

RACE BULLETIN #1 FOR INTERNATIONAL PARTICIPANTS

BAN CANAL

INTERNATIONAL SUP MARATHON 2026



24 KM ENDURANCE | 7 KM CHALLENGE

A linear flat-water race through Selangor's working irrigation landscape.

ORGANISER



CO-ORGANISER



STRATEGIC PARTNER



5-8 NOVEMBER 2026

BAN CANAL, PARIT 14, SIMPANG LIMA, SUNGAI BESAR
SABAK BERNAM, SELANGOR, MALAYSIA

IN COLLABORATION WITH

Organised by MBI Selangor & SABDA | Strategic Partner: Selangor Canoe Association (SCAN)



RACE BULLETIN #1**Event at a Glance**

Event	Ban Canal International SUP Marathon 2026
Dates	Thursday-Sunday, 5-8 November 2026
Venue	Ban Canal, Parit 14, Simpang Lima, Sungai Besar, Sabak Bernam, Selangor, Malaysia
Race distances	24 km Endurance Race and 7 km Challenge
Organisers	MBI Selangor and SABDA
Strategic partner	Selangor Canoe Association (SCAN)
Official email	scan@paddleselangor.com
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BULLETIN STATUS

This first bulletin contains the current event framework. Exact race start times, final course measurements and any operational changes will be confirmed in a later bulletin and at the Technical Meeting.

SELANGOR CANOE ASSOCIATION (SCAN)**Welcoming Remarks***YB Dato' Ir. Izham bin Hashim*

**President
Selangor Canoe Association
(SCAN)**

PROUDLY HOSTING A TRUE TEST OF ENDURANCE

On behalf of the Selangor Canoe Association (SCAN), I warmly welcome athletes, officials, partners and supporters to the Ban Canal International SUP Marathon 2026.

Ban Canal offers a distinctive linear racing environment. The 24 km course combines sustained flat-water paddling with up to three planned portages, demanding endurance, sound race management and efficient transitions. The 7 km challenge provides a shorter but still purposeful test in the same remarkable landscape.

This event reflects our commitment to developing stand-up paddling in Malaysia while promoting Selangor's rural communities, working waterways and eco-sports potential. We are especially pleased to welcome international paddlers alongside Malaysia's growing SUP community.

I extend my sincere appreciation to the Selangor State Government, MBI Selangor, SABDA, our technical partners, officials, safety personnel, volunteers, accommodation and hospitality teams, and host communities. To every athlete: race with discipline, respect the water, assist anyone in danger and enjoy the experience.

We look forward to welcoming you to Ban Canal in November 2026.

YB Dato' Ir. Izham bin Hashim

ABOUT THE HOST WATERWAY

Ban Canal: Heritage and Venue

A WORKING WATERWAY WITH A LIVING LEGACY

Ban Canal, locally known as Ban Kenal, forms part of the Tanjong Karang irrigation landscape that supports rice cultivation across north-western Selangor. Developed during the colonial period and expanded through the twentieth century, the canal network helped turn low-lying agricultural land into one of Malaysia's important paddy-growing areas.

Local accounts also associate the waterway with the movement of timber from inland areas. Today, Ban Canal remains working infrastructure as well as a familiar part of community life - used for irrigation, freshwater activities and local recreation. The 2026 marathon gives this established landscape a new role as a venue for endurance paddling and sports tourism.

RESPECT THE VENUE

The course passes through an active agricultural and irrigation corridor. Athletes and teams must follow official access routes, avoid damaging crops or infrastructure, dispose of waste responsibly and comply with instructions from event personnel and local authorities.

WHY BAN CANAL WAS SELECTED

1. Linear flat-water course - a long, direct route that rewards pacing, drafting strategy and efficient stroke mechanics.
2. A genuine endurance test - the 24 km distance requires sustained physical effort, hydration planning and mental discipline.
3. Up to three tactical portages - competitors must disembark, carry their boards through designated land routes and re-enter safely.
4. Manageable event operations - road access along much of the western bank supports officials, safety teams, medical response and logistics.
5. Sports-tourism setting - paddy fields, village landscapes and the forested eastern bank create a distinctive Selangor race experience.

