

— ULTIMATE CRUSADER'S GUIDE —

Captains



THE CROSSING™
FOR CYSTIC FIBROSIS

*Bahamas to Florida Epic Paddle Challenge
& International Championship*



PIPER'S
FOUNDATION FOR



ANGELS™
CYSTIC FIBROSIS



CROSSING FOR CYSTIC FIBROSIS ULTIMATE CRUSADER'S GUIDE

Captains

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

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Captains of the Crossing For Cystic Fibrosis are the unsung heroes of this event. Without our captains, our paddlers would not be able to set out on their paddling journey and safely return home.

INTRODUCTION

This guide is intended to provide the necessary information to help prepare X4CF Captains for a smooth trip to Bimini and back to Florida. Safety is the #1 priority of the Crossing For Cystic Fibrosis, therefore we urge each captain to review and understand the entirety of this guide.

The Crossing For Cystic Fibrosis is an 80 mile long, open ocean paddle challenge that starts in Bimini, Bahamas and concludes at Lake Worth Beach, Florida. The purpose of this event is to raise awareness and funds to support the cystic fibrosis community through the programs that Piper's Angels Foundation provides to people battling this terminal illness.

Paddlers of a variety of craft types can participate as a solo participant or relay team in either recreational or competitive categories. Each paddler and team must have a support boat of which they will follow along the route back to Florida, drafting allowed.

All boats serving as support vessels to paddlers must meet USCG safety equipment standards. Boats must be at least 23' long and have at least 2 engines. Any vessels not meeting these parameters can only be approved on a case-by-case basis with the Director of Safety. Recommended safety equipment includes AIS, GPS navigation, GPS tracking, backup VHF, FLIR, EPIRB, survival raft, bull horn, Satphone, and advanced medical kits.

Paddlers and crew will join their captains and boats to ride over to Bimini together with all their gear. It is recommended to arrive in Bimini on Wednesday or Thursday prior to the paddle event to enjoy the various X4CF events hosted on the islands and take time to enjoy all Bimini has to offer.

TYPES OF CAPTAINS

- Recreational Solo Captains: These captains are recruited by the event / staff to be assigned to paddlers who have registered in our Recreational Solo category that are in need of a boat and captain. These paddlers intend to attempt the paddling the full 80 miles themselves, but will be grouped with additional paddlers who will all be paddling behind the boat at the same time. Recreational Solo Captains are eligible to have up to \$400 in fuel covered as well as their cruising permit fees, dockage, and lodging fees.
- Team and Competitive Captains: These captains are recruited by the paddlers themselves and can serve for competitive or recreational paddlers and teams. Costs such as fuel, cruising permit, lodging, and dockage are discussed between the paddlers and the captain depending on what support is needed from the captain and what the paddlers are able to cover. The event is not responsible for any costs associated with these captains and paddlers.
- Safety Boat Captains: These captains are recruited by the X4CF event / staff to assist with the safety aspects of the paddle. Nurses and paramedics are assigned to these captains and boats, which will rove around the group of paddlers as they disburse throughout the open ocean within the duration of the paddle. Safety Boats are essential to this event so that in case of an emergency or medical situation, participants can receive the care they need.

CREW MEMBERS

Crew members serve as assistants to the captain and paddlers during the event. Typically, the captain will bring a crew member that can help to drive the boat, navigate, or perform other tasks needed by the captain. Additionally, the paddler(s) will have 1-2 crew members dedicated to supporting any needs they have during the paddle. Keep in mind, it is best to have crew members that are familiar with boating, paddling, and are not prone to seasickness or other situations that could keep them from providing the support they are recruited to. The Crew Guide is available on the crossingforcf.com website for additional insight on preparing crew members for The Crossing.



EXPECTATIONS

Before the Event: When you have been recruited by or assigned to your paddlers, you should connect with your team's paddlers and crew in person or virtually to begin creating rapport and getting familiar with each person that will be on your boat. This is crucial to setting expectations with each other, expressing concerns, addressing questions, and getting to know one another. It is recommended to meet/talk periodically to make sure each person is on the same page so that all logistics are handled smoothly and each person is well prepared.

Captains should familiarize themselves with the surrounding waters of Bimini, conduct a thorough safety equipment check, fuel the boat to its entirety, file a float plan with X4CF and the USCG, and complete the Click2Clear requirement.

Safety is the most important facet of your role on the boat and as a captain, you are the ultimate decision maker, other than the X4CF Director of Safety. Please thoroughly read the X4CF Official Rules.

While in Bimini: Captains are responsible for checking in the passengers with Bahamian Customs and to Immigration. This is a time consuming process where your passengers will be expected to remain on the boat for up to an hour or longer until the clearing process is complete. Most offices close at 5pm, therefore plan your arrival prior to that. If you arrive after the office has closed, you must go to the Customs office and Immigration office first thing the following morning to properly clear. Boats must fly the yellow quarantine flag on the vessel until you have fully cleared. More details on costs and policies are found here:

<https://www.bahamascustoms.gov.bs/resources/faqs/>

You may take the time to fish, dive, go boating, or enjoy the other activities the island has to offer, including the X4CF events at Bimini Big Game and Bimini Cove. Please plan ahead of time with the paddlers and crew on your boat so that each person can coordinate as needed.



