



# Durham Autumn Sprint Regatta 2018

## Competitors Instructions

*Please Read Carefully*

This race will be held under the British Rowing Rules of Racing, Guide to Safe Practice in Rowing, Local Rules, information published on the event poster, Marshals instructions and any other instructions issued by the Race Committee. Please read these Competitors Instructions carefully. Any serious transgression of these Instructions may result in disqualification by the Race Committee.

### **SAFETY**

It is the competing clubs' responsibility to ensure that all of their crews, scullers, coaches and those charged with the welfare of those racing have read and understood the following instructions. Captains and coaches must ensure that only competent crews have been entered and that their crews are properly prepared for the race. All Coxes must be sufficiently competent and inexperienced crews should have experienced coxes.

Captains should ensure that their crews follow the standards for safety set out in the British Rowing Guide to Good Practice in Rowing. That all equipment is safe and secure in particular bow balls and heel restraints. All coxes must wear a PFA (personal flotation device) on top of other garments as must any competitor who cannot demonstrate the ability to meet the swimming standard or if they suffer from any medical condition, which means they could become unconscious or immobile.

Coxes, crews and scullers should all be suitably dressed for the weather conditions. Any competitor without sufficient kit or safety equipment will be returned to the nearest landing stage and may be disqualified as per the British Rowing Rules of Racing.

*The Committee does not accept any liability for crews or their equipment.*

### **ACCESS AND PARKING**

Most crews will be boating from Durham ARC.

#### **Trailers**

Trailers should be taken down Green Lane and parked in the club car park unless otherwise directed. There should be no towing vehicles or cars in the car park as all the space is required for trailers and rigging boats.

#### **Cars**

All cars should be parked on the unmade-up road adjacent to Green Lane. Please note the University Parking Regulations do not apply on Race days so you may ignore the signs. There is further parking beyond the boat house, through the gate on the grass but please do not park close to the river bank edge as the start marshals need a clear view down the river at all times.

## **REGISTRATION AND RACE NUMBERS**

Race Control will be in the club office opposite the bar doors. Please collect your race number from here, there will be a paper number for bow's racing kit.

All coxes must be weighed in.

Any crew substitutions or scratchings should be notified to Race Control as early in the day as possible. This is an important safety requirement. All races will attract ranking points regardless of whether the race is a heat or final so it is important any substitutions are made prior to boating.

## **BOATING**

Please ensure you comply with the published boating time of 20 mins before your race time (for crews boating at DARC). All boats must report to start marshals 10 minutes prior to their race time. . This is so all boats arrive at the marshalling area in the correct order, making marshalling easier and the start efficient. Make sure your blades are beside (not on) the steps so you can reach them quickly once your boat is on the water. Boat with the bows upstream. Marshals will be on the landing stage to help you to boat quickly and safely, please listen to their instructions. Move off the landing stage to make any final adjustments to allow the next crew to boat as quickly as possible. There will be random checks of race licences, boats and equipment. It is the competitor's responsibility to ensure they comply.

## **GETTING TO THE START**

Competitors are responsible for proceeding safely, especially to the start and after finish of their race. Competitors proceeding to the start or to their boat house must do so in single file, on the starboard side of the river. Competitors may only cross the racing course on instruction of local marshals/umpires. Competitors must wait below the Bandstand for permission from the Umpire to row past the start. This must be done quickly, with ALL crew members rowing, although race pace rowing at any time apart from during racing is NOT allowed. NO practice starts etc can be carried out in the start marshalling area.

## **MARSHALLING**

The start marshals will ensure that crews are assembled well above the start and arrange competitors in safe positions. All crews should assist the start marshals by arriving to the marshalling area with their opposition (if practicable) and by displaying their racing number on bow of the crew all crews must register with the start marshals before proceeding to the start when instructed.

## **DURING THE RACE**

*During the race, you should be prepared to stop and give assistance to any crew or competitor that is in danger and bring to the attention of umpire, marshal, launch crew or other officials any incident occurring.*

The use of foul or abusive language to competitors and officials will be penalised. Competitors are reminded of the British Rowing Rules of Racing relating to dress code.

All crews must obey instructions of Umpires, marshals and safety launch crew. Launches have priority on the river at all times and competitors must note that they may have to travel to incidents with haste, but all effort will be made to prevent impeding racing crews. Racing may be stopped at any point due to an incident.

## **FINISH**

The finish is just before St Cuthberts landing.

At the finish do not stop, keep paddling light to clear the finish area for the following races. Continue downstream to the Footbridge before turning and wait for instructions from marshals before returning upstream where necessary.

## **OMNIUM**

The onium skills tests will take place adjacent to the landing stage just upstream of the Durham ARC boating steps. Crews boating should do so downstream of the steps and turn, avoiding the area where the skills tests are taking place.

