants group photo
 - 11:50 pm - Final send off speech
 - 12:00 am - Event starts - 1st wave launches
- Waves will be approximately 10 minutes apart
- Wave assignments and schedules will be released a week prior to the event or can be located at event headquarters in Bimini.
- Competitive participants that fail to depart in their assigned wave may depart in the final wave and will be penalized 15 minutes on their official race time
- Recreational participants that fail to depart in their assigned wave may be removed from the event at the discretion of the event director.

9. **Wave Starts:** Prior to each wave of participants being given the signal to start, each participant will be in position in their assigned starting block. Their craft will be resting on the sand next to them, and their paddle or oar in hand. In the case of stand up paddle boards (SUP), the board may be resting on its edge and against the participant with one hand on the board. Any paddling participants who have a false start as designated by the Race Directors, will be penalized 15 minutes to their official race time. A false start is defined as leaving the designated start block prior to the official start signal. In the event of a water start due to shore and beach conditions, participants will have positive control of their craft and have both feet in the water and on ground.

10. **Roving Vessels:** There will be multiple roving boats on the water during the event.

- a) Event officials and video/photo production crew will be stationed on multiple roving boats for monitoring the progress of the event.
- b) Additionally, there will be 5-7 Safety boats stationed with the waves during the event.
- c) On our roving support vessels we may have medical volunteers, a satellite phone, and a marine mechanic.
- d) The Roving/Safety boats will be in contact with the Event Directors, and will provide captains information throughout the event

11. **Breaks:** We strongly suggest that participants, captains, and crew take regular breaks for rest-stops, so participants can hydrate, eat, use the restroom, or change out teammates or gear. Please be advised that a break every hour that lasts 5 minutes will add a minimum of 1 hour to this event. It is recommended that breaks occur when needed but be done efficiently.

12. **Finish:** Any participant that has not made it to shore and the designated finish line will agree to be picked up by their support boat and brought to the finish line. Anyone that drops out of the race must have their support boat notify the head official boat. There is a 20 hour time limit to the event, 12:00am-8:00pm.



All participants must be ashore or board their support boat once this time limit is reached. There is also a curfew for the event that all participants must be out of the water by 8:00pm on the day of the event.

13. Alcohol/Drug Use: Alcohol and recreational drug use is expressly prohibited during the course of the event. Captains, crew, or participants should never operate a boat or paddle under the influence of drugs or mind altering substances, and should follow all governing laws in the Bahamas and United States. Please be aware that any combination of alcohol, drugs, lack of sleep, or poor nutrition may result in a state deemed unfit to participate. Come prepared for an event that will challenge all involved. Please use sound judgment in the 24 hours leading up to the event. Anyone observed as under the influence of drugs or alcohol at the start of the event will be considered in non-compliance. Failure to comply will result in immediate removal from the event.

14. Re-entering the United States/Florida: Each participant is responsible to clear into the US. The boat captain is responsible for entering all information into the CBP ROAM application, which allows the captain to virtually check each individual into the US. A Customs representative may FaceTime to verify information. For individuals with a non-US passport, they must check in to the US office in person. Please see more information here: <https://www.cbp.gov/travel/pleasure-boats/pleasure-boat-overview/roam>

COMPETITIVE RULES

The following Competitive Rules apply solely to registered competitive paddlers in all competitive categories and do not apply to any recreational paddlers.

1. Violations and Associated Penalties:

*Penalties will be assigned by designated race officials. There will also be a 3 strike policy that if three (3) "15 minute" violations are awarded then that paddler will then be disqualified.*Violations and Penalties are defined as listed:

- a) Not in position at assigned start time – paddler will be relegated to the last group of departing paddlers from Bimini, as well as assessed a 15 minute time penalty on their overall time
- b) Cutting off another paddler – 15 minutes/occurrence
- c) Intentional contact with another paddler – Disqualification
- d) Paddling under or within 30 yards of the Lake Worth Pier – Disqualification
- e) Surfing a boats wake – Disqualification
- f) Drafting a fellow paddler – 15 minutes/occurrence
- g) Use of unapproved equipment or changing equipment if not damaged – Disqualification
- h) Holding onto a vessel while in motion – Disqualification
- i) Boarding a vessel (Unless instructed to do so by the Race Directors) – Disqualification

2. Competitive Classes & Cash Prizes:

NOTE: To unlock cash prizes solo categories require FIVE (5) REGISTERED PARTICIPANTS, team categories require THREE (3) REGISTERED TEAMS.