COURSE CHARACTER

The canal is generally calm and sheltered, but wind, heat, rain, water level and local currents may still affect racing. Conditions can change quickly; the course is not risk-free.

FROM KUALA LUMPUR INTERNATIONAL AIRPORT (KLIA) TO BAN CANAL



COURSE OVERVIEW

24 km SUP Marathon Route



Overview of the 24 km linear course from Jeti Ban Canal to Karnival Ban Canal.

DISTANCE NOTICE

Distances shown are approximate course markers. The final measured course, compulsory route, take-out and put-in limits, start procedure and finish-line alignment will be confirmed in the final race instructions.

KM	Course point	Key information
0	START - Jeti Ban Canal	Mass-start zone on Sungai Tenggi; follow the Starter's instructions.
7	PORTAGE 1 - Sungai Burong Regulator	Mandatory portage; approximate land route 38.80 m.
8	PORTAGE 2 - Jambatan Munir, Jalan Parit 5	Conditional portage; approximate land route 21.65 m.
17	PORTAGE 3 - Sabak Bernam Dragon Boat & Canoeing Training Centre	Mandatory portage at the Parit 14 Regulator; approximate land route 60.85 m.
24	FINISH - Karnival Ban Canal	Finish between the official buoys; recovery and medical area nearby.

START TO PORTAGE 2

24 km Course Details



START - Jeti Ban Canal (0 km)



PORTAGE 1 - Sungai Burong Regulator (7 km)

START. Athletes must assemble within the designated holding area and remain behind the start line until the official signal. The final start method, line-up procedure and recall signal will be explained at the Technical Meeting.

PORTAGE 1. Athletes must exit at the marked TAKE-OUT pontoon, carry the board and paddle along the carpeted route, and re-enter from the marked PUT-IN pontoon. The approximate land route is 38.80 m. A hydration point is planned in the portage area.



PORTAGE 2 - Jambatan Munir, Jalan Parit 5 (8 km)

PORTAGE 2. The approximate land route is 21.65 m. This portage is conditional: if water level and bridge clearance permit safe passage, the Organising Committee may cancel or modify it. The final decision will be announced at the Technical Meeting and may be updated on race day for safety.

PORTAGE 3 TO FINISH

24 km Course Details



PORTAGE 3 - Parit 14 Regulator (17 km)



FINISH - Karnival Ban Canal (24 km)

PORTAGE 3

Athletes must use the marked TAKE-OUT and PUT-IN pontoons and remain on the carpeted route around the regulator. The approximate land route is 60.85 m. The area is located at the Sabak Bernam Dragon Boat & Canoeing Training Centre. Hydration and event personnel will be positioned nearby.

FINISH

An athlete finishes when the nose of the board crosses the finish line between the official buoys in the correct direction, with the athlete on the board and both feet in contact with it, subject to the final race instructions. Athletes must clear the finish area promptly and follow officials to the recovery zone. Finisher medals will be distributed at the designated collection point.

GENERAL PORTAGE PROCEDURE

- Disembark only inside the marked take-out zone; do not block another athlete's safe exit.
- Carry the board and paddle under control and stay within the marked carpeted route.
- Running is permitted unless officials impose a slower safety zone because of congestion or conditions.
- Re-enter only from the marked put-in zone and give way to athletes already established on the water.
- Outside assistance is prohibited unless provided by authorised safety personnel in an emergency.
- Missing a compulsory portage or leaving the marked route may result in a penalty or disqualification.

COURSE OVERVIEW

7 km SUP Challenge Route



7 km route overview

A shorter linear challenge

The 7 km race begins immediately after the Parit 9 Regulator and finishes at Karnival Ban Canal, Parit 14.

The course is intended for the Men's and Women's International Open - Inflatable Touring Board categories. Athletes must still be capable of sustained paddling, self-rescue and racing safely in tropical heat and changing weather.

There are no planned portages on the 7 km course. Athletes must remain on the marked route and pass between the official start and finish buoys.

FINAL INSTRUCTIONS

Start time, assembly procedure and any course changes will be confirmed at the Technical Meeting.



