



Rules of Entry



SUABC very much looks forward to you joining us at our Fun Regatta this year. In the past we've had a few enquiries about who can take part in which category, what you need to know to keep you safe, and what the refund policy etc. is so we've put together some rules of entry to clear things up. Please make sure you read it all carefully as it will save a lot of hassle later on. If you have any questions or you would like to know more about the event itself, please feel free to contact the event organiser (see the bottom of this document for details).

The main principle behind these is to make it fair for everyone so that we can all have an enjoyable day. We want to make sure that everyone has a great time, both in training and on Race Day, and we would very much appreciate your help in maintaining the fun atmosphere of this event by being honest and entering the appropriate category for your crew.

Age Limits

- Entrants must be 18 years of age or older. Entrants of age 16 or above are welcome to take part but they must be accompanied *in their crew* by a parent or elected guardian.

Categories

- Crews shall be made up of 4 rowing members and a coxswain (who will be provided by SUABC).
- No crew in the Novice category is allowed to compete with more than one member who is either a current racing member of British Rowing or who has been one in the last 20 years (when British Rowing was known as The Amateur Rowing Association), or who is a current rowing member of a rowing club, or who has been in the last 10 years.
- No crew is allowed to compete in the Novice category with more than one member who has undergone training of *any* length of time in sculling or rowing in the last 10 years (apart from the Fun Rowing Event).
- Novices are defined as people who have not competed in this event before or who have done it only once before.
- A crew that has 2 or more members who have competed in this event more than twice in the last 10 years will be classed as Experienced.
- No Experienced crew is allowed to consist of more than one current British Rowing racing member, or someone who is a rowing member of a rowing club.
- Women's crews may have 1 man in them but no more.
- Men's crews may have 1 woman in them but no more.
- Mixed crews consist of 2 men and 2 women.

Safety

Each member of the crew must be comfortable with the fact that all water sports are dangerous and that there is a risk of injury or drowning. It is the crew's responsibility to make sure that 3 or more members attend ALL training sessions and that each crew member is happy to race.

SUABC takes it on trust that when you say you can swim, you are telling the truth. There is a very real risk of you going into the river, either in training or on race day, and you must be able to swim at least 50m in light clothing, or your fancy dress costume. Please do not enter if you cannot swim competently and you are not prepared to wear a life jacket when you row. (We only have a limited number of these and they are very expensive to have re-packed so we would much prefer you to be able to swim!)

Refunds etc.

SUABC will make every effort to enable you to have your 3 training sessions and an enjoyable race day on the water. However, there inevitably will be times when either you or we have problems that we cannot help. Outlined here are some guidelines on what action might be taken in the event of some of the most likely situations.

- Once you have entered and paid, as a general rule there are no refunds available. However, in truly exceptional circumstances where the fault mainly lies with SUABC, the possibility of a refund *may* be considered.
- SUABC takes full responsibility for the equipment you will be provided with and so if it goes faulty or is unavailable we will accept that there may be a need for reimbursement or special consideration. For instance, if you turn up to a training session and there isn't a boat for you because it's broken or unavailable, we will discuss possible options with you.
- SUABC's coaches are very experienced and have been briefed on exactly what to do and how to do it. If you ignore their instructions, or do something that you haven't been told to do (this could be as simple as walking forward) and any of the equipment is damaged, even slightly, you will be held fully responsible for the full cost of repairs or replacements. The boats are very old, expensive to maintain and very expensive to replace. They are also delicate and heavy, especially after an outing! They need to be handled with extreme care and even one person not paying attention or doing something they haven't been told to do can cause a lot of damage so please be very careful, follow all instructions to the letter and check anything you don't understand or hear clearly.
- SUABC will make every effort to give you the training slots you ask for. So if your regular coach can't make a session that you can, they will be responsible for providing a replacement coach. We will only ask you to re-arrange if there is absolutely no-one available but this is extremely unlikely to happen.
- While SUABC will make every effort to enable you to train, we expect you to do the same. If you cancel a training session less than 24 hours before it is due to start we will not be obliged to re-schedule and so you may not get your full 3 sessions. If the whole crew or any part of the crew does not turn up to the training session at the start time then that will be viewed in the same light. This event runs on volunteers and they do not appreciate being messed around by crews so please try your best to let your coach or the organiser know as far in advance as you can of any problems you have with getting there or turning up at all. We very much want you to have all of your training sessions but please be considerate.
- If the weather is poor on race day and races on the water have to be cancelled, they will be run instead on rowing machines on rails, linked up to a computer and a projector. Although the risk of crashing or capsizing is removed, this is still a very fun way to race and team work and timing become more important. If any crews pull out of race day for any reason, even with notice, they will not be refunded in any way.

If you have any questions about anything covered above or you would just like to talk to someone about what the event involves, please contact:

The Organiser: Jen Clements

07773 883 039

j.e.clements@hotmail.co.uk