



## **NEWARK ROWING CLUB HEAD**

**December 3<sup>rd</sup> 2022**

# **INSTRUCTIONS TO COMPETITORS**

The following general guidelines are in place to help ensure the safety of yourself and others during the head race. Please ensure your crews read and understand the briefing below. All competitors are deemed to be competent oarsmen/women and therefore are expected to know and understand the provisions of the Row Safe guidance and its recommendations. This Head Race is held under the British Rowing Rules of Racing. The provisions of the British Rowing Row Safe guidance will also apply and will take precedence at all times.

The River Trent is a Canal and River Trust controlled navigation. Competing clubs from non-C&RT waterways should ensure that they have the appropriate number of licences for the number of boats on the water at any one time in case the patrol officers decide to do an inspection.

### **EMERGENCY NUMBERS**

Race Control	<b>07811 438200</b>
Clubhouse	<b>01636 702351</b>
Welfare Officer	<b>07970 428903</b>
Safety Advisor	<b>07734 056991</b>
Covid Officer	<b>07702 550937</b>

Please contact Race Control on race day if you have any queries.

### **Dimensions**

#### **Division 1**

The race distance will be 5000m. The start point is upstream of the old A46 petrol station and finish at the end of Averham Weir (before Weir's bend). **Please be aware that it is an 8K row from the club to the start.**

#### **Division 2**

The race distance will be 3900m. The start point is upstream of the entrance to Farndon Marina and the finish approximately 300 m beyond the A46 road bridge.

The Race will comprise two divisions, the first at 10:30 and the second at 14.00. Each division will have crews of all abilities in open, women, junior and master classes.

### **Parking Arrangements**

On race day only trailers are permitted to park at the Club site and Marina car parks. All trailer parking will be advised prior to race day, please note, all trailer drivers and their vehicles should exit their allocated parking location immediately after drop off. Trailer parking attendants will direct trailer drivers and ensure safety whilst manoeuvring.

All cars must park on the Club side of Farndon Road; in Newark Marina or in the car park of the commercial units at the bottom of Farndon Road behind the Lord Ted pub (first left as you exit off

A46 roundabout). Car parking attendants will be available to advise on parking locations. Those parking should be mindful not to park illegally, not to cause obstruction to private, commercial properties access and not to impede the normal flow of traffic.

Visitors with disabled needs will be permitted to park their vehicles within at the Club site confines.

### **First Aid Arrangements**

First aid cover is provided by Newark Community First Aid who will be located in the boat house gym and also in a heated ambulance to be located in Div 1 on the bank at Farndon (Riverside Pub slipway) and in Div 2 opposite the orange Buoys at the top of the weir on south bank of the river.

### **Registration**

Registration and collection of bow numbers will be from the Clubhouse. Enter through the front door and a **single** representative of each competing club should collect the envelope containing the numbers for ALL their crews.

All substitutions should be made online but please inform registration of any scratchings.

### **Prior to boating**

It is the responsibility of each member of the crew to ensure that their equipment is in a safe condition prior to boating. Boats may be checked for safety prior to boating.

Attention should be paid to:

1. Bow balls
2. Buoyancy compartment hatches
3. Heel restraints and quick release foot stretchers
4. Integrity of hull and fittings (e.g. ensure there is no damage and all riggers are secure)
5. Appropriate backstays on bow / 2 seat riggers

Ensure that you are suitably dressed with warm clothing for the outing, making note of the fact that you may be stationary for the marshalling period prior to the race start for 30 minutes or more. Weather conditions at the marshalling points can be significantly colder and windier than the club and boating area. In particular make sure that your cox has sufficient warm clothing.

**Participants inappropriately dressed for conditions on race day will be prevented from boating until they are suitably dressed. For cold, windy or wet weather the following items need to be worn: Hat, weather proof outer (wet conditions), warm layers, leggings, socks.**

Coxes must wear a life jacket or buoyancy aid in the correct manner and be familiar with the method of operation. In front-loader boats coxes must wear manually operated gas inflation life jackets. Life jackets may be checked. NO COXSWAIN SHALL BE PERMITTED TO RACE IF WEARING WELLINGTONS.

There will be no weighing of coxes *although they must still meet the minimum weight requirements in rule 7-2-7 of the Rules of Racing*. We reserve the right to do spot checks.

## POINTS OF SAFETY TO STEERERS

- 1. WHEN APPROACHING THE TOP OF THE WEIR STAY WELL CLEAR OF THE ORANGE BUOYS AND THE WEIR WALL AS THERE IS A STRONG CURRENT THAT WILL DRAW BOATS TOWARDS THE WEIR.**
- 2. 50M AFTER THE END OF THE WEIR THERE IS A 90 DEGREE BOW SIDE CORNER (WEIR'S BEND). SPECIAL CARE NEEDS TO BE TAKEN WHEN NAVIGATING THIS BEND.**

### Afloat

Competitors should be aware that there will be marshals and safety launches located on the course as shown on the plan. A launch will follow the last boat to race down the course. There are marshals on each major bend and midway on the longer straights.