## **COURSE AND OBSTACLES**

The map below shows the course, ensure you and your crew are familiar with the course. Ensure your coxswain/steersperson is familiar with the course. Competitors are responsible for their own steering. The area between the Start and DARC clubhouse is extremely shallow to the Starboard side of the boat when heading upstream and damage will occur if crews pass through this area.

## **CYCLING**

Durham ARC remind competitors, spectators and officials that cycling is not permitted AT ANY TIME on the Racecourse side of the River. Cycling on the bank above Brown's Boathouse (Chase) can only be on the Pelaw Wood side cycle path and crews MUST NOT be followed by cyclists whilst racing which could lead to disqualification. Durham ARC Regatta Committee accept no liability for any competitors, spectators or members of the public injured as a result of a cycling.

Please note the cycle path on Pelaw wood side is currently closed due to a landslip between Collingwood Boathouse and opposite DARC landing.

## **REFRESHMENTS**

Refreshments will be available throughout the day at DARC boathouse.

## **TOILETS AND SHOWERS**

These are available in DARC boathouse.

## **RESULTS AND PRIZE GIVING**

There will be no prize giving at the end of the day. Once a crew has finished its final race they should wait at least 30 mins before attending the control with their racing licenses where the crew identities will be checked and prizes awarded.

Remember that as per Rules of Racing all substitutions must be made or notified to control before the crews first race. This is especially important as ranking points will be awarded for each race, not just finals.

## The River Wear in Durham

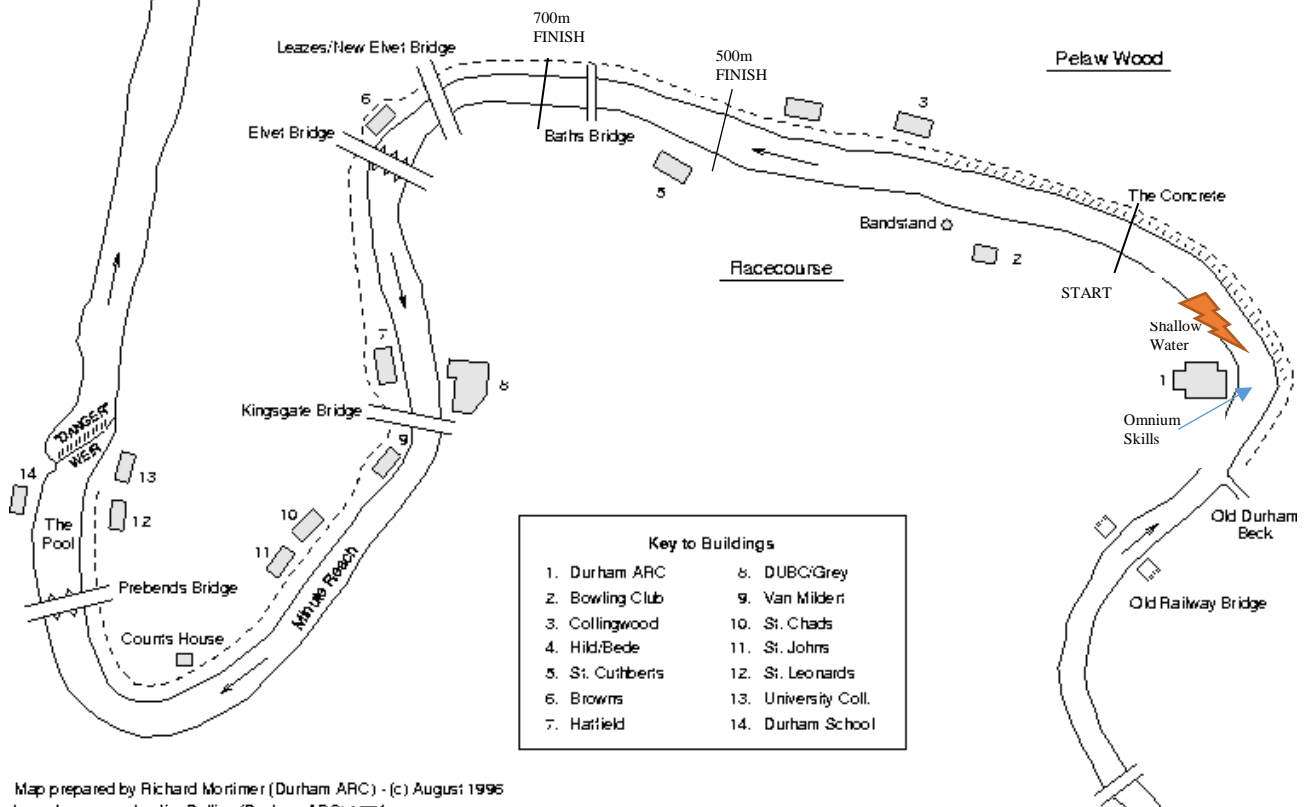


Figure 1: Map of the Wear

Umpires located at:

