

## **INSTRUCTIONS TO COMPETITORS AND COACHES STRATFORD UPON AVON REGATTA 2021**

1. Thank you for your entry. The race course is approx. 500m (upriver) from a free, staggered start.
2. **Location.** CV37 7LS. Full directions can be found at [www.stratford-rowing.co.uk/regatta-2021](http://www.stratford-rowing.co.uk/regatta-2021)
3. **Car Parking.** Vehicles should not be left such that they obstruct access for others, even for brief periods; remember that large emergency vehicles may require immediate access to incidents. Please drive slowly.
4. **Report to Regatta Control<sup>1</sup>.** Report to Regatta Control to collect race numbers which must be worn by the bow person and cox (if applicable) when racing. All competitors must carry their British Rowing Membership Cards, up to date and complete with photograph, available at all times for checking by officials. In accordance with the Rules of Racing, membership cards or identity for the whole crew must be produced before any prizes will be awarded. Prizes will be presented to winners immediately after each final. If you are likely to be delayed, advise Registration immediately. We can then assess if your race can be re-scheduled. All the races are rowed under the current [British Rowing Rules of Rowing](#).
5. Coxes must weigh in before collecting numbers (wearing life jacket but without cox box) and bring their own deadweight (if required). Coxes are to carry the issued weight certificate during the day. Coaches/ club reps are to ensure that they have individually briefed their coxes on the course and ideally walked the course with them; please take care not to puncture life jackets when fixing numbers to backs.
6. No doubling up of crew, cox, boat or equipment is permitted within a Division. Any doubling will result in the crew being disqualified. The Race Committee reserve the right to rearrange the order of races if necessary.
7. All junior crews must be supervised by a suitable adult who acts *in loco parentis*. This adult must provide their contact details at registration and be available at all times.
8. **Boating.** KEEP A GOOD LOOKOUT AT ALL TIMES. Crews will not necessarily be called. You must be at Boat Pairing at least 20-25 minutes before the scheduled time of your race. Competing crews should proceed to Boat Pairing area together. The control commission umpire may examine your boat or may ask questions to ensure you have safety checked your equipment. Every competitor shall wear the kit of the Club he/she is representing.
9. All boats and equipment must confirm to the requirements of the Rules of Racing. This is the crew's responsibility. Boats MUST display the correct 6 digit BR identification code. You risk disqualification if you don't comply. Bow balls, heel restraints & hatch covers are YOUR responsibility. You will NOT be allowed afloat unless they are sound.
10. All events are to be boated from the staging opposite the Royal Shakespeare Theatre. All crews must boat with their opposition.
11. **Marshalling.** You must understand and comply with the circulation pattern on the river. Please study the map. The course is buoyed. The boating area is also buoyed off – crews in a race must not enter this area. Crews must keep to their station. Failure to do so may result in disqualification. Practice of starts and rows/ paddling firm are not allowed on the course during the hours of racing.
12. All crews proceeding to the Start must cross the course at the Ferry. All crews shall remain in the boating area until authorised to cross the course and proceed to the start. Crews must be vigilant and not allow their boat or blades to encroach on the racing crews.
13. After crossing, crews should continue to a point beyond the start.
14. Crews are responsible for being in the start marshalling area at least FIVE minutes before their scheduled race time and ready to be on the start TWO minutes before their race time. Crews late on the start may be given an official warning. Crews should follow instructions from the Start Marshals, pair up with their opposition, and line up, in race order, with bows facing upstream (in the direction of racing) just downstream of the start. Competitors should note that it is an aligned free start. The lower numbered crew will take the Theatre station and will be in front on the stagger. The Start-is staggered but the Finish is straight.-A bell will be rung at the finish of each race.
15. Umpire stations on the bank will be clearly marked and crews must comply with Umpires instructions during races or face disqualification.

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<sup>1</sup> Crews are encouraged to register on-line; those that register on arrival must follow the Regatta's Covid Guidelines.

16. **Recreation Ground.** Please note, to avoid an accident in a busy park, **cycling<sup>2</sup> is not allowed** at the regatta. Competitors and supporters are asked to **dispose of litter responsibly**. Litter bins are emptied regularly during the day by Park staff.