START - After Parit 9 Regulator (0 km)



FINISH - Karnival Ban Canal (7 km)

FINISH-AREA NOTE

The 7 km and 24 km races use the same finish location. Athletes must follow the correct day's signage, start instructions and event schedule.

PROGRAMME, CATEGORIES AND AWARDS

Event Information

PROVISIONAL PROGRAMME

Date	Time	Activity
Thu, 5 Nov	14:00	Registration, document check and equipment information
Thu, 5 Nov	16:00	Technical Meeting / Athletes' Briefing
Fri, 6 Nov	TBC	7 km SUP Challenge
Sat, 7 Nov	TBC	24 km SUP Marathon
Sun, 8 Nov	TBC	Prize-Giving Ceremony and Official Closing

All times are Malaysia Time (MYT, UTC+8). Athletes must attend the Technical Meeting. The Organising Committee may revise the programme because of entries, weather, water level, safety or operational requirements.

COMPETITION CATEGORIES

Race	Men	Women	Board class
24 km	International Open	International Open	Inflatable Racing Board only - maximum length 14 ft / 427 cm
7 km	International Open	International Open	Inflatable Touring Board only - maximum length 12 ft 6 in / 384 cm

The Organising Committee may combine, cancel or adjust a category if entries are insufficient. Any change will be communicated before the race.

AWARDS AND PRIZES

CASH PRIZES

ITEM	EVENT	CASH PRIZES IN RINGGIT MALAYSIA (RM)		
		1ST PLACE	2ND PLACE	3RD PLACE
1	RACING BOARD - MEN'S INTERNATIONAL OPEN (24 KM)	RM 3,000.00	RM 2,000.00	RM 1,000.00
2	RACING BOARD - WOMEN'S INTERNATIONAL OPEN (24 KM)	RM 3,000.00	RM 2,000.00	RM 1,000.00
3	TOURING BOARD - MEN'S INTERNATIONAL OPEN (7 KM)	RM 2,000.00	RM 1,000.00	RM 700.00
4	TOURING BOARD - WOMEN'S INTERNATIONAL OPEN (7 KM)	RM 2,000.00	RM 1,000.00	RM 700.00

- Gold, silver and bronze medals for first, second and third places in each confirmed category.
- Category trophies, subject to the final awards plan.
- A **finisher medal** for every athlete who completes the course within the official requirements.
- Certificate of participation for registered athletes, subject to event verification.

ELIGIBILITY AND IDENTIFICATION

International Open categories are open only to athletes who are not Malaysian citizens. A valid passport must be presented at registration. Under the current ICF SUP Competition Rules, an athlete is first eligible in the calendar year of their 15th birthday. Athletes under 18 also require written consent from a parent or legal guardian and acceptance by the Organising Committee.

RACE CONDUCT

Competition Rules

1. GOVERNING RULES

The competition will be conducted under the current ICF Stand Up Paddling Competition Rules, supplemented by applicable Malaysian SUP provisions and these event-specific race instructions. Where a conflict arises, the event-specific instructions issued by the Organising Committee will apply to the extent permitted by the governing rules.

2. RACE FORMAT AND START

- Both races are linear, mass-start events unless the Organising Committee announces a grid, wave or interval start.
- Athletes must report to the start area at the time stated in the final programme. The start will not be delayed for absent athletes.
- A false start, crossing the line early or failing to follow the Starter's commands may result in a warning, penalty or disqualification.

3. COURSE AND PORTAGES

- Athletes must follow the published course, pass the correct side of all markers and obey instructions from course officials.
- The 24 km race includes three planned portage zones. Portage 2 remains conditional on water level and safe bridge clearance.
- Athletes may portage only at locations designated by the Organising Committee. Missing a compulsory portage may result in disqualification.
- At each portage, athletes must use the marked take-out, carpeted route and put-in areas without receiving outside assistance.

4. CONDUCT, DRAFTING AND ASSISTANCE

- Athletes must avoid deliberate contact, obstruction, dangerous line changes and conduct that compromises another competitor's safety.
- Drafting is permitted unless restricted in the final race instructions. An overtaking athlete must keep clear of other boards until the pass is complete. Any restriction on drafting between categories will be stated in the final race instructions.
- No unauthorised pacing, towing, feeding or physical assistance is permitted from another person or craft.
- An athlete who sees another person in real danger must provide all reasonable assistance. Officials may consider a time adjustment for verified rescue assistance.