EXPECTATIONS (CONT.)

During the Event: Create a tentative schedule with your paddlers before you leave Bimini and adjust depending on how they are feeling. 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.

Each captain and crew member is responsible for their paddlers' safety. There should always be eyes on the paddlers in the water, along with an environment set for clear and effective communication from paddler to crew and captain. The needs of your paddlers may change at any point in time depending on what they are experiencing, weather and sea conditions, or other influential factors. During the dark hours of the paddle, it is recommended the captain pay strict attention to areas forward of the vessel while assigning a crew member to be a spotter to advise if the boat should change speed or stop based on the paddler's positioning. The use of deck lights and underwater lights might be preferred to the paddlers so be sure to let the paddler decide prior to this day what works best for them visually.

All paddlers behind the boat are limited to the speed of the slowest paddler in the group so patience is necessary. Paddlers are forbidden to proceed past the midship point of your boat. Keep in mind that if your paddlers were farther away from your boat than you could get to them in 10 seconds or less, you are too far from them.

During the day time you may enjoy music and fishing along the way. If you choose to drop a line to fish, make sure your paddlers are on the opposite side of the boat and do not risk their safety with any fish activity. Deviating from the best route for your paddlers to pursue catching fish is not allowed.



SCHEDULE & TIMELINE

Please see the official Crossing For CF Itinerary for schedule of events and times

Your Crossing adventure starts when you load your boat with gear, your team, and depart from Florida! The event in Bimini officially starts on the Wednesday prior to the Crossing paddle. Most participants boat over to Bimini on Wednesday or Thursday to spend time enjoying the islands as well as the X4CF events that take place on Thursday, Friday, and Saturday. Depending on weather and ocean conditions you should plan on having flexibility this whole week and the following Monday in the case of event delays, scheduling ahead, and safety precautions for travel.

Upon arrival in Bimini, there is a mandatory event check-in at Bimini Big Game for all captains, crew, paddlers, and friends/ family. Note that the last day and time to check in is at 12pm on Friday. Captains must attend a mandatory in-person Safety Meeting at either Bimini Cove on Thursday afternoon or Bimini Big Game on Friday morning.

Please join all of our events listed in the Crossing For CF Itinerary! You may take your boat out to be part of the Saturday morning Paddle Out Rose Ceremony.

Be sure to rest and hydrate on Saturday as you prepare your departure from Bimini on Saturday night. Paddlers must check-in to receive their safety gear Saturday night at Bimini Cove HQ.

Boats must be in position off Bimini Cove Beach no later than 11:45pm on Saturday. At midnight, paddlers will depart in waves which could last up to an hour. Once underway, it typically takes 12-16 hours to complete the paddle. Paddlers and boat have until the end of event at 8pm to arrive at Lake Worth Beach. Paddlers and captains must obey any instructions given by the Safety Team, including being removed from the water and relocating.

As boats approach Lake Worth, they must check-in via VHF radio to the Safety Team on the pier so their paddlers can be identified. Captains may anchor their boats off of Lake Worth Beach and come into the Beach Landing or return to the marina. Please plan ahead with your team members on transportation after the Beach Landing as well as gear collection from the boat.



PREPARATION

In early June, all captains, crew, friends, family, and paddlers must attend the Mandatory Online Safety Meeting. Make sure your lodging reservations and boat slip reservations are confirmed before you leave Florida. As you prepare for your trip to Bimini, keep in mind to bring everything you will need such as water, ice, snacks, medications, swimwear, clothes, shoes, hat, sunglasses, sunscreen, bug spray, toiletries, fishing/diving gear, safety equipment, cash, passports, etc. Keep immigration documents in an easily accessible place and keep the documentation together to make it easy when you clear Customs. Plan your boat loading and Florida departure so that you arrive in Bimini no later than 2pm since Customs, Immigration, and lodging check-in could close at that time.

Familiarize yourself with Bahamas regulations:
<https://www.bahamascustoms.gov.bs/resources/faqs/>

Make a plan with your crew and paddlers for what your schedule will be while you're in Bimini and be sure to have a system in place pertaining to the paddle plan with breaks, etc.

Confirm your plan with your paddlers and crew for arrival after the paddle in Lake Worth Beach so each person can coordinate transportation and collecting their luggage after the Beach Landing.

Familiarize your passengers with the rules of your boat, needs you may have for them to help along the way, and any safety information they may need.

Beach Launch procedure and gear procedure is subject to change.

Be sure to read all event Official Rules and address any concerns or questions with the Director of Safety: boats@pipersangels.org



SAFETY

Safety Gear & Safety Boats

Boats must meet all USCG safety equipment requirements. Additional recommended safety equipment includes AIS, GPS navigation, GPS tracking, backup VHF, FLIR, EPIRB, survival raft, bull horn, Sat phone, and advanced medical kits.

