



**BRITISH** ROWING  
CHAMPIONSHIPS

2011

NATIONAL WATER SPORTS CENTRE  
HOLME PIERREPONT, NOTTINGHAM NG12 2LU

*Safety*

## GENERAL INSTRUCTIONS TO COMPETITORS

This Regatta complies with the British Rowing Rules of Racing and 'Row Safe: A Guide to Good Practice in Rowing'. Competitors who do not comply with these instructions, or the instructions of Regatta officials, may be penalised or even disqualified from racing.

### 1. Registration & Confirmation

- A representative of every crew must confirm its intention to race to Registration at the Regatta, not later than 90 minutes before the time of the first race in the event for which it has been entered. This includes Time Trials.
- The final draw for each event will be published on the Registration notice board not later than 1 hour before the first race in the event.
- The Entries Secretary will be available during the three days of the Regatta at times posted at the Registration Office, and on Thursday between 4.00 pm and 7.00 pm.
- Competitors who fail to confirm their entry will not be permitted to start. Those who have confirmed but then fail to appear at the start of any of their races in the event may be barred from other events in the Championships. Withdrawal after an entrant's first race will, however, be accepted if notice is given to the Entries Secretary and there are acceptable reasons or the competitor's next race is a repechage.
- Substitutions are subject to British Rowing Rule of Racing 2-3-4; all substitutions must be notified to Registration before going afloat. Substitutes must have been registered members of their declared club(s) since before 1st June 2010. Once the Confirmation of Entry Certificate has been issued it must be presented when making further substitutions.
- Crews withdrawing either by notifying Registration or by failing to confirm by the required time cannot be reinstated into the event.
- Racing Licences must be available when crews register, weigh in and boat for races. As soon as crews qualify for a final their Racing Licences together with their Confirmation of Entry Certificate must be presented to Registration. Coxed and lightweight crews should do so after weighing in. Licences should be collected after the final.
- Competitors in LTA, TA and A events should have their eligibility passports available at registration.

### 2. Weighing-In

- The Confirmation of Entry Certificate incorporates the Weight Certificate; this is required when coxes and lightweights weigh in.
- Coxes and lightweights must present their Racing Licence with photograph to the Weighing Official for identification before they are weighed.
- Coxes will be weighed by Control Commission according to British Rowing Rule of Racing 2-3-7.
- All coxes must provide their own dead-weights. The Regatta will not provide the means for competitors to put together dead-weights.

### 3. Medal Winners

- Medals and plaques will be presented to the winning crews as soon as possible after each final in the presentation area next to the Finish Tower. Medallists should disembark and proceed without delay to the presentation area, as instructed by officials in the boating area.
- Individual gold medals will be presented to the members of the winning crew and their names will be entered in the National Championships of Great Britain Roll of Honour. Individual silver and bronze medals will be presented to members of the second and third placed crews.
- The first non-composite crew in each final will receive a Club Championships plaque.
- Medal winners who have to boat quickly for another final should inform boating area officials as they disembark from their first final.

### 4. Coaches' Meetings

There will be a briefing for coaches in the Centre building on Friday morning 90 minutes before the first time trial, one on Friday evening 40 minutes after racing, and one on Saturday evening 40 minutes after racing. These will be led by the Race Committee Chairman, Gary Painter, and are intended to help coaches by providing extra information and advice. This is also a chance for coaches to ask questions and to give constructive feedback to the regatta so that improvements can be made. All coaches and club organisers are welcome to attend.

## SAFETY INSTRUCTIONS

This Regatta will be run according to the British Rowing Rules of Racing and 'Row Safe: A Guide to Good Practice in Rowing'.

The regatta will endeavour to provide a safe environment within Row Safe although competitors are specifically reminded that persons using the lake and the adjoining river do so entirely at their own risk and are solely responsible for:-

- 1 Their own safety.
- 2 Ensuring that their boats are safe and are prepared to the standards required by the BR Rules of Racing and Row Safe. Any boat that fails to meet the standard shall be excluded. See BR Rule of Racing 2-3-8 for details.
- 3 The strict observance of the circulation patterns (see maps) and of Row Safe.
- 4 Deciding, together with their coaches, whether or not they are competent to use the lake in the prevailing weather conditions.