5. FINISH, RESULTS AND PROTESTS

- Athletes must cross the finish line between the official buoys in the correct direction, with the board nose crossing the line while the athlete remains on the board with both feet in contact with it. The competition number must remain visible.
- Provisional results will be posted at the venue or through the official event channel.
- A protest concerning an incident in a race must be submitted in writing to the Race Director and handed to the Competition Committee within one (1) hour after the last athlete involved has completed the course or, if an athlete retires, within one (1) hour after the retirement is reported. The protest must be accompanied by a fee of EUR75 or the equivalent amount in Malaysian Ringgit. The fee will be refunded if the protest is upheld.
- The Competition Committee's decisions apply subject to any appeal procedure announced for the event.

AUTHORITY TO CHANGE THE COURSE

For safety, weather, water-level or operational reasons, the Organising Committee may change the course, start method, portage procedure, timetable or compulsory equipment; postpone or stop a race; or cancel an event.

MANDATORY REQUIREMENTS

Equipment and Safety

INFLATABLE BOARDS ONLY

Only inflatable SUP boards are permitted in every race category. The international entry package includes one organiser-supplied inflatable touring board for the 7 km race and one organiser-supplied inflatable racing board for the 24 km race. Athletes may use their own compliant board in either or both races but must notify the Organiser in advance. Any organiser-supplied board required for a race must be reserved on the Entry Form; allocations will be confirmed by the Organiser.

BOARD AND EQUIPMENT SPECIFICATIONS

Item	Requirement
Racing Board	Inflatable racing board only; maximum length 14 ft / 427 cm. The board must comply with the applicable race classification and pass equipment control. An athlete may bring a compliant personal racing board or reserve the organiser-supplied racing board included in the international entry package.
Touring Board	Inflatable touring or all-round board only; maximum length 12 ft 6 in / 384 cm. Final eligibility criteria will be confirmed in the final race instructions, and classification is subject to the Board Controller's approval. An athlete may bring a compliant personal touring board or reserve the organiser-supplied touring board included in the international entry package.
Paddle	One single-bladed SUP paddle. The athlete may carry a spare only if permitted in the final race instructions.
PFD / buoyancy aid	Mandatory at all times on the water. It must be correctly fitted, serviceable and suitable for SUP racing.
Leash	Mandatory and must remain attached to the athlete and board as directed by officials, except where an authorised safety instruction requires otherwise.
Hydration	Athletes must carry sufficient hydration for the race and conditions. Any minimum capacity will be announced later.
Footwear	Closed, secure, non-slip footwear is strongly recommended for the 24 km race because of the planned portages. Athletes who paddle barefoot must put on the temporary footwear provided by the Organiser before entering each carpeted portage route and follow officials' instructions for its return.

MEDICAL AND SAFETY REQUIREMENTS

- Athletes must be medically fit for endurance paddling and must not start if ill, injured or affected by a condition that makes participation unsafe.
- Athletes must be able to swim at least 200 m independently, tread water for at least 30 seconds and perform self-rescue with their own board.
- All equipment may be inspected before or after a race. Non-compliant equipment may be refused or may lead to disqualification.
- Safety craft and medical personnel will be positioned along the course. Their presence does not remove the athlete's responsibility for personal safety.
- Athletes must immediately follow any instruction to stop, leave the water or accept assistance.
- Lightning, severe weather, unsafe water level, poor visibility or another hazard may cause delay, course modification, suspension or cancellation.

INSURANCE

International athletes are strongly advised to hold comprehensive personal accident, medical and travel insurance that covers competitive stand-up paddling and emergency transport in Malaysia. Any limited event insurance arranged by the Organiser is not a substitute for the athlete's own comprehensive insurance.