When captains check-in to the event in Bimini, they will receive a package with all their safety gear. Everything that is provided to them must be returned to Piper's Angels Foundation in person or by mail immediately after the event. This includes GPS device, safety light, bleed kit, SharkBanz, and captain's info folder. Paddlers must also return their safety gear provided by X4CF which includes the GPS tracker and RFID timing chip anklet. Failure to return X4CF safety gear will result in the participant being charged the cost of these items.

Paddlers must wear their PFD, GPS, whistle, and leash for the full duration of the paddle. Paddlers must wear their yellow reflective safety vest from midnight until 7am.

Recreational Solo captains that need board racks can obtain them from the Piper's Angels Foundation office the first week of June. Additional racks will be provided to other teams on a first come, first serve basis. These must be returned immediately following the event.

During the event X4CF will have several roving boats in the area with medical personnel aboard. A call to the safety boats must be made if at any time a passenger on your boat or paddler on your team needs any kind of attention.



SAFETY

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.

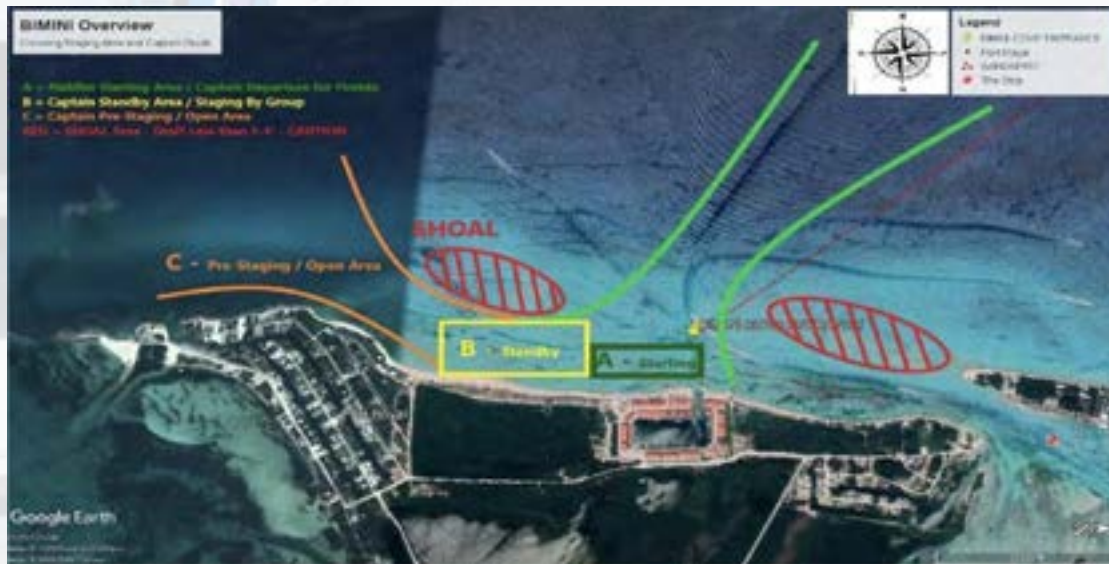
If paddlers are smelling the engine fumes because this an indicator of carbon monoxide and that they must move away from that area where the fumes are, which is highly dependent on the wind speed and direction. Paddlers might want to try drafting off the side of the boat for cleaner air or simply back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



EVENT START

The first wave of paddlers will be launched promptly at midnight. The wave schedule will be provided via email to captains and paddlers at least 24 hours prior to the Beach Launch. In order to accomplish a timely start, each captain must ensure they are in position ahead of time. Make all equipment checks in daylight before the event. There might be an X4CF marine mechanic on site in Bimini if needed. As you leave your respective marinas and arrive on site you will check in on VHF channel 73. When it is time to go into position and receive your paddlers, you will be instructed to switch to channel 72 which will be the primary event frequency from that point on.



Section C is referred to as "Pre-Staging/Open Area." This area is south of the beach departure area at the Bimini Cove property. There is a line that separates the departure path and the Holding Area. Captains may station themselves anywhere to the south of this line until they are called into the "Standby/Staging" area.