Clubs and competitors are also reminded that they must:-

1. Only go out for practice sessions if there is a safety boat on the course.
2. Not practise during racing. Crews will not be allowed to boat until 15 minutes after the last race of the day has finished.
3. Make their own safety and first aid arrangements before and after the day's racing.
4. When training on the River Trent during racing hours, make their own safety arrangements and must also report to Registration & Boathouse Control before and after their outing. They must ensure their boat is licensed to be on the River and they must read the circulation pattern for the River Trent on the Nottingham and Union RC website ([http://www.nurc.co.uk/images/Steering\\_Advice.pdf](http://www.nurc.co.uk/images/Steering_Advice.pdf))
5. Ensure that all roadways and access routes are kept clear at all times and that they should not park in the Finish/Presentation Stage area. Crews should be especially vigilant in the boating/boathouse areas.
6. Report all accidents to the Regatta Office.

### Safety Boats

There are safety boats on the course during racing and the first duty of every waterborne official is to the safety of competitors or any person in difficulty.

### Accidents and Emergencies

All accidents and emergencies must be reported to a Regatta Official as soon as is practicable. The Official will summon medical support if necessary and will summon any additional support that may be required. The Official will also ensure that the Safety Adviser and the Race Committee are made aware of the incident. A BR Incident Report Form MUST be completed for all accidents, collisions or capsizes. The Event Organisers hut by the Finish Tower or the Registration hut, near to the boating pontoons, hold supplies of these forms.

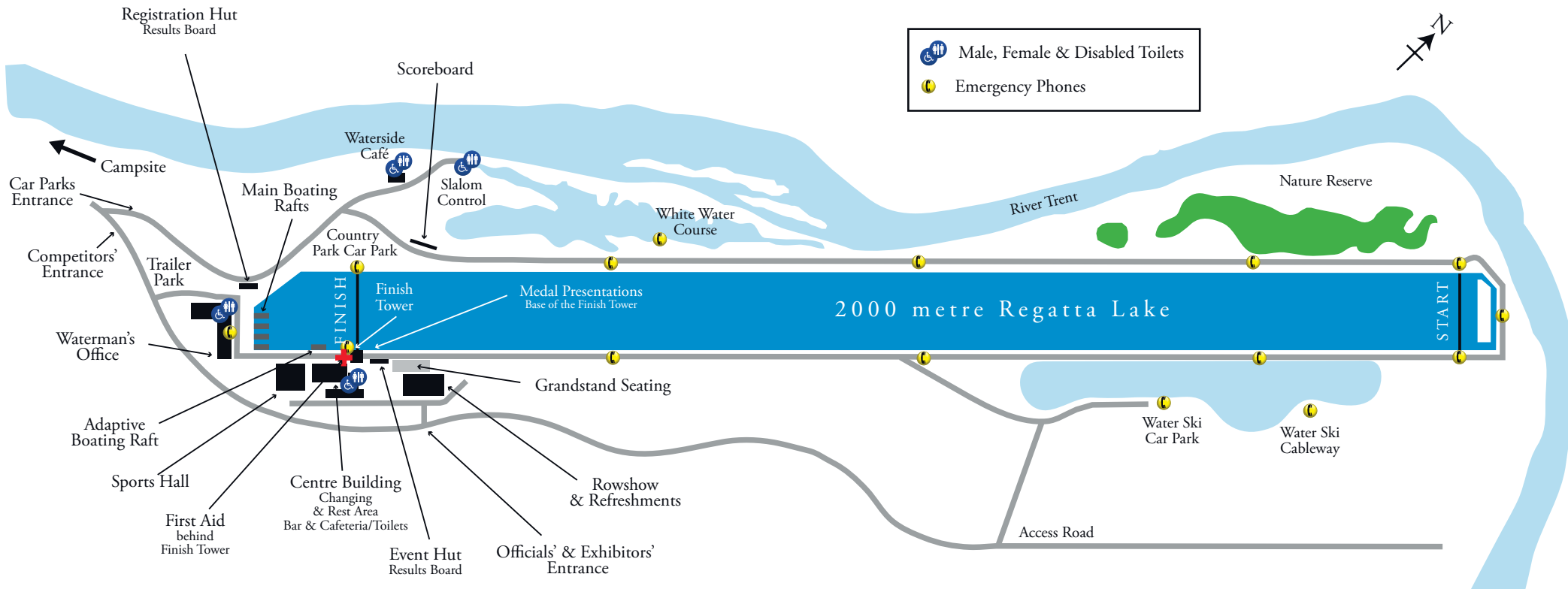
### General Competence

The organising committee reserves the right to exclude any crew or sculler from further competition in an event if it does not show sufficient competence in either attaching to the start pontoons or progressing down the course during a race. This rule will be applied in the interests of safety and fairness to other competitors.

