

Competitors Instructions - Durham City Regatta

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 Organising 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 and that all equipment is safe and secure, in particular bow balls, buoyancy compartments and heel restraints. All coxes must wear a PFD (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. All boats must display a British rowing registration number.

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 either the club or Clive's Boathouse 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 car-park adjacent to Green Lane. The access road to the club must be kept clear and no parking is allowed on this through-way. **Please note the University and Durham ARC Parking Regulations do not apply on Race days so you may ignore the signs.** Please be aware that the recently tarmacked area adjacent to the Cricket Club will be required for their use. There is further parking beyond the boat house, through the gate on the grass but please do not park close to the river as the finish officials need a clear view of the Racecourse at all times.

REGISTRATION WEIGHING IN AND RACE NUMBERS

Race Control will be located in the DARC Gazebo to the right of the landing stage steps. A lead coach from each club should collect your race numbers pack from here; there will be a plastic number for the boat and paper number for bow's racing kit. The plastic numbers should be returned to control.

All coxes must be weighed in at Race Control.

Any crew substitutions or scratchings should be notified to Race Control as early in the day as possible and always before the crew's first race. This is an important safety requirement. Race Control will need to check that the PRI of any crew member substitutions meets the CRI limit in banded events. 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. Non-notification of substitutions could result in a crew or club being disqualified from the regatta as per the rules of racing.

Spot checks of crew compositions will be made throughout the event. Crews not boating from DARC may be pulled in for inspection.

BOATING

Crews should listen for boating announcements for their race and be prepared to boat at least 20 minutes before race time (for crews boating from DARC). All boats, including those arriving from downstream boathouse, should be adjusted, turned on the water and presented to the start marshal at DARC 10 minutes prior to their race time. Downstream crews should be prepared to allow plenty of time to proceed upstream through the regatta course. This is so all boats arrive at the marshalling area in the correct order and paired with opposition, 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 boats and equipment. It is the competitor's responsibility to ensure they comply. **There are currently some shallow areas alongside the landing stage, particularly on the downstream section, and crews should doublecheck before boating and again before approaching the landing after racing.**

GETTING TO THE START

Competitors are responsible for proceeding safely to the start and especially back upstream after the 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 back upstream 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. **There are large areas of shallow water between the clubhouse and the regatta start (on the clubhouse side). The areas are marked with buoys but please be aware when passing this area coming upstream.**

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 marshal platform next to DARC clubhouse before proceeding to the start when instructed. They should only proceed beyond the platform and along the concrete once instructed to do so by a start marshal. Due to the large shallow area on the Racecourse side near the start and in the marshalling area, it is particularly important that crews queuing for the start do so in SINGLE FILE. Failure to follow marshalling instructions in this regard may result in an official warning, as maintaining a safe circulation pattern in this restricted area is important for all competitors.

START

Crews who are waiting to proceed to the stakeboats should queue with enough distance to allow them to steer easily past once given permission. Once past, they should allow enough room to back down smoothly onto the stakeboat to reduce the need for corrective steering once attached.

As allowed by Rule of Racing 7-3-1.c. the Race Committee Chair has instructed the Start Umpire that the words "Two Minutes" shall be omitted from the start procedure to avoid confusion over the time to start the race. All other start procedures remain as normal.

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, although all effort will be made to prevent impeding racing crews. Racing may be stopped at any point due to an incident.

FINISH

The finish on Saturday (700m) is between Baths Bridge and New Elvet Road Bridge, approx. 10 strokes after the foot bridge. On Sunday (500m) 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 road bridge (Saturday) or the Footbridge (Sunday) before turning and wait for instructions from marshals before returning upstream where necessary.

COURSE AND OBSTACLES

The map below shows the course; ensure you and your crew are familiar with the course, particularly coxswains and the person in the bow seat of coxless boats. 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. Please ensure that crews follow any instructions given by umpires or marshals. Care needs to be taken when proceeding back upstream around and above the start area. Crews should look out for any buoyed areas. As the river is quite low at the moment, there are currently some shallow areas alongside the landing stage. Crews should doublecheck before boating and again before approaching the landing after racing.

CYCLING

Durham ARC reminds competitors, spectators and officials that cycling is not permitted AT ANY TIME on the Racecourse side of the river. Cycling on the bank upstream of Brown's Boathouse (The Boatclub Pub) can only be on the Pelaw Wood side cycle path, which is also a heavily used footpath, and crews MUST NOT be followed by cyclists whilst racing, which could lead to disqualification. The Organising Committee accepts no liability for any competitors, spectators or members of the public injured as a result of a cycling.

REFRESHMENTS

Refreshments will be available throughout the day at DARC boathouse and can be ordered from the 1860 Coffee Shop counter.