Whilst paddling upstream to the start, crews must keep to the Starboard (bow) side of the river at all times. Ensure you are aware of the danger points (as marked on the attached map).

**The organising committee (via marshals and umpires on the course) reserve the right to exclude any crew or sculler from the competition if it does not show sufficient competence in rowing up to the start. This rule will be applied in the interests of safety and fairness to other competitors.**

Where possible other river traffic will be stopped during the race however crews must remain vigilant at all times during the race.

Special care must be taken on bends when there is only a short view of the river ahead.

Do not assume that other crews have seen you. Always shout if you are unsure of their position or that there may be a danger of a collision.

During the race crews must make way to overtaking crews. Slower crews should move to their Starboard (bow) side and overtaking crews should pass on the slower crew's port (stroke) side where it is safe to do so.

Be very aware of pleasure boats and their wash. They can be on the incorrect side of the river particularly on bends or along the weir. Do not assume they have seen you. Even though you may have right of way be prepared to move.

**If you fall out of the boat do not swim away from it, try and climb onto the hull of the boat to avoid cold water shock. Swimming with the boat to the bank should only be attempted if it is a short enough distance to do so safely without exposing the crew to the further possibility of cold water shock. YOU MUST FOLLOW THE DIRECTIONS OF UMPIRES AND MARSHALS AT ALL TIMES.**

### Start

**Division 1** start is upstream of the old A46 petrol station (see map for Division1)

**Division 2** start is upstream of the entrance to Farndon Marina (see map for Division 2)

All crews must report for boating at their allocated boating time.

For Division 1, any crew not above Farndon marina entrance 20 minutes before race time will incur a 10 second time penalty. Any crew not above Farndon marina entrance 15 minutes before race time will be turned around and not allowed to race.

For Division 2, any crew not above the weir 15 minutes before race time will incur a 10 second time penalty. Any crew not above the weir 10 minutes before race time will be turned around and not allowed to race.

**Marshalling** – you will be allocated your marshal point which is indicated on the draw. There will be markers on the bank and directions from marshals. Keep well into the bank, especially once racing has started. Do not paddle downstream unless instructed by a marshal. If the weather is extremely cold a circulation pattern will be put in place if this is the case you will be informed by a marshal. Please obey their instructions.

Div 1 marshal above the start with the first crew nearest the start line. Once instructed turn and go. Div 2 are marshalling on the Power Station side. Once instructed proceed pull out from the bank and row upstream of the start line rounding the RED buoy on your port (strokeside) to face downstream and build your rate to pass between the white buoys which are the start line.

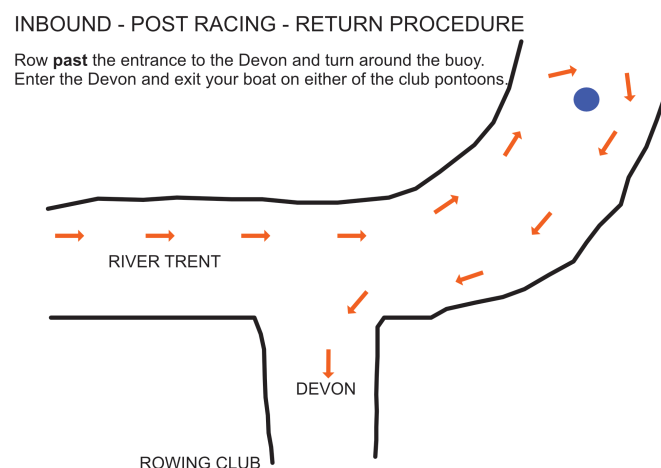
**When turning downstream to the centre of the river, make adequate allowance for the stream; it can be strong at these sections of the river.** You must pass between the buoys: failure to do so may mean that the starter cannot see your number and no time will be taken.

## Finish

**Division 1** finish is at the end of Averham Weir. Do not stop at the finish, paddle on beyond the weir and around weirs bend (see map for Div 1).

**Division 2** finish is approximately 200 m beyond the bridge over the river. Do not stop at the finish, but paddle on at least 20 strokes.

## Return Procedure to the Club



## Presentation

The presentation will take place inside the clubhouse on the balcony as soon as all results have been confirmed or ad-hoc if crews wish to leave after the first division.

## Facilities

Changing rooms.

Showers are available for emergency use only.