ENTRY, PAYMENT AND HOSPITALITY

Registration and International Participation

REGISTRATION TIMELINE

Preliminary entry deadline	15 October 2026
Final confirmation deadline	25 October 2026
On-site registration	Thursday, 5 November 2026 at 14:00 MYT
International entry fee	USD 300.00 per international athlete. The fee covers entry in both the 24 km and 7 km races, subject to confirmation of the athlete's category. It includes pick-up and drop-off at Kuala Lumpur International Airport (KLIA), local transport between the official accommodation and the competition venue, accommodation, meals and refreshments during the official event period, and the use of an organiser-supplied inflatable touring board for the 7 km race and an organiser-supplied inflatable racing board for the 24 km race. Athletes who prefer to use their own equipment in either or both races must notify the Organiser in advance and bring an inflatable board that complies with the requirements of the respective race. Athletes using their own equipment in both races must therefore bring an inflatable touring board for the 7 km race and an inflatable racing board for the 24 km race. Airfares to and from Malaysia are not included and are the responsibility of each athlete. Standard airport pick-up and drop-off services at KLIA Terminal 1 or KLIA Terminal 2 are included in the entry fee. Athletes arriving at or departing from Sultan Abdul Aziz Shah Airport (Subang Airport) must notify the Organiser in advance so that the necessary transfer arrangements can be confirmed.
Air travel	International airfares are not included and are the athlete's responsibility.
Airport transfer	Pick-up and drop-off at KLIA Terminal 1 or Terminal 2 are included. Any request involving Sultan Abdul Aziz Shah Airport (Subang Airport) must be submitted to the Organiser in advance and is subject to confirmation.
Submission	Email the completed Entry Form and proof of payment to scan@paddleselangor.com
Contacts for enquiries	Mr Isnadi +6016-353 8890 (WhatsApp and mobile) Mr Najib +6019-236 3013 (WhatsApp and mobile)

PAYMENT DETAILS

Account name	PERSATUAN KANU NEGERI SELANGOR
Account number	26248300010808
Bank	RHB ISLAMIC BANK BERHAD
Branch	Tanjung Karang Branch, Selangor, Malaysia
SWIFT / BIC	RHBAMYKL

Use the athlete's full name as the payment reference. Bank and transfer charges are the participant's responsibility. Registration is not confirmed until the Organising Committee acknowledges the entry and payment.

CONTACT

For entries, payment confirmation, or race enquiries, email **scan@paddleselangor.com**. Please include the athlete's full name, country and intended race category in the subject line.

TRAVEL DOCUMENTATION

Visa, Immigration and Entry Requirements

All international participants, team officials and accompanying persons are responsible for ensuring that they meet the immigration and entry requirements of Malaysia.

Passport Validity

Travellers must hold a passport or recognised travel document that is valid for at least six (6) months from the date of entry into Malaysia.

Visa Requirements

Visa requirements vary according to nationality, travel document and intended length of stay. Participants must check their eligibility through the official Visa Requirement by Country page of the Immigration Department of Malaysia.

Travellers who require a visa should apply well in advance through the official Malaysia eVISA/MyVISA portal or the nearest Malaysian Embassy, High Commission or Consulate.

Participation in a Sports Competition

Participation in a sports competition is recognised as an eligible purpose under Malaysia's Short-Term Social Visit Pass. This provision does not exempt a traveller from any visa requirement applicable to their nationality.

Malaysia Digital Arrival Card (MDAC)

Most foreign visitors must complete the Malaysia Digital Arrival Card within the three-day period before their arrival in Malaysia, unless they fall under an exempted category.

The MDAC is separate from a Malaysian visa. Possession of a valid visa does not remove the requirement to submit the MDAC where applicable.

Documents for Immigration Clearance

Participants are advised to carry the following documents when travelling:

- A passport valid for at least six (6) months;
- A valid Malaysian visa or eVISA, where required;
- The completed MDAC confirmation;
- A confirmed return or onward travel ticket;
- Proof of accommodation in Malaysia;
- Event registration confirmation;
- The official event invitation or visa-support letter, where applicable; and
- Evidence of sufficient funds or other supporting documents if requested by the immigration authorities.

Visa-Support Letter

Registered international participants who require a visa-support letter may submit a request to the Organiser at scan@paddleselangor.com.

The Organiser may issue an event invitation or participation-confirmation letter after the participant's registration has been verified. The issuance of such a letter does not guarantee the approval of a visa or admission into Malaysia.

