

British Rowing Masters Championships

INSTRUCTIONS TO COMPETITORS

This regatta complies with the BR's Rules of Racing and 'RowSafe'.

Competitors who do not comply with these instructions or the instructions of Regatta officials, may be penalised or even disqualified from racing.

The regatta will endeavour to provide a safe environment within the guidelines in RowSafe and British Rowing's Rules of Racing. Competitors are specifically reminded that persons using the lake and the adjoining river do so entirely at their own risk and are solely responsible for:-

1. Their own safety.
2. Ensuring that their boats are safe and are prepared to the standards required by the BR Rules of Racing and Row Safe. Any boat that fails to meet the standard shall be excluded. See BR Rule of Racings 7-2-8 and 7-2-9 for details.
3. The strict observance of the circulation patterns on both land and water (see maps) and of Row Safe.
4. Deciding, together with their coaches, whether or not they are competent to use the lake in the prevailing weather conditions.

Clubs and competitors are also reminded that they must:

1. Not go out for practice sessions.
2. Not practise during racing.
3. Make their own safety and first aid arrangements before and after the day's racing.
4. When training on the River Trent during racing hours, make their own safety arrangements. They must ensure their boat is licensed to be on the River and they must read the circulation pattern for the River Trent on the Nottingham and Union RC website http://www.nurc.co.uk/images/Steering_Advice.pdf.
5. Ensure that all roadways and access routes are kept clear at all times and that they should not park in the Finish/Presentation Stage area. Crews should be especially vigilant in the boating/boathouse areas.
6. Report all accidents to the using the online incident reporting system.

Lane Numbers

Crews should collect their lane number from the table at the outgoing pontoon. They can boat up to 40 minutes before their race time. After the race return the lane number to the bucket of disinfectant at the incoming pontoons. **Do not** return the race number to the outgoing pontoon table. Control commission will not let you boat more than 40 minutes before race time. Details of the draw can be found on the Regatta Marshals cabin.

Crew Changes

All crew changes should be done online using BROE2 where possible. BROE2 will be left open until the morning of the Championships. If there are crew changes required on the day please collect a form from the Regatta Marshals cabin and hand in.

Safety Boats

There are safety boats on the course during racing and the first duty of every waterborne official is to the safety of competitors or any person in difficulty.

General Competence

The organising committee reserves the right to exclude any crew or sculler from further competition in an event if it does not show sufficient competence in either attaching to the start pontoons or progressing down the course during a race. This rule will be applied in the interests of safety and fairness to other competitors.

Marshalling Instructions

Note that lakeside markers count down from the Start (2000m) to the Finish (0m)

Boating

Crews should depart from the 3 outgoing pontoons on the north side of the lake.

Intermediate Start

Crews will proceed in lane 7 to the 1750 marker. Under the Start Marshal's instructions they will cross into their racing lane and proceed towards the Start in their racing lane. Crews should assemble behind the Start Tower, close to race time allowing time to be attached 2 minutes before the race. If a crew misses its "slot" it may not be allowed to race. When the Starter calls the race, crews will paddle past the start pontoons in their allotted lane and will then back down onto the start pontoon.

Warming up

Crews may warm-up above the Start in their **ALLOTTED LANE ONLY** and in the racing direction only.

Cooling down

Crews may not cool down on the lake.

Prize Winners

Winning crews should continue to the presentation pontoon, listening to any guidance provided by Marshals / Umpires.

Note: Keep out of the way of racing crews and off the finish line, especially when races are coming down the course.