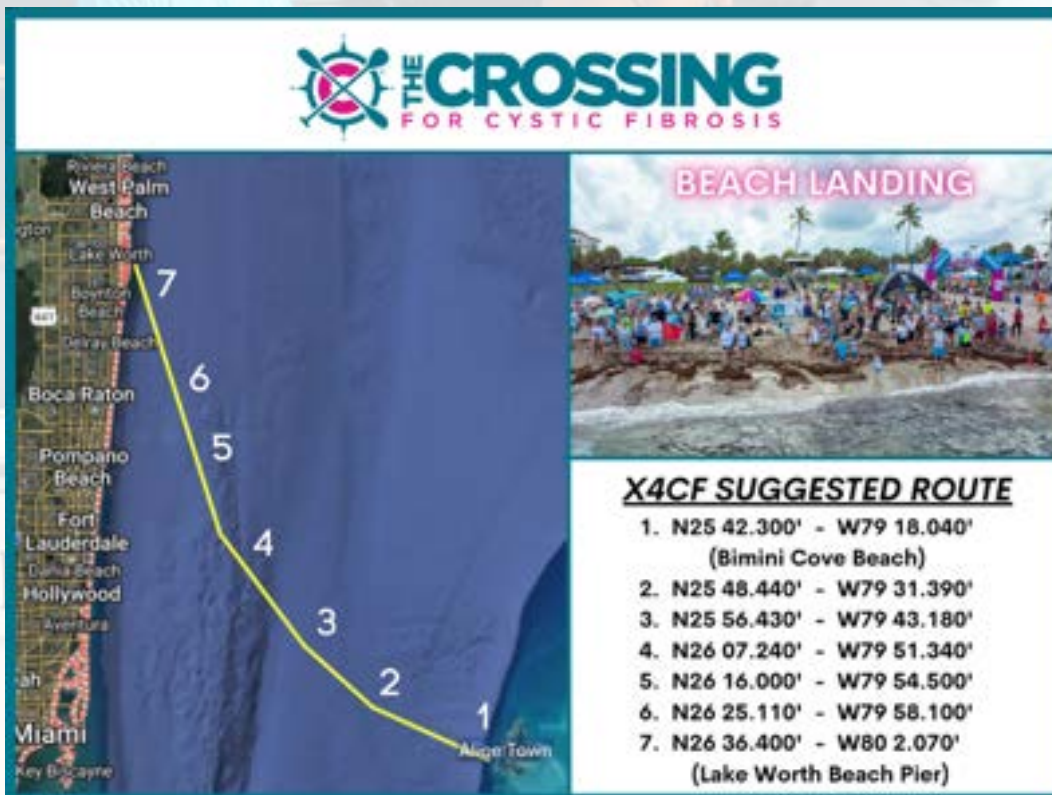
Section B is referred to as "Standby/Staging." This area is located between the Open Area and the departure path. Boats in the same wave will be called into this area prior to being called in front of the beach area where the paddlers are launching from.

Section A is referred to as the "Starting Area." This area, including the path to Florida must be kept clear at all times from 11:45pm until all paddlers have departed Bimini. With this in mind all captains must have their vessels in Section C in the Pre-Staging/Open Area no later than 11:45pm. When being called into the Starting Area, you will be called in a specific order that will match the order of paddler positions on the beach. Please move into position as quickly as possible while maneuvering safely in the dark. You will help in the process by knowing which boat is being called prior to you and following them in a timely manner. Once ALL boats in your group are in position with sterns pointed to the shore the paddlers will be signaled to begin.



NAVIGATION

When crossing back to Florida, it is important to factor in the drift of the Gulf Stream which averages 3-5mph. Most captains will find that a heading of 270 degrees to 300 degrees for the first half of the event will help place their paddlers in the closer half section of the Gulf Stream to Florida, and then a heading of the 290 to 320 for the second half of the event will help push them towards the Lake Worth Beach pier. The chart provided below is a recommended route to the competitive paddlers in the event and a REQUIRED route for all recreational paddlers. This is required so that the safety boats in the area can patrol a more condensed zone of paddlers and so the media boat can get photos of your team during this epic adventure.





WEATHER

The weather between Florida and Bimini is very dynamic at any time of year. June is a more predictable time of year with typically calmer ocean conditions. The normal weather consists of 1 to 3 foot seas with a flowing swell to the north. The wind is usually 10-15 knots from the southeast. There tends to be scattered rain showers and the occasional thunderstorm. In the past, conditions have varied year to year.

Please remember this is an open ocean challenge and we take safety seriously. Captains are expected to come with a seaworthy vessel, skills to navigate any conditions that might be presented, and paddlers are expected to train in open water to also prepare for a safe and efficient journey. Event coordinators keep a very close eye on the weather weeks in advance of the event through multiple outlets for the most accurate forecasting and weather predictions. If there is a need to delay or cancel the event, it will be communicated as soon as the information becomes available. Please refer to the Contingency Plan in the Official Rules for more information.



BOAT TRAFFIC

While this is a large event with an extensive safety network, all participants must still be vigilant as other boat traffic in the area may not be aware of the event boats and paddlers. Freighter and cruise ship traffic traveling north and south off the Bahamas is important to be conscious of. These large vessels often run on autopilot, not likely to change course, cruising 15 to 20 knots. At night, scan the horizon for other vessels lights that might cross your path. Especially in the case of freighters, it is imperative that each captain elect to parallel the course of any freighter until it has passed. Often times, simply turning due north until it passes by is a solution. Any vessel with AIS is encouraged to not only understand how to use that tool, but to recognize large vessels in the area early and to broadcast their position, track, and speed to other boats in our fleet so that everyone may maintain the highest level of safety.



ARRIVAL IN FLORIDA

When arriving in the United States waters, it is every captain's responsibility to check in themselves, their crew, and their paddlers with Customs and Border Patrol. For all US citizens, use the ROAM app available on your smartphone. With this app, personal information can be preloaded so that check in can happen efficiently while offshore which is recommended. If any passengers are not US citizens, the ROAM app will not work and they must be taken to a Port of Entry (airport or port authority) within 24 hours of arrival. Please take this process very seriously as large fines can be given.