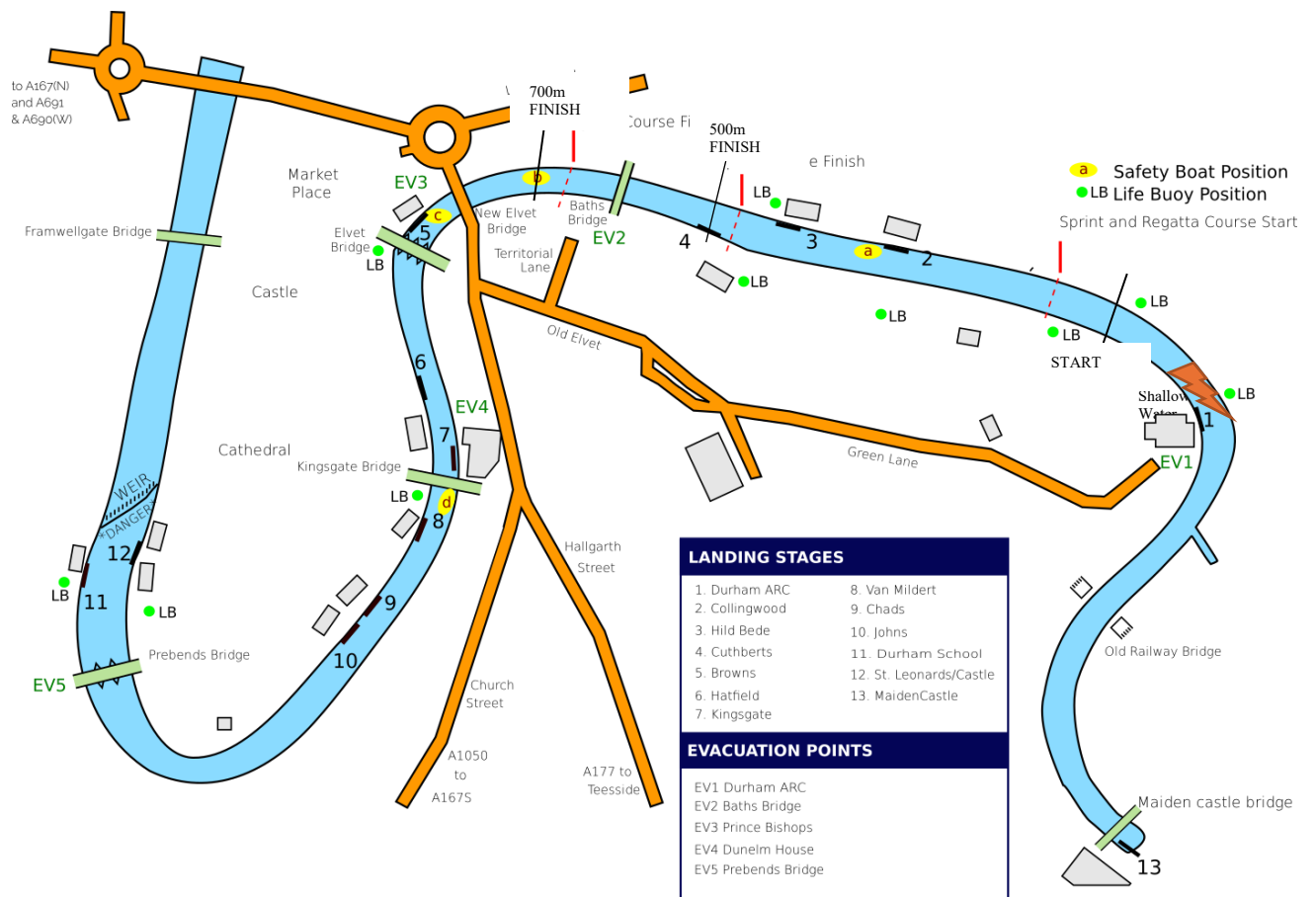
TOILETS AND SHOWERS

These are available in DARC club house.

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 race control gazebo with their racing licenses, or electronic equivalent, where possible, when 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 crew's first race. This is especially important as ranking points will be awarded for each race, not just finals.



Based on a map produced by Jim Dulling M.Sc. (Durham ARC) 1994

Figure 1: Course Map

Umpires located at:

- The start
- Opposite Collingwood landing
- Between Hild Bede and St Cuthbert's landing
- The finish

Marshals located at:

- City boathouse
- Above the start
- Below the finish
- 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; racing pace is, however NOT permitted.

Contact Details and Officials

Race Control: DARC Club House	07347275766
Club Manager: Mark Bell	07787110680
Club Captain: Darren Smith	07538667996
Safety Advisor: Ray Dominy	07939191234
Regatta Secretary: Carole McCarthy	07738707763
Welfare Officer:	07347275766
Race Committee:	
Chair Richard Mortimer	07817223485
Durham Police	101
University Hospital Of North Durham	0191 333 2333
Emergency	999 or 112
Prince Bishop's Place (access to Browns Boathouse)	0191 3750416
Prince Bishop River Cruiser	07764767928