Health Documentation

Travellers arriving from, or having recently visited, countries with a risk of yellow fever transmission may be required to present a valid Yellow Fever Vaccination Certificate upon arrival.

Important Notice

Visa, MDAC, passport, health and other immigration arrangements are the sole responsibility of each participant. Immigration requirements may change without prior notice. Participants must verify the latest requirements before purchasing their flight tickets and again before departure.

Final admission into Malaysia remains subject to immigration clearance at the Malaysian point of entry.

OFFICIAL INFORMATION

Visa Requirement by Country:

<https://www.imi.gov.my/index.php/en/main-services/visa/visa-requirement-by-country/>

Official Malaysia eVISA/MyVISA Portal:

<https://malaysiavisa.imi.gov.my/>

Malaysia Digital Arrival Card:

<https://imigresen-online.imi.gov.my/mdac/main>

Short-Term Social Visit Pass (sports competitions):

<https://www.imi.gov.my/index.php/en/main-services/pass/visitor-pass/social-visit-pass/short-term-social-visit-pass/>

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Official Entry Form

Complete this form clearly in English. Use the same name as shown in the participant's passport.

A. PERSONAL INFORMATION

Full name (as in passport):	Passport number:
Nationality:	Gender: ☐ Male ☐ Female
Date of birth (DD/MM/YYYY):	Contact number (with country code):
Email address:	Team / club / association:
Home address:	Country of residence:

B. EMERGENCY CONTACT

Name:	Relationship:
Contact number (with country code):	Email address (if available):

C. RACE ENTRY

TICK EACH RACE ENTERED

The USD 300.00 international entry fee covers both the 24 km and 7 km races, subject to category confirmation. Tick each race you intend to enter.

Race	Men's International Open	Women's International Open	Board class
24 km	☐	☐	Inflatable Racing Board - max. length 14 ft / 427 cm
7 km	☐	☐	Inflatable Touring Board - max. length 12 ft 6 in / 384 cm

D. BOARD AND EQUIPMENT DETAILS

Race	Board brand / model (if bringing own)	Length	Board arrangement
24 km			☐ Organiser-supplied ☐ Own board
7 km			☐ Organiser-supplied ☐ Own board

Only inflatable boards are permitted. I will notify the Organiser in advance if I intend to bring my own board. I remain responsible for my paddle, PFD, leash, hydration system and other personal equipment unless otherwise confirmed by the Organiser.

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Official Entry Form

E. INTERNATIONAL PARTICIPATION

Country represented:	Arrival in Malaysia (date / time / flight number / airport and terminal):
Departure from Malaysia (date / time / flight number / airport and terminal):	Airport transfer: ☐ KLIA Terminal 1 ☐ KLIA Terminal 2 ☐ Subang Airport (advance notice required) ☐ Not required

F. ACCOMMODATION AND MEAL REQUIREMENTS

Dietary requirements: ☐ None ☐ Vegetarian ☐ Halal only ☐ Other: _____	Food or medication allergy? ☐ Yes ☐ No If yes, specify:
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G. MEDICAL DECLARATION

Medical condition that may affect participation? ☐ Yes ☐ No If yes, specify:	Currently taking prescribed medication? ☐ Yes ☐ No If yes, specify:
Blood type (optional):	Relevant medical or rescue information:

DATA PROTECTION NOTICE: Personal, travel and medical information in this form will be used only for event registration, eligibility verification, safety, accommodation, transport, medical response and related event administration. Access will be limited to authorised personnel and service providers where necessary.

H. PARTICIPANT DECLARATION

I certify that the information in this Entry Form is true and complete. I agree to comply with the Competition Rules, safety requirements and decisions of the Organising Committee. I understand that participation involves physical exertion and inherent water-sport risks, and that my entry may be refused or cancelled if information is false, incomplete or if I do not meet the event requirements.

Participant's signature:	Date (DD/MM/YYYY):
Parent / legal guardian name (if under 18):	Parent / legal guardian signature:

FOR OFFICIAL USE ONLY

Entry number:	Country:
Category / categories:	Payment: ☐ Paid ☐ Pending
Accommodation: ☐ Confirmed ☐ Pending	Documents checked by / date:
Remarks:	

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Participation Liability Waiver

IMPORTANT

This document affects legal rights. Read it carefully before signing. A participant under 18 must have a parent or legal guardian read and sign it. Seek independent advice if any provision is not understood.