When arriving at Lake Worth Beach there are several steps you must follow before your participation is considered complete:

1. You must call in via VHF radio to an event boat stationed at the finish line. When calling this boat, you must give your assigned boat identification and paddler names.
2. For all competitive participants, the captain must keep track of their progress and turn in that form to boats@pipersangels.org. Failure to do so could result in disqualification of your paddler.

BEACH LANDING CELEBRATION

Once all arrival duties are complete, captains are welcome to anchor in the designated boats area clear of the finish line and come to shore via jet ski. Radio to the pier that you will need a ride in. There, you will be able to celebrate with your team!

AWARDS CEREMONY

Please plan to join us for the X4CF Awards Ceremony which will take place at 6pm on Thursday after the event at Lake Worth Beach Casino Ballroom. This event will be livestreamed for those that can not make it in person.



OVERNIGHT AT LAKE WORTH

If you are looking for a place to leave your vehicle and trailer while you are in Bimini, you might need to give advanced notice to that venue. Bryant Park in Lake Worth is commonly utilized for overnight parking.

For those in need of an overnight dock on the night of the event, there are marinas (and hotels nearby.) In all cases, expenditures are the responsibility of each captain, and not the team or event.

Loggerhead Lantana

870 N Federal Hwy, Lantana, FL 33462

561-582-4422

Palm Beach Yacht Center

7848 South Federal Hwy, Hypoluxo, FL 33462

561-588-9911

Boynton Harbor Marina

735 Casa Loma Blvd, Boynton Beach, FL 33435

561-735-7955

Murrelle Marine

846 N Dixie Hwy, Lantana, FL 33462

561-582-3213





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:

- 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.



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.

Frequently Asked Questions

REGISTRATION

- I want to paddle in The Crossing, but I don't know anyone who wants to paddle on a team with me. What are my options? You can register in your intended category and then reach out to other paddlers in the Crossing community seeking teammates. You can post on the [Crossing For CF Group - Private Facebook page](#). Additionally, please let us know your need so we can make note and connect you with other paddlers seeking teammates by emailing info@pipersangels.org
- I registered as Recreational Solo Needing Boat Support from X4CF. When will I find out more information about my team assignment? After registration closes and by May 1st Recreational Solo paddlers will be grouped together based on their experience/skill level, goals, and preferences then assigned to their captain. Introductions will be made via email.
- If I cancel my registration and can not attend The Crossing, will my entry fee be refunded? All registration fees are non-refundable.
- If I registered under one category, but want to change the category, how can I do this? To change registration categories, please email info@pipersangels.org of your request. Paddlers may not switch to Rec Solo with X4CF Boat Support after the registration deadline. Other changes are accepted until June 1st.
- Can I register my teammates, crew, or captain? No, all participants must register themselves and sign their own liability waiver and fundraising commitment, as well as enter
- What is the difference between the recreational and competitive categories? The recreational category is not constrained to all of the same rules for paddling as the competitive category and includes miscellaneous paddle crafts not listed in the competitive category. One difference is that recreational paddlers may board the boat and not be disqualified, but competitive paddlers will be disqualified from the race if they board the boat. Only the competitive category is eligible for cash prizes. Please see the Official Event Rules for more information.

RULES

- Where can I find the Official Event Rules? Please visit crossingforcf.com or [CLICK HERE](#)
- What does "Iron Crusader" mean? Paddlers that complete the full 80 miles beach-to-beach from Bimini to Lake Worth without getting on the support boat for any reason are considered Iron Crusaders. Both recreational solo and competitive solo paddlers of all crafts are eligible to complete the Iron 80 miles and become an Iron Crusader.

Frequently Asked Questions

EQUIPMENT

- What type of watercraft can I paddle? You may use any self-propelled watercraft for this event, but competitive categories only include SUP, Prone, OC-1, OC-2, OC-6, Dory, and Surfski. For other water crafts such as kayaks, hydrobikes, etc you will register in the recreational category.
- What type of SUP board should I use? We recommend a 14' long hard board that is 26-28" wide. Please see the [PADDLERS GUIDE](#) for detailed information on this.
- What type of paddle should I use? We recommend a quality paddle that is lightweight. Please see the [PADDLERS GUIDE](#) for detailed information on this.
- What type of fin should I use? The larger the fin, the more stability it provides. Please see the [PADDLERS GUIDE](#) for detailed information on this.
- What gear do I need to bring to Bimini? There are personal items, nutrition, hydration, equipment and safety gear including PFD, leash, yellow reflective safety vest, waterproof whistle, and other necessities you should bring to Bimini. Please see the [PADDLERS GUIDE](#) for a checklist and more detailed information on this.
- What gear does X4CF provide? The Crossing will provide paddlers with their GPS, timing chip, board identification sticker, and race bib. Captains will be provided with their own GPS, information folder, safety light, SharkBanz, and bleed kit. All participants that come to Bimini will receive a swag bag, event shirt, and event hat.