1. SUP 14' Men.....	1st \$5,000, 2nd \$3,000, 3rd \$1,000, 4th \$500, 5th \$250
2. SUP 14' Women.....	1st \$5,000, 2nd \$3,000, 3rd \$1,000, 4th \$500, 5th \$250
3. SUP Relay 2-Person.....	1st \$4,000, 2nd \$2,000, 3rd \$1,000
4. SUP Relay 4-Person.....	1st \$8,000, 2nd \$4,000, 3rd \$2,000
5. OC1.....	1st \$5,000, 2nd \$3,000, 3rd \$1,000, 4th \$500, 5th \$250
6. OC2.....	1st \$4,000, 2nd \$2,000, 3rd \$1,000
7. OC6 (Team limit of 9 paddlers).....	1st \$10,000, 2nd \$5,000, 3rd \$3,000
8. Dory (2-Person).....	1st \$4,000, 2nd \$2,000, 3rd \$1,000
9. Dory (4-Person).....	1st \$8,000, 2nd \$4,000, 3rd \$2,000
10. Surf Ski.....	1st \$5,000, 2nd \$3,000, 3rd \$1,000, 4th \$500, 5th \$250
11. Prone Solo.....	1st \$5,000, 2nd \$3,000, 3rd \$1,000, 4th \$500, 5th \$250
12. Prone Relay 2-Person.....	1st \$4,000, 2nd \$2,000, 3rd \$1,000
13. Prone Relay 4-Person.....	1st \$8,000, 2nd \$4,000, 3rd \$2,000



By law, all competitive participant winners must fill out a W-9 form prior to receiving any cash prize. Prize money will be withheld until a signed W-9 form is received from the winner. W-9 forms will be available at the landing celebration and awards ceremony for the event. W-9 forms will also be sent to all winners via email by event officials.

IRON PADDLERS:

Any Recreational Solo or Competitive Solo paddler that paddles the 80 miles Beach-to-Beach from Bimini to Lake Worth and does not board their boat or receive forward moving assistance (other than permitted drafting) is eligible for the Iron Paddler Challenge Coin.

3. Boat Support:

Competitive participants are required to secure their own escort boat, captain and crew to assist the competitive participant from Bimini to Florida. As outlined in the General Rules, competitive participants need their captains to register at <https://www.crossingforcysticfibrosis.com/registration> by April 21st. Failure to do so requires Event Director approval for any modifications or additions after the April 21st deadline. In the case that a paddler is unable to find their own boat support and captain by the April 21st registration deadline, they must email boats@pipersangels.org.

4. Escort Boat:

Participants must stay with their escort boat at all times, even in the event of the boat having a mechanical failure. No participant shall advance further ahead than midship of their escort boat, but may parallel their support boat. Competitive participants are allowed to share an escort boat. Any assistance or forward influence from boats other than passing of nutrition and hydration will result in automatic disqualification. If you are engaging directly to the boat, the boat must be in neutral and not moving forward. The participant can paddle to the boat, grab nutrition or hydration and continue. At no time can the participant hold on to the boat or any attached craft or floatation device for any forward advantage.

Subject to hazardous weather conditions requiring mandatory boarding of an escort boat as outlined by these rules, competitive participants must remain on or in their respective board or craft throughout the entirety of the race. Any participant boarding any boat during the event will be considered a withdrawal and automatic disqualification from the event.

5. Drafting:

Due to the long distance of the course, drafting behind escort boats is allowed for competitive participants, but only behind their designated escort boats. Drafting is defined as paddling or otherwise following behind or along a boat's slipstream to gain a forward advantage and reduce the overall effect of drag. Drafting is only permitted within a boat's designated drafting zone. The designated drafting zone is defined as the water space or slipstream directly behind a boat and its engine(s) and does not include the boat's sidewake (with the exception of sidedraft), waves or v-wash. Escort boats are not permitted to exceed the paddler's normal pace, but if the escort boat creates a wake or bump at the paddler's normal speed within the designated drafting zone, the paddler may utilize the wake or bump as long as stroke cadence is consistent and does not go beyond 2 seconds without taking a stroke. The paddler must at all times propel themselves using their paddle. Surfing the wake is prohibited. Surfing is defined as riding the wake without the need to paddle, while maintaining their speed or momentum. The paddler can not at any time position themselves or their board so that they are receiving forward propulsion solely from the draft or the wake. Drafting of other paddlers or other support vessels is strictly prohibited.

6. Competitive Relay Teams:

Competitive relay teams may use more than one board within their respective class and category. Change outs must be completed with the support boat in neutral until the removed paddler is safely onboard and the continuing paddler is in position and ready. Paddlers may choose their interval timing and order at their own will.