- The start
- Between Hild Bede and Collingwood landing
- The finish

Marshals located at:

- City boathouse
- Above the start
- First named crew takes the Racecourse station
- Crews returning upstream must do so in the access lane (between the Racecourse racing lane and the bank)
- Crews must wait below Baths Bridge for permission to travel above St Cuthbert's landing stage
- Crews must wait downstream of the bandstand for the Umpire opposite Collingwood landing stage to give permission to travel above the start.

Crews must move through these two narrowest parts of the river as quickly as possible rowing with ALL crew members, however racing pace is not permitted.

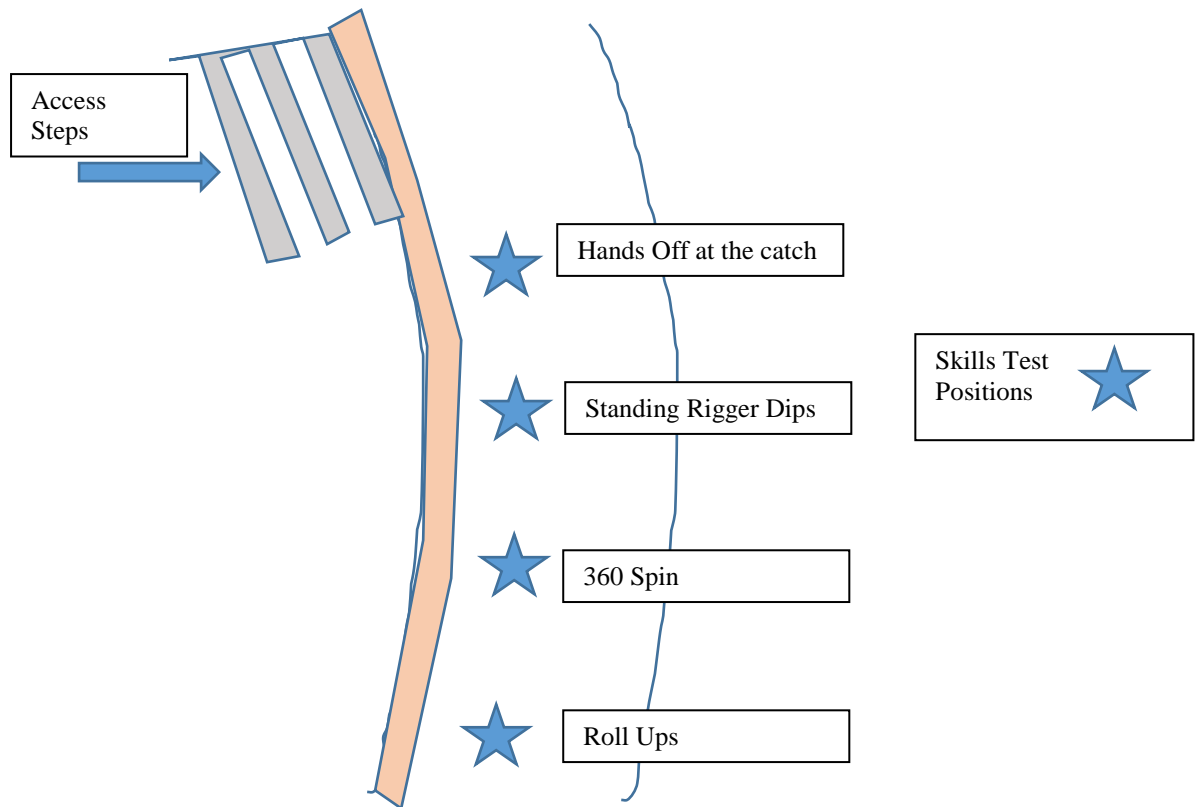


Figure 2: Omnim Skills Tests

### Contact Details and Officials

#### Race Control:

Linda Forwood	Regatta Secretary	07961823320
Boathouse	Regatta Control	01913866431
Dave Oliver	Safety Advisor	07709765085
Stephanie Snowball	Welfare Officer	07761089183

#### Race Committee:

Mark Bell	Chair of the Race Committee	07787 110680
Charly Curtis	Deputy Chair of the race committee	07907543637

Durham Police	101
University Hospital of North Durham	0191 333 2333
Ambulance/Fire/Emergency	999 or 112
Prince Bishop Shopping Centre	0191 3750416
(for Emergency access only to Browns Boathouse (Chase))	
Prince Bishop River Cruiser	0191 386 9525
	07764767928