BOATS & CAPTAINS

- Do I need to find my own boat and captain to paddle in this event? Competitive solo paddlers, competitive relay teams, recreational relay teams, nonprofit teams, and recreational solo paddlers choosing not to have The Crossing provide their boat support all must find their own boat and captain for the event. Only Recreational Solo Paddlers registered in the category for The Crossing to provide boat support (additional registration cost and limited to 40 paddlers) will be provided a boat and captain.
- How do I find a boat and captain? Word of mouth is the easiest way to find boat support within your network. If you don't know of anyone with a boat, voice your need to your social media base, email communications, workplace, friends, family, and in person conversations. Typically someone you know, knows another person with a boat or they might know someone else with a boat. You can also post about what you're doing and you need on these Facebook groups: [Let's Go to Bimini!](#) , [Let's Go Boating South Florida](#) , [Bimini Crossing](#) , [South Florida Boating](#) , [Central Florida Boating Page](#) , [Florida & Bahamas Fishing Group](#) , [THE CROSSING \(Florida to Bahamas\)](#).

Frequently Asked Questions

BOATS & CAPTAINS

- Do I have to pay the captain or pay for anything related to using their boat? Paddlers who find their own captains or are in the competitive categories or recreational category finding their own boat are responsible for all of their own expenses. These paddlers must have a conversation with their captain to figure out if the captain is going to help cover any costs such as fuel, dockage, Bahamas Cruising Permit, ice, captain's lodging, etc. Recreational Solo paddlers who are provided boat support by The Crossing do not have to pay for fuel, dockage, Bahamas Cruising Permit, or their captain's lodging.
- What are the specifications the boat and captain need to participate in the event? Boats must be a minimum of 23 feet long, but it is encouraged that vessels are 26' in length with a minimum of two engines. Any vessels that don't meet this minimum criteria must be approved by the director of safety. Captains must have ocean experience. Please see the [CAPTAINS GUIDE](#) for additional boat safety requirements.

CREW

- What does a crew member do? Crew members serve as support for paddlers and captains. Paddler's crew members are responsible for overseeing paddler safety and taking care of their needs through the duration of the paddle including nutrition, hydration, and moral support. Captain's crew members are responsible for assisting the captain with navigation, safety, and other needs that might arise.
- How many crew members are allowed per boat? A minimum of 1 crew member is recommended and up to 3 crew members are permitted per boat as long as the boat size is sufficient for all participants and gear should the paddlers have to board the boat and boat run back to shore or to relocate.
- What other information should crew members know? Please read the [CREW GUIDE](#) for important details related to being a X4CF crew member.

TRAVEL

- I'm from out of town. What airport should I fly into and what city should I stay in? Where you fly into and stay in Florida prior to going to Bimini would be most convenient to align with the location nearest where your captain is or is leaving to Bimini from. Typically, flying into Palm Beach International Airport or Fort Lauderdale Airport and staying in those areas are most convenient.

Frequently Asked Questions

TRAVEL

- Where do paddlers and boats leave from to go to Bimini? Most boats leave from Palm Beach (Lake Worth) Inlet, Boca Raton Inlet, Hillsborough Inlet, Haulover Inlet, Jupiter Inlet, or Boynton Inlet. Paddlers and crew will join their captain on their boat to ride over to Bimini together with their luggage, gear, and coolers.
- Where can I park my vehicle overnight while I'm in Bimini? Search options here: <https://gis.myfwc.com/BoatRampFinder/>
- What hotel should I stay at in Lake Worth Beach after we arrive from Bimini? The Fairfield Inn at Lake Worth Beach has a limited room block available for Crossing participants. This is walking distance to the Beach Landing. There are additional lodging options in the area.
- I have friends and family that want to come to Bimini for the events there, but they will not be joining for the paddle back. How can they come to Bimini and leave? Each person coming to The Crossing must be registered. Friends & family have their own registration category. For those who do not want to boat to or from Bimini, they can fly or take the fast ferry. Tropic Airways and Silver Airways are commonly used for flights and the Balearia Caribbean Fast Ferry is the ferry from Port Everglades to Bimini and back (schedule of operation is limited).

LODGING

- Where do I stay in Bimini? Bimini Cove, Bimini Big Game, and the Hilton are where the majority of teams stay in Bimini. There are some other hotel options available as well as AirBnB or VRBO.
- How do I book my lodging? Please visit crossingforcf.com for booking links for discounted rates for the Crossing For Cystic Fibrosis room block. Lodging is limited in Bimini, so book far in advance!
- How much does lodging cost? Lodging rates vary depending on venue and size of the room booked, but typically prices range from \$300-\$500 total per night.

BIMINI

- When should I arrive in Bimini? It's best to arrive in Bimini on Wednesday or Thursday prior to the paddle so that you can account for the first day mostly being travel, customs check-in process, lodging check-in and gear unloading, then the remaining days for fishing, diving, X4CF on island events, and rest. On island events start on Thursday evening. Event check in is open Wednesday through 12pm on Friday. Please refer to the X4CF event itinerary to plan accordingly.
- How do I get to Bimini? Paddlers and crew will coordinate with their captains to boat over together with all of their gear and belongings. For those who can not boat over when their captain plans to go, they can try to find a ride over with another boat, take the fast ferry, or fly.