PARTICIPANT DETAILS

Full name:	Passport number:
Contact number:	Race category / categories:

I voluntarily register to participate in the Ban Canal International SUP Marathon 2026 (the "Event") and make the following acknowledgements and agreements:

1. VOLUNTARY PARTICIPATION

I participate voluntarily and, where applicable, with the knowledge and consent of my family or legal guardian. I have read the Race Bulletin and agree to follow the Event rules, event-specific instructions and lawful directions of officials and safety personnel.

2. HEALTH AND FITNESS DECLARATION

I confirm that I am physically and medically fit for the race distance entered. I do not have an illness, injury or uncontrolled medical condition that makes strenuous endurance exercise unsafe. This includes, without limitation, uncontrolled cardiovascular disease, serious cardiac rhythm disorder, uncontrolled hypertension, uncontrolled diabetes, acute respiratory illness or another condition for which a medical professional has advised against participation. I will seek medical advice before the Event if I am uncertain about my fitness.

3. SWIMMING AND SELF-RESCUE ABILITY

I confirm that I can swim at least 200 m independently, tread water for at least 30 seconds, remount my board without assistance and use my leash and PFD correctly. I understand that calm-looking water may still present hazards.

4. COMPLIANCE AND WITHDRAWAL

I will use compliant equipment and follow all start, course, portage, finish and safety instructions. If I become unwell, injured, excessively fatigued or aware of a risk that makes continued participation unsafe, I will stop and seek assistance. I accept that officials may withdraw me from the Event for safety, medical, equipment or rules-related reasons.

EMERGENCY CONTACT

Name: _____ Relationship: _____
Contact number (with country code): _____

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Participation Liability Waiver

5. ACKNOWLEDGEMENT AND ASSUMPTION OF RISK

I understand that stand-up paddling and endurance competition involve inherent and other risks, including falling into the water, collision with boards or structures, capsize, equipment failure, slips and falls during portage, heat illness, dehydration, lightning, wind, rain, changing water conditions, injury, illness, permanent disability, death and loss of or damage to property. I knowingly and voluntarily accept the risks of participation, including risks that cannot be eliminated by reasonable event precautions.

6. EMERGENCY MEDICAL AUTHORISATION

I authorise the Organising Committee and its appointed personnel to provide or arrange first aid, rescue, ambulance transport and emergency medical treatment considered reasonably necessary. I understand that I am responsible for medical, transport, hospital and related costs not covered by the Event or my insurance.

7. RELEASE OF LIABILITY

To the fullest extent permitted by Malaysian law, I release and discharge the Event organisers, hosts, strategic partners, supporting organisations, sponsors, land or facility owners, officials, contractors, volunteers and their respective officers, employees and representatives from claims arising from the ordinary inherent risks of my voluntary participation. This release does not exclude liability that cannot lawfully be excluded, including liability arising from fraud, wilful misconduct or any duty that Malaysian law does not permit a party to waive.

8. PROPERTY, INFORMATION AND RULES

I am responsible for my personal property and for any organiser-supplied board or equipment while it is in my care. Organiser-supplied equipment remains the property of the Organiser, must be returned as directed and may be inspected for loss or damage. I may be held responsible for loss or damage resulting from deliberate misuse or negligence, subject to the Organiser's equipment-use conditions. I confirm that the information supplied in my entry and medical declaration is accurate and complete. I understand that false or withheld information may result in refusal or cancellation of my entry.

DECLARATION

I have read this Waiver in full, understand its meaning and sign it freely. I have had the opportunity to ask questions or obtain independent advice before signing.

Participant's full name:	Passport number:
Participant's signature:	Date (DD/MM/YYYY):
Parent / legal guardian name (if under 18):	Relationship to participant:
Parent / legal guardian signature:	Date (DD/MM/YYYY):
Witness name:	Witness signature / date:

SUBMISSION

Submit the signed Waiver at on-site registration and present the original passport for identity verification together with any other documentation requested by the Organising Committee.