Disembarking

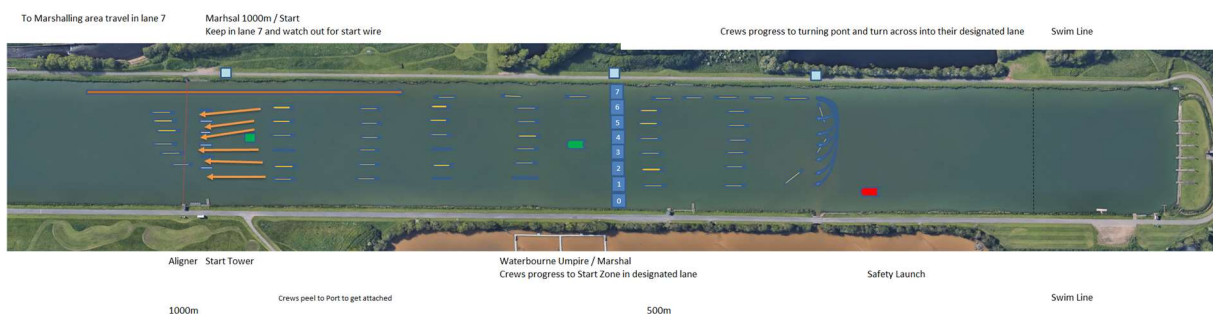
Use the Inward rafts only when coming ashore after racing. Do not use the Country Park raft or those on the southern shore of the course. Take care in the finish area to avoid collisions as crews merge from racing and from cooling down.

Circulation Patterns

There is **no** practice session during the regatta

Racing Circulation Pattern

This applies from 30 minutes BEFORE the first race, until after the last race has finished



Failure to follow these circulation patterns may lead to penalties

Points of Danger;

1. Great care should be taken when using the pontoon on the Country Park shore. Note that this pontoon is for embarkation only.
2. The pontoons on the side of the course past the Finish Tower and in front of the new boathouses should not be used by any crews.
3. Static crews in Lane 7 must be aware of the potential danger of being blown into the racing Lane 6 if there is a cross wind. Crews stopping in Lane 7 are advised to stop close to the bank.
4. Crews must take particular care of the stakeboat mooring cable in Lane 7 beside the intermediate start.
5. Crews must take particular care when crossing the course to get to their allocated lane.
6. Crews must take particular care in the finish area to avoid collisions with other crews that have just finished or that are returning from the presentation raft.
7. Crews must take care to avoid the intermediate start pontoons as they move onto the Start.

General Safety and Emergency Information

Cycling, Skating, Rollerblading & Pedestrians

Cycling, skating, rollerblading etc. is prohibited in the areas detailed on the circulation map. The south side of the course will be used for Official vehicles, so Pedestrians and Cyclist must be on the grass or off the road way as vehicles have priority. Cyclists etc. must give way at all times to pedestrians and service vehicles of the Regatta.



Sunburn, Heat Stroke & Exhaustion

Competitors and officials are reminded of the dangers of sunburn, heat stroke and exhaustion and of the need to cover up, apply sun block and increase water intake where appropriate. Regatta Officials should be informed of any casualties as soon as possible so First Aid can be summoned.

Medical Support

A Duty Officer of the National Water Sports Centre is on call 24 hours a day, contactable through the Centre Reception: dial 0 from any site telephone. During racing hours the British Red Cross will provide medical and first aid facilities at the base of the Finish Tower: dial 24748 from any site telephone. Any medical problem arising on the campsite that can safely be brought to the First Aid Centre will be dealt with. Medical facilities are intended to cover emergencies only: there is no provision for physiotherapy treatment.

Outside racing hours, or if a more serious problem occurs, contact the Medical Health Centre at Radcliffe-on-Trent: see below for telephone numbers.

Defibrillators are located in the Centre reception and with the First Aid provider.

Emergency Telephones are situated:

Start Tower

At the 1500m marker on each side of the course

At 1000m on each side of the course

Main Reception in the Water Sports Centre

Waterman's Office

All manned huts have telephones.

NWSC Address:

The National Water Sports Centre

Adbolton Lane

Holme Pierrepont

Nottingham, NG12 2LU

Emergency numbers:

Emergency Services 999

Police, West Bridgford 0115 940 0999

Medical Practice, Radcliffe-on-Trent 0115 933 2948 or 0115 933 3737

Medical Practice, 214 Musters Road 0115 981 4124

Hospital, Queens Medical Centre 0115 924 9924

NHS Direct 0845 4647

National Water Sports Centre Reception 0115 9821212