Frequently Asked Questions

BIMINI

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- When I get to Bimini, what is the check-in process? When you arrive in Bimini, your captain will check-in all boat passengers at Customs and Immigration. Once this process is complete (could be quick or take up to an hour or two) you can proceed to Event Check-in at the Hemingway Room at Bimini Big Game. Please be conscious of check-in days and times. Additionally, make sure you arrive at your lodging venue and check-in during their open hours of operation.

EVENTS

- What events are there leading up to The Crossing? Storytelling Night & Registration Kickoff Party on August 31st, Piper's Angels Foundation Gala on December 14th, X4CF PreParty on May , and several training paddles in between! Please visit crossingforcf.com to see the current calendar of events.
- What events happen during The Crossing? The event officially begins on Wednesday when check-in opens. Thursday evening is the Poolside Social at Bimini Cove, Friday morning is the 4Ocean Beach Cleanup near Bimini Big Game, Friday evening is the Bimini Big Game Family Buffet Dinner, Saturday morning is the Paddle Our Rose Ceremony at Bimini Cove, and Saturday night is the Beach Launch from Bimini Cove. Every morning yoga is offered at both venues.

AWARDS CEREMONY

- When and where is the awards ceremony? The Crossing For CF Awards Ceremony is hosted at the Lake Worth Beach Casino Ballroom on Thursday evening after The Crossing.
- Should I plan on going to the awards ceremony? Yes! The Awards Ceremony is a fun and beautiful event to bring closure to the amazing journey of The Crossing. Awards are given to those who placed in the competitive division, as well as superlative awards to recognize additional paddlers, captains, crew, volunteers, etc.

Frequently Asked Questions

AWARDS CEREMONY

- Is there a special award for those who have participated multiple years? The Crossing For CF created the 5 Year Crusader Compass for captains, crew, paddlers, and safety team members who participate in their position on the water on the day of The Crossing during the event from Bimini to Lake Worth Beach. These individuals will receive it during the Awards Ceremony.
- What if I can't attend the Awards Ceremony? The Awards Ceremony will be livestreamed on the Piper's Angels Foundation YouTube page to view from afar. If you win an award and can not receive it in person, it will be mailed to you.

FUNDRAISING

- How much money do I have to fundraise as a participant? When registering, paddlers commit to a \$2,000 minimum. Captains, crew, family, friends, and virtual participants who register commit to a \$500 fundraising minimum.
- How long do I have to reach my fundraising minimum? Fundraising ends at 11:59pm EST on July 31st.
- How do I fundraise? Funds are raised by hosting fundraising events in your community and communicating within your network of friends, family, acquaintances, colleagues, and local businesses. Some companies also offer a matching opportunity.
- What are some examples of ways to fundraise? Posting on social media and sending emails about what you are doing, why you are doing it, and what the funds support is the easiest step. By creating business cards or info cards with your information, the event information and a QR code for your fundraising page is also helpful when talking to people and asking for donations. For community events you can host, restaurant givebacks are quite simple, or you can get creative with the things you enjoy and host an event like fitness or yoga classes, a golf tournament, outdoor retreat, arts & crafts, etc.
- Is there more information on fundraising for X4CF? Yes, please see the **FUNDRAISING GUIDE** at crossingforcf.com
- What if I don't reach my fundraising minimum? If you do not reach your fundraising commitment, your card on file will be charged for the remaining amount on or after August 1st. Please read the **FUNDRAISING POLICY** for more information.
- What does the money fundraised go to? All of the funds raised go directly to Piper's Angels Foundation to help support and improve the lives of families in the cystic fibrosis community through grassroots advocacy and socially innovative programs, raising awareness through education, offering life-expanding activities, providing urgent financial support, and funding critical developments. Please visit pipersangels.org and read the **FUNDRAISING GUIDE** for additional details on the programs provided to CF Warriors and CF families world-wide.

Frequently Asked Questions

EXPENSES & COST

- How much can I expect to spend to participate in The Crossing? The cost for participation varies on your team size, contributions from team members, where you lodge, the boat size and engines, and personal/team sponsorships you obtain to help cover costs. See an approximate general cost breakdown below (keep in mind this is typically split between all paddlers/participants on your team):
 - Lodging: \$250 - \$450/night
 - Fuel: \$1000 - \$2000
 - Dockage: \$100 - \$150+/night
 - Bahamas Cruising Permit/ Customs Fee: \$150 - \$300
- What costs am I responsible for? You and your team are responsible for all expenses related to your trip, unless you are a Recreational Solo Paddler with Boat Support Provided by The Crossing, then you will not be responsible for paying for boat fuel, dockage, and the Bahamas Cruising Permit/Customs Fee. Please speak with your captain and other teammates early on to agree on cost breakdown and payment responsibilities.
- What costs are The Crossing For CF responsible for? The Crossing will cover some costs associated with Recreational Solo Captains that we acquire. These costs include \$100 towards fuel per Recreational Solo paddler on their boat, dockage, shared lodging, and the Bahamas Cruising Permit/Customs Fee.