7. Safety Equipment:

All competitive participants must wear and provide their own personal flotation device (PFD) and USCG approved waterproof whistle, throughout the duration of the event. All competitive participants must wear official event gear during the duration of the entire race, including, but not limited to, GPS trackers and race numbers, and nighttime safety gear. Official event gear (GPS tracker and race number) will be provided in Bimini by event officials at no charge to competitive participants. The use of official event gear ensures the safety of all participants. Failure to wear official event gear throughout the entirety of the race



will result in an automatic disqualification. However, nighttime safety gear may be removed at the official sunrise time determined by event officials and announced over the designated radio channel. Escort boats must have designated race numbers.

8. Body Position:

Stand up participants are not required to stand for the entirety of the course. Kneeling or sitting while paddling is acceptable. A competitor shall only use the paddle, waves, and wind to propel the board forward during a race. No outside assistance drafting a vessel not in the race, form of a sail, clothing designed to catch wind, or any other speed device not considered the norm to SUP racing is allowed.

9. Equipment Swap

Competitive participants may switch boards, paddles, or fins ONLY in the event of an equipment failure; however, you may not change equipment category.

10. Hazardous Weather/Event Delay/Cancellation:

X4CF officials may, in their sole and absolute discretion, cancel or delay the event for any reason including, but not limited to, a hazardous environment. A hazardous environment may result from weather, water, sea life, or any other condition an X4CF agent deems, and the determination of a hazardous environment rests solely in the discretion of X4CF agents and will be assessed continuously throughout the event. Participants and parties acknowledge the communication of event status is difficult and often impossible in an event of this size and nature. It is therefore the duty of the participants and parties to make every effort to obtain from a X4CF official the event status, it is not the duty or liability of X4CF agents to get this information to parties or participants, and if the environment appears hazardous the party or participant shall take all precautions necessary to preserve their safety regardless of whether the event is delayed or canceled. It can't be stressed enough, this is a large event and communication is often not possible. It is therefore the responsibility of the participant of the party to do what is necessary to preserve their safety regardless of the event status. In the event of cancellation or delay, the following shall apply:

Any notice of cancellation or delay will be broadcasted on the designated event channel, social media, and emailed to registered participants. If canceled or delayed all participants are expressly prohibited from entering ocean waters (even with a support boat) until such time that an X4CF agent announces the reinstatement of the event. All participants must board their respective support boat without exception. Participants shall only re-enter ocean waters if and only if X4CF officials announce on the designated radio channel the event is officially resumed. It is expressly understood by all participants, parties, captains and crew that the cancellation or delay or reinstatement of the event does not ensure their safety, and all must determine in their own judgment whether to participate under the given conditions based on factors including but not limited to the seaworthiness of their boat and their own seamanship and waterman capabilities.

No refunds of fees or donations (partial or in whole) shall be made due to cancellation or delay.

CROSSING FOR CYSTIC FIBROSIS CONTINGENCY PLAN

This contingency plan aims to ensure the safety and well-being of all participants, staff, and volunteers involved in the Crossing For Cystic Fibrosis event. By implementing these measures and protocols, we aim to mitigate risks and respond effectively to any unforeseen circumstances.

Key Contacts:

- **Event Director:** Travis Suit, travis@pipersangels.org, 561-246-0205
- **Director of Safety:** Josh Ferris, joshferris@pipersangels.org, 321-544-5735
- **Medical Director:** Dr. Ray Vazquez, 561-243-0394
- **Communications:** info@pipersangels.org

Weather Contingencies: Weather will be monitored leading up to and during the event. If adverse weather conditions such as lightning, strong winds, or rough waves are forecasted or present at the time of the event:



- o Registered Participants will be notified of any delays or schedule changes via email and at in-person meetings/check-in. All registered participants should attend these meetings to obtain any critical information and answers to their questions.
- o If the X4CF Director of Safety deems unsafe conditions for the original event day and time, the Beach Launch and paddle would be rescheduled to one day before or one day after, depending on conditions. **All participants are encouraged to plan their travel and lodging arrangements based on the potential that the Beach Launch and paddle could start on Friday June 20th, Saturday June 21st, Sunday June 22nd, or Monday June 23rd.**
- o The Lake Worth Beach Landing celebration event will be adjusted according to the day of departure from Bimini if participants do not launch on the originally scheduled departure date.
- o If there are any changes to the competitive paddling divisions outside of the outline Official Rules, the changes will be relayed via email and at in-person meetings/check-in. All registered participants should attend these meetings to obtain any critical information and answers to their questions.
- o Captains' meetings and event check-in days and times in Bimini may be adjusted depending on event needs based on any weather delays, which will be communicated via email to registered participants.