### Adaptive Events

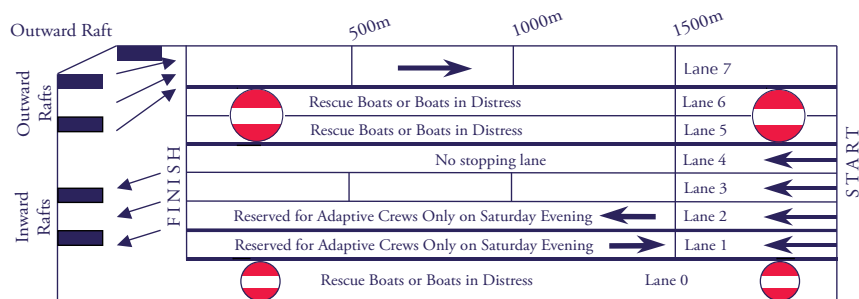
1. During the practice session on Saturday evening lane 1 and 2 are reserved for Adaptive crews only.
2. Adaptive competitors should confirm precise racing and practice arrangements with Registration on arrival at the Regatta.

# COURSE MAP & CIRCULATION PATTERNS



## Practice Circulation Pattern

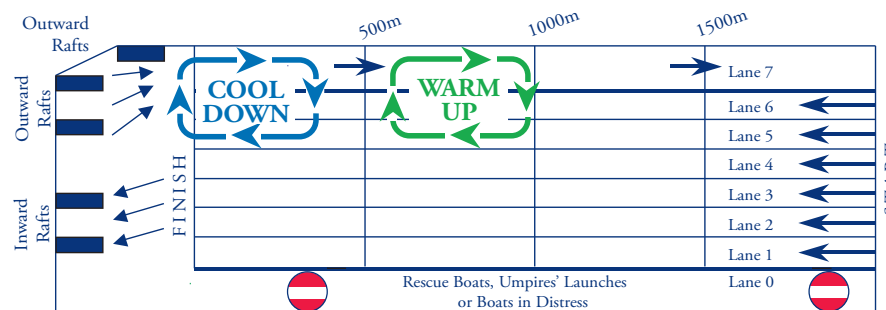
This applies at all times other than during racing.  
 The lake must be clear 30 minutes before racing is due to start.  
 The lake will open at 7am and close at 8:30pm each day.  
 Lanes 0, 5 and 6 will be closed for general use during practice sessions.



## Racing Circulation Pattern

This applies from 30 minutes BEFORE the first race, until after the last race has finished each day.

Failure to comply with these rules may lead to the removal of the crew or club from the Championships.



## MARSHALLING INSTRUCTIONS

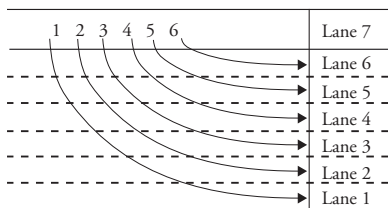
Please note that the lake side markers count up from the Start (2000m) to the Finish (0m)

### Boating

Go afloat to race or practise using the outward rafts in the main boating area. Crews may use the Country Park raft with care: this raft is for embarkation only. The rafts on the southern shore of the course towards the finish tower are not for the general use of competitors.

### At the Start

Crews will proceed to the start in Lane 7 as far as the 1500m marker where they will be held by a Start Marshal. Under the Start Marshal's instructions a complete race will be called forward in REVERSE Lane Number Order (6, 5, 4, 3, 2, 1) to proceed in that order towards the 100m Start Zone. If a crew misses its "slot" it may not be allowed to race. When the Starter calls the race, crews will paddle across the course together under the direction of the 100m Marshal to their allocated lane (see diagram). Only when in the correct lane will a crew be allowed to turn and back onto the start pontoon.



### Warming up:

Crews may warm-up in lane 7 on the way to the start but must not do racing starts or bursts at high speed when close to other crews or when a race is going past. Crews may also warm-up in lane 5 between the 1000m and 500m markers by turning carefully into lane 5 at the 1000m marker and then warming up in the racing direction only before turning back into lane 7 at the 500m marker. When warming up in lane 5, crews must keep well clear of any races.

### Cooling down:

Crews may cool down by carefully turning into lane 7 after their race, and then turning into lane 5 at the 500m marker only. Crews must travel in the racing direction only in lane 5 and must take care not to impede any races on the course, or to cross the Finish Line alongside a race.

### Disembarking

Use the Inward rafts only when coming ashore after racing or practising. Do not use the Country Park raft or those on the southern shore of the course.