17. **Accidents.** In order that the regatta organisers are aware of any accidents and can coordinate effective responses, please report any incidents on or off the water to Regatta Control. FIRST AID facilities are located by Regatta Control. Should you require assistance at any point please attract the attention of the nearest Marshal, Umpire or Safety Boat Crew.

18. **First Aid/ Doctor.** First Aid facilities are available at St Johns located on the recreation ground alongside the trailer parking area. The Event Medical Officer is **Stephen Rose** who can be contacted via Regatta Control.

19. **Other.** Food and drink will be available. Toilets are available in the clubhouse which is only open to competitors in kit and club members due to safeguarding requirements. Public toilets are very close by.

20. **Welfare/ Safeguarding.** The Regatta Welfare Advisor can be contacted through Regatta Control.

### **SAFETY INSTRUCTIONS.**

21. You are responsible for your own safety: read and understand the Safety Plans. Participants must:

- a. Ensure their own safety, remembering that they have a duty of care to themselves and to any third party both on the water and on land.
- b. Ensuring that any equipment (e.g. boats, blades, buoyancy aids, etc.) are safe and prepared to the standards as required under the 'Rules of Racing' and 'RowSafe'. Any failure in this standard may result in exclusion from the event.
- c. The strict observance of the circulation pattern and of the provisions of 'Row Safe'.
- d. Deciding whether or not they are competent to use the river in the prevailing weather conditions - this decision may be taken by the individual or with their coach/crew.
- e. Ensuring that they can swim in accordance with the provisions of 'RowSafe'.
- f. Be aware of heat stress risks, be appropriately clothed, carry water and hydrate.
- g. A check by an official does not necessarily mean that all aspects of the boat are safe and no assurance of safety is implied or exists as a result of such checks.

22. In compliance with the spirit of British Rowing's Row Safe Guidance (3.2), all participating clubs are required to advise Regatta Control if parents/carers of any participating child athletes do not consent to images of their child being used in publicity material issued by SUABC.

23. When in the boating area, or when boating/de-boating, extra care and right of way should be given to other participants and members of the public, so as not to cause distress or injury to third parties. When boating or de-boating, exercise care on the staging to avoid slips, especially during wet weather. Any accident should be drawn as soon as possible to the attention of the nearest Official, who will be able to summon assistance. First Aid cover is provided during the hours of racing and is situated close to Control.

24. There are three safety boats on the course. Generally the river is very shallow. Note that river traffic and swans/ geese will as normal require caution.

### **THUNDERSTORMS**

25. As a general rule, the Event Safety Adviser and Race Committee will:

- a. Consult forecasts from the day before and monitor the weather during the event. In the event of a storm, constitute the chain of command and use the public address system to warn both competitors and spectators of actions to be taken.
- b. Racing shall be suspended on the order of any Official if thunder follows lightening within 30 seconds. All competitors, officials, spectators to be guided to safe shelter by marshals. Safe shelter is provided in the Clubhouse, Boathouse, Gym and Changing Rooms. Shelter should not be sought in tents, marquees, under the canopy of the Clubhouse or under trees. Use the 30:30 criterion to instigate suspension and resumption of activity. Direct the Regatta Control to stop crews boating until resumption of racing is signaled. Direct the Start Team, Umpires and Marshalls to instruct crews on the water, where circumstances permit, to return to the landing stages with all speed and seek proper shelter. Direct the Regatta Control and Finish Team to ensure that de-boating is executed as fast as possible (both these teams will leave one member on the landing stages)
- c. Specific measures include:

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<sup>2</sup> A new cycle track for children 8 to 14 years old has just opened in the Park next to the refurbished (

1. Launch crews to return to finish and disembark immediately rowing crews are clear
2. Competitors to shelter in the boathouse, other buildings or cars
3. Blades to be left on grass near landing stages
4. Officials and competitors are asked to familiarize themselves with this general plan, so that it can be actioned promptly and effectively should a thunderstorm occur.
5. Note that sheltering under trees increases risk.