

Notes for Clubs and Competitors

The Head is run under **British Rowing Rules** and the **Row Safe**.

Trailer Parking

Trailers will be parked within the club grounds and on the car park behind the leisure centre, towing vehicles must be moved to the Swifts car park adjacent to the club. Competitors and supporters carparking will be at the public pay and display sites which are located on the other side of the river. Trailers parked on the rear carpark should allow clear access from SBC to the main road for emergency vehicles.

Registration – upstairs in the members bar

On arrival, all competitors must report to registration where registration details will be checked. If you have **any changes** to your entry these must be declared before collecting your number. You may only change 50% of the original crew you entered. In the event of single scullers, the scullers named on the entry form can not be changed. Numbers will be issued when all fees are paid. You must have your Rowing licence with you in order to compete.

A set of 2 numbers will be issued, both to be worn by the bow person. 1 for the outer clothing and 1 for the racing kit. Please ensure that your number is always clearly visible.

Safety Briefing

There will be a safety briefing at 0830hrs and 1200hrs for morning and afternoon division respectively. This will be by the club steps but may be relocated in bad weather.

Boat Checking

Crews will be responsible for the safety and good working order of their own equipment. Spot checks will be made. If a boat fails a safety check, the umpire will complete a failure form, a copy of which will be given to you on request.

Suitable Clothing

Every effort will be made to reduce the time held on the water. Competitors should ensure they have enough layers to remain warm whilst being held at the start. Junior coaches should take special care to ensure junior crews are suitably dressed.

Boating on

Please ensure you move away from the landing stage as quickly as possible once boated.

- **Morning Division – 11am start**

- Crews 1 to 34 will boat from 9am until 9:45am and go downstream from the club to warm up. Crews not boated by 9:45 will need to wait until 10:30am and receive a 10 second time penalty.
- Crews 35 to 84 will boat from 9:45am to 10:30am and go up stream to the start. Crews not boated by 10:30 will receive a 10 second time penalty.

- **Afternoon Division – 2.30pm start**

- Crews 101 to 130 will boat from 12:30pm until 1:15pm and go downstream from the club to warm up. Crews not boated by 1:15pm will need to wait until 2:00pm and receive a 10 second time penalty.
- Crews 131 to 186 will boat from 1:15pm to 2:00pm and go up stream to the start. Crews not boated by 1:30pm will receive a 10 second time penalty.

Competent Coxes & Steersmen

Please ensure that all coxes and steersmen are competent and confident to steer in adverse river and weather conditions.

Proceeding to the start

Crews must proceed to the start on the east bank (Town side) unless they are told by the monitors that centre stream is clear. On reaching the marshalling area crews will be allocated marshalling positions by the Launch monitor (remember your number. You will be asked). Crews must not row at full pressure anywhere in the marshalling area. Boats will be marshalled with bows facing upstream according to the starting formation.

At all times please respect other river users, particularly on the way to the start by not making contact with the moored cruisers. Please ensure all competitors are familiar with the map of the river

On Finishing

On finishing, all crews must continue paddling until well clear of the finish before turning to give following racing crews room. Proceed back to the Club on the west bank (Club side). Ensuring that you are tight into the bank and remain aware of crews still racing. A finish monitor will in position to ensure compliance. **Returning crews must not overtake.**

Recording Incidents

In the event of an accident/ incident the event will log a report with British Rowing. Individuals and or visiting clubs should do so as well.

Results

Complete Events will be held per division and results will be issued as soon as possible after the division. Prizes will be issued to winning crews wanting to head off early. There will be a formal announcement of results at the end of racing. Results will be posted on the internet after the event. We expect to be able to offer split times at 1.8km and 2.8km

GENERAL NOTICES

The Organising committee accepts no responsibility for competitors' or spectators' personal property.

There is a public pay-phone in the High Street near the Wheatsheaf Public House – In an emergency 999 calls can be made in the boat house by the gentlemen's changing room or from the club telephone located in the upstairs members bar.

May we take this opportunity to thank you for your entry. Our Regatta & Sprint weekend takes place on 10th & 11th August 2019.