Take care in the finish area to avoid collisions as crews merge from racing and from cooling down.

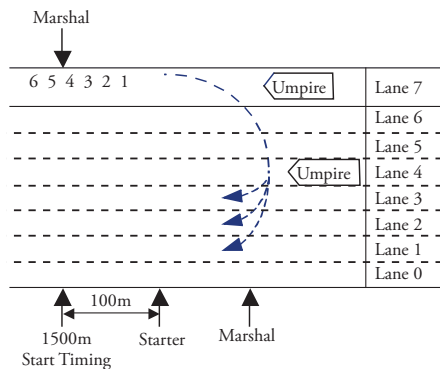
### Prize Winners

Prize winning crews must go straight to the disembarkation pontoon following their race and return on foot to the presentation raft to receive their prizes.

### Time Trials

Crews must be ready to boat 30 minutes before the scheduled start time of their Time Trial. Collect Time Trial numbers from Registration Hut and then boat in number order.

Control Commission Umpires will supervise boating and do the normal safety checks. Any boat failing inspection will not be allowed to boat unless the problem can be fixed in a timely manner. Crews should paddle down slowly towards the start in lane 7 only. Warming up by turning into lane 5 is NOT allowed during the Time Trial. Remove spare kit under the direction of the Start Marshals and then follow the Umpires' instructions to paddle round in a continuous semi-circle ("hard on strokeside, bowside light / easy / hold") into lanes 1-3. Lanes 0, 4, 5 & 6 are safety lanes and are not in use for racing. Lane 0 is to be used only for crews in distress. See diagram below.



After completing the turn, crews should keep paddling in their allotted lane towards the timing line. The Starter will say 'Go' approximately 100m before the timing line and crews will be timed from the 1500m marker to the normal Finish.

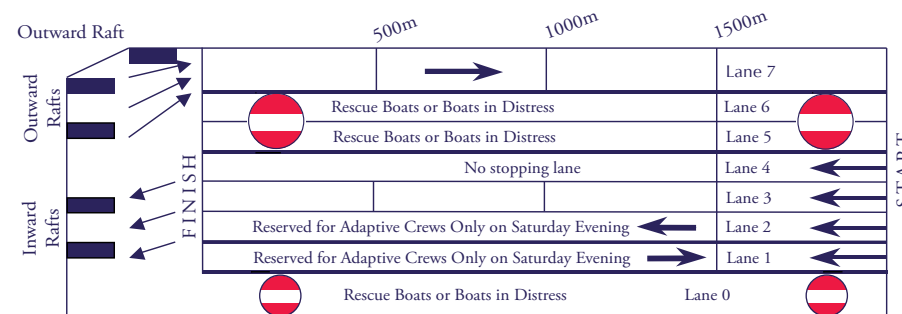
Crews should be careful in the Finish area, and proceed straight to the rafts quickly and safely; crews may not cool down on the course after their Time Trial as they may obstruct other crews racing.

## CIRCULATION PATTERNS

Note that lakeside markers count down from the Start (2000m) to the Finish (0m)

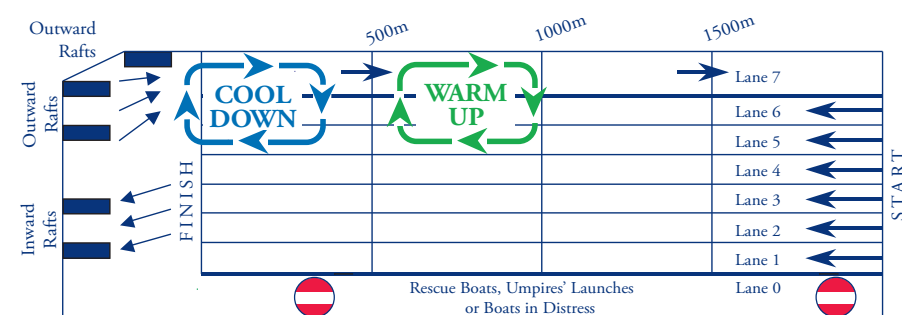
### Practice Circulation Pattern

This applies at all times other than during racing. The lake must be clear 30 minutes before racing is due to start. The lake will open at 7am and close at 8:30pm each day. Lanes 0, 5 and 6 will be closed for general use during practice sessions.



### Racing Circulation Pattern

This applies from 30 minutes BEFORE the first race, until after the last race has finished each day



Failure to comply with these rules may lead to the removal of the crew or club from the Regatta.