TRAINING

- How should I train on the water? It is important to safely train in all conditions including wind, choppy water, at night, and drafting behind a boat. Please reference the [PADDLERS GUIDE](#) for details on this.
- How should I train on land? Please reference the [PADDLERS GUIDE](#) for details on this.
- What do paddlers typically eat and drink during The Crossing paddle? Please reference the [PADDLERS GUIDE](#) for details on this.
- What if I don't live near the ocean? Many paddlers that do The Crossing don't get many chances to train on the ocean, but instead they spend as much time as they can training on their nearby bodies of water. Training for balance is very important if you don't get the opportunity to do that on the ocean, so it is encouraged to paddle in safe areas where there is choppy water as well as training for lower body strength.
- How should I train as a relay team versus a solo paddler? Relay teams do not need to spend as much time training as solo paddlers since the distance is much shorter. Please reference the [PADDLERS GUIDE](#) for details on this.

Frequently Asked Questions

TRAINING

- Are there opportunities to train with other X4CF paddlers? Each paddler is assigned to a X4CF Mentor. You may reach out to your mentor to schedule a session on the water together, but The Crossing For CF Mentorship Program hosts monthly training paddles in South Florida January - June. Please see the crossingforcf.com [CALENDAR](#) for upcoming dates.

PREPARATION

- Are there any resources to help with guiding X4CF participants? Please visit crossingforcf.com to find the [Paddler's Guide](#), [Captain's Guide](#), [Crew Guide](#), [Fundraising Guide](#), [CF Warrior Guide](#), and most recent Weekly Newsletter!
- Is there an online community that I can connect with? Follow [@crossingforcf](#) on Instagram and join the [Crossing For CF Group - Private Facebook page](#).
- Are there meetings that I can attend to connect with the community and get more information about the event? We have monthly X4CF Meetings, Q&A Meetings, and training paddles. See events here: [X4CF Calendar](#)

WEATHER

- What if there is bad weather when we plan to leave to go to Bimini? You and your whole team should plan flexibility around your travel dates to and from Bimini. If there is rough weather on your scheduled departure to Bimini, your captain might choose to go the day before or after instead.
- What if there is bad weather when we plan to leave Bimini to paddle back to Florida? If there is rough weather at the time of the Beach Launch from Bimini to Lake Worth, the launch might be delayed by hours or until the following night. Please read the [CONTINGENCY PLAN](#) in the Official Rules for more details.
- At what point does the event get delayed or canceled due to weather and ocean conditions? If there is lightning or unsafe seas then the event would be delayed or potentially canceled. Please read the [CONTINGENCY PLAN](#) in the [Official Rules](#) for more details and plan your travel accordingly.
- How will I know what information is available for any change of plans due to weather? All registered participants will be emailed updates or changes as soon as they become available. This will also be seen on the [@crossingforcf](#) Instagram page.
- Is there a contingency plan in place for weather situations? Yes, please read the [CONTINGENCY PLAN](#) in the [Official Rules](#) for more details and plan your travel accordingly.

Frequently Asked Questions

VOLUNTEERING

- What volunteer opportunities are available? Months leading up to The Crossing there are volunteer opportunities for office tasks, event preparation, packing, and at the PreParty. During The Crossing, we need approximately 150 volunteers the day of The Beach Landing and additional volunteers days later to help with the Awards Ceremony and unpacking. Please see the [VOLUNTEER OPPORTUNITIES HERE](#).
- How can I volunteer? Please sign up to volunteer at crossingforcf.com
- Can I get community service hours for volunteering? Yes, we offer community service hours for any volunteer who needs them!
- Who do I contact if I have questions about volunteering? Please contact Community Manager, Darzy Rodas, darzy@pipersangels.org for questions or more information about volunteering.

CONTACT

- Who can I contact for questions about more information on the event in general? If you are a registered paddler and have been assigned a Mentor, please contact them. If you do not have your Mentor's contact information, please contact Director of Mentorship, Jon Rutishauser at jon@pipersangels.org . If you have general questions, please contact us at info@pipersangels.org or call 1-833-PAF-X4CF (1-833-723-9423)
- Who can I contact for questions about registration? Please contact Director of Operations, Casey McCullough at casey@pipersangels.org.
- Who can I contact for questions about being a captain? Please contact Director of Safety, Josh Ferris at boats@pipersangels.org.
- Who can I contact for questions about training? Please contact Director of Paddler Mentorship, Jon Rutishauser at jon@pipersangels.org__
- Who can I contact for questions about being a crew member for a paddler or captain? Please contact Director of Crew Mentorship, Ali Carty at ali@pipersangels.org.
- Who can I contact about being a CF Warrior paddler? Please contact Director of CF Warrior Mentorship, Rylee Walker at rylee@pipersangels.org.
- Who can I contact for questions about becoming an event sponsor? Please contact Development Director, Tatiana Tims at tatiana@pipersangels.org.
- Who can I contact for questions about fundraising? Please contact Fundraising Mentor, Romi Wallach at romi@pipersangels.org.
- Who can I contact for questions about being an event volunteer? Please contact Community Manager, Darzy Rodas at darzy@pipersangels.org__