11. Doping

The Event is a doping-free event. The Official Competitive Committee hereby expressly adopts and incorporates herein the World Anti-Doping Code 2015 (with 2018 amendments), as created and published by the World Anti-Doping Agency, including but not limited to all definitions, prohibitions, and testing protocols. Doping or the use of any prohibited substance, as defined in the World Anti-Doping Code, is expressly prohibited in The Crossing For Cystic Fibrosis. By registering as a competitive participant, you expressly consent that you are in compliance with the World Anti-Doping Code. Failure to comply with the World Anti-Doping Code will result in automatic disqualification. For more information, please visit <https://www.wada-ama.org/>.

BOAT CAPTAIN CONDUCT

Boat Captains will be briefed in detail on the event start procedures in Bimini. The operation of multiple craft in the dark requires extreme CAUTION. Any captain viewed as being reckless or endangering any other participants will be removed immediately.

There will be three (3) points of rendezvous as staging areas for the captains in preparation for beach launch. Please plan accordingly to be in position at your assigned point by 11pm and no later than 11:40. The event will start promptly at midnight. Failure to be in position for your paddlers may result in time penalties for competitive paddlers, or disqualification for recreational paddlers.

The Western edge of the Bahamas has 24 hour freighter traffic traveling North and South. These large vessels average 10-15kts and are managed by autopilot on a predetermined path. Diligent lookout and recognition, especially during the night, is imperative to the safety of the event. Please adjust course as necessary and as early as possible to avoid close contact.

Cutting off or blocking other paddlers, competitive or recreational, is considered reckless and unnecessary. It is a large ocean and all participants must give safe distance to other craft on the water. Once the Lake Worth Pier is in sight and paddlers are at the prescribed distance where an escort boat is no longer needed the paddlers are to proceed in an orderly direct course to the finish line. Any time prior to that the slower boat/paddler must give way to other participants.

This event is in existence first and foremost to aid those in need. If while on the water a captain/crew observe another vessel in need it is the obligation of those around to assist in any way possible, without entering into a known hazardous or life threatening situation.



NOTES

1. SUP Board Sizes
 - a) SUP CLASS: Length - 14' ft
 - c) Board Weight: - No weight restriction
 - d) Board Dimensions: No minimum or maximum width size
 - e) Board Design: Multi-hull SUP's are NOT allowed
2. Prone Board Sizes
 - a) PRONE CLASS: Length - 14' ft and under
 - c) Board Weight: - No weight restriction
 - d) Board Dimensions: No minimum or maximum width size
3. OC6 and Dory's
 - a) All OC6 and Dory's will be approved via pictures, weight, and dimensions to race officials. All OC6 craft will be Stock models only. Dory's are 2 person, row/surf boats.

DEFINITIONS

1. SUP Board attachments and Paddle
 - a) Fin: Fins may be of any length, width or shape, provided the fin design does not promote the upward lift characteristics of a foil and with the center fin always to be in line with the length of the board. Side fins may not be angled greater than 30 degrees from perpendicular to the bottom of the board (90 degrees). Center fin(s) must only have two surfaces that are symmetrical and may NOT have one or multiple points protruding from any of the surfaces. Side fins may have two different shape surfaces. Fins are fixed to the bottom of the board, do not pivot, do not have controls for steering and must be in a fixed position throughout a stated race or format.
 - b) Foil: Foils are defined as any fin that is angled greater than 30 degrees from perpendicular to the bottom of the board (90 degrees), or any fin with appendages, or any fin designed to promote an upward lift. Foils may be of any design and shall only be allowed in the SUP Unlimited Class.
 - c) Rudder: Rudders are defined as any fin or foil that pivots in order to steer the board. The participant will usually have a device on the deck that controls the angle of the rudder in order to steer the board
 - d) Multi-hulls: Multi-hulls are defined as two or more separate hulls attached together in any manner, or any board with a concave bottom greater than two inches (2" or 5 cm) deep measured at any cross section on the bottom of the board.
 - e) Length: The board length is measured from nose to tail at ninety (90) degree angles from the boards natural flat lying position with the deck facing up.
 - f) Paddle: A paddle shall be a single blade design, with one blade on one end and a handle on the other end. The length of a paddle may be adjustable. A double ended blade paddle may be used while racing however will be scored as their own division based on board size and gender. A replacement paddle may be fixed to the board.