### Points of Danger

1. Great care should be taken when using the pontoon on the Country Park shore. Note that this pontoon is for embarkation only.
2. The pontoons on the side of the course past the Finish Tower and in front of the new boathouses should not be used by any crews apart from Adaptive ones.
3. Adaptive crews will use these pontoons and will proceed up the course in lane 1 for practice sessions.
4. Adaptive crews will then use Lane 2 to row back to the finish area for practice sessions.
5. Static crews in Lane 7 must be aware of the potential danger of being blown into the racing
6. Lane 6 if there is a cross wind. Crews stopping in Lane 7 are advised to stop close to the bank.
7. At the start crews must keep into the bank whilst waiting to be called to their race and must stay clear of the 100m Start Zone.
8. Crews must take particular care when crossing the course to get to their allocated lane.
9. Crews must take particular care in the finish area to avoid collisions with other crews that have just finished, have been cooling down or that are returning from the presentation raft
10. During the practice session on Saturday evening Lane 1 is reserved for Adaptive crews only.

# GENERAL SAFETY AND EMERGENCY INFORMATION

## Cycling, Skating, Rollerblading & Pedestrians

Cycling, skating, rollerblading etc. is prohibited in all Regatta enclosures and in the boating area. The south side of the course will be closed to unauthorised users from half an hour before racing starts until half an hour after racing has finished. Cyclists etc. must give way at all times to pedestrians and service vehicles of the Regatta.

## Accidents and Emergencies

All accidents and emergencies must be reported to a Regatta Official as soon as practicable. The Official will summon medical or other support as required, and report the incident to the Safety Advisor. A BR Incident Report Form MUST be completed for all accidents, collisions or capsizes. The Event Hut and Registration Hut hold supplies of these forms.

## Sunburn, Heat Stroke & Exhaustion

Competitors and officials are reminded of the dangers of sunburn, heat stroke and exhaustion and of the need to cover up, apply sun block and increase water intake where appropriate. Regatta Officials should be informed of any casualties as soon as possible so First Aid can be summoned.

## Thunder and Lightning

Competitors and spectators will be given warning and advice on what to do in the instance of lightning via the public address system. This will include instructions on how the course will be cleared of crews and officials, to seek 'proper shelter' and when the Race Committee will make decisions on racing.

## Medical Support

During racing hours the British Red Cross will provide medical and first aid facilities at the base of the Finish Tower: dial 249 from any site telephone. Any medical problem arising on the campsite that

can safely be brought to the First Aid Centre will be dealt with. Medical facilities are intended to cover emergencies only: there is no provision for physiotherapy treatment. A Duty Officer of the National Water Sports Centre is on call 24 hours a day, contactable through the Centre Reception: dial 0 from any site telephone.

Outside racing hours, or if a more serious problem occurs, contact the NHS Walk-In Centre, 10 minutes drive away, see below for the address or ring NHS Direct.

## Parking

Competitors and spectators should use the 'additional car parks', located further along the road from the Centre. The Watersports Centre car park is for officials and exhibitors only. There is a trailer park adjacent to the boat racking area.

## Changing Facilities

Changing, showering and toilet facilities are available in the Main Centre building.

## Child Protection Policy

The British Rowing Championships believe that the welfare and wellbeing of all children is paramount. All suspicions, concerns and allegations of harm will be taken seriously and responded to swiftly and appropriately.

The Welfare Officer for the event is Nick Hubble. The initial point of contact for any concerns or allegations is Fiona Dick, safety advisor who may be contacted via the Secretary's Office throughout the event. A copy of the policy will be displayed at the Secretary's Office.

## EMERGENCY TELEPHONES

### Emergency Telephones are situated:

1. Start Tower
2. At the 1500m marker on each side of the course
3. At 1000m on each side of the course
4. Main Reception in the Water Sports Centre
5. Waterman's Office

All manned huts have telephones.

### NWAC ADDRESS:

The National Water Sports Centre, Adbolton Lane,  
Holme Pierrepont, Nottingham, NG12 2LU

### EMERGENCY NUMBERS:

Emergency Services - 999

Police, West Bridgford - 0115 940 0999

NHS Walk-In Centre, Seaton House, City Link, NG2 4LA

Medical Practice, Radcliffe-on-Trent - 0115 933 2948  
or 0115 933 3737

Medical Practice, 214 Musters Road - 0115 981 4124

Hospital, Queens Medical Centre - 0115 924 9924

NHS Direct - 0845 4647

National Water Sports Centre Reception - 0115 982 1212