

Chester Regatta 2019

Instructions for Competitors and Safety Rules

Welcome to Chester Regatta. We hope you have an enjoyable day with us.

To ensure the safe and smooth running of the regatta this document sets out important information about safety and procedures which must be followed. Please read the document together with the Safety Plan, Course Maps and Emergency Procedure all of which are available on the Chester Regatta website at www.chesterregatta.org. If you are a coach or club captain you should make arrangements to brief all crew members to ensure they are all aware of and understand their contents.

1. Everyone involved with the Regatta is expected to:

- **Take responsibility for their own safety and the safety of others affected by their actions**
- **Read, understand and follow the Event Safety Plan**
- **Read, understand and comply with all the instructions to competitors including any local rules**
- **Report any incidents to the Event Organisers and to British Rowing.**

2. Before Setting Off

Please bring suitable footwear for boating because wading into the river will be required (wellies are recommended).

Competitors with longer hair must wear it in a manner to avoid it being trapped in equipment (eg plats or in a bun)

Please ensure you have your British Rowing membership card. You may not be allowed to race if you cannot produce it when asked. You will also need to show it to collect any prizes.

3. Arrival

The sailing club have agreed for the regatta to use their facilities to improve boating for the event, there is limited space available and a lot of their boats will be on the site, so access to the sailing club boating area is restricted to competitors and coaches only, please make sure parents and spectators respect this restriction.

The location of parking and boating areas are shown on the Course Maps. Parking is limited so please travel with as many people as possible in one car and obey the instructions of the parking marshals. There is an overspill car park at Bishops High School five minutes walk from the Regatta Ground. A map of how to get to and from this School is in the Course Maps document. The car park will be open from 0700-1900. Boat trailers should be parked only in the designated hardstanding area, but all boat assembly except eights must take place in the main regatta ground. Assembly and boating of eights will take place on the Sandy Lane slipway. Two trailers are available for the temporary storage of boats in the main regatta ground.

Changing facilities, toilets and showers are provided in Chester Sailing and Canoeing Club at the upstream end of the Regatta ground and separate toilet facilities are located adjacent to the trailer park, as shown in the Course Maps.

4. Registration and Weighing of Coxes

All coxes must be weighed at race control, **including those boating from locations other than the main regatta ground**. They will be issued with a weight certificate which should be shown to the umpire or boating marshal upon embarkation.

Every club must have a nominated person to collect their race pack for their junior and their senior entry. Please provide a contact mobile number for that person to be held at Race Control in case of emergency.

Dee based clubs who are boating at the satellite sites **MUST** have a representative based on the regatta site to coordinate their entries with **the** Race Start Controller and to speak to the Race Umpire if an appeal is lodged for any races in which their athletes have taken part.

Chester Regatta 2019

Instructions for Competitors and Safety Rules

Race control will be open from 7.15 am for entry packs to be collected, these will include the final draw, competitor numbers, empacher numbers and substitution forms. Please ensure all substitutions are notified to race control prior to racing, a form stating entered crew members will be provided with your registration pack – please record the substitutions and hand in to Race Control. Spot checks on crew identity will be made and failure to notify substitutions may result in an Official Warning or disqualification.

Coxes are responsible for meeting the minimum weights for their class and must be weighed and certificated.

Numbers must be worn clearly visible on the back of the bowman and in the Empacher slots. Crews rowing in more than one event must wear only the number applicable to the event they are racing in.

5. Boating

To improve boating facilities all embarkation and disembarkation will be from beaches at the Sailing Club as shown in the Course Maps so wellies, crocs or sandals will be required. A one-way flow system will be in operation.

It is the responsibility of every competitor to ensure their equipment is safe complies with the rules. Checks will be made on the following:

- Bow balls securely attached (examine rigorously if tape has been used), pointing forwards rather than upwards or sideways. Even with a regulation ball the bow of a boat is capable of seriously injuring someone on impact: accept nothing that is not clearly up to standard.
- Heels of shoes to be able to rise no more than 70mm (3”), and comply with current equipment regulations in “Rules of Racing 2019”.
- Heel release cords to be in good order (not rotten), well secured, and independent of one another; do not underestimate the force which can be applied by a rower struggling with trapped heels.
- All rowers and coxes will be suitably clad at the start for the prevailing weather.
- Whilst we accept that many clubs still permit hoodies to be worn on the way down to the start, these can give rise to safety issues. If they are worn, please consider whether it might be safer to wear them inside out with the hoods tucked into the collar.
- All coxes will wear a Personal Flotation Device (life jacket). Its straps must be in good order, properly adjusted and worn on top of all other clothing.
- Coxes in front-loaders not to be too tight a fit. No automatic life jackets in front-loaders.
- All boats to have watertight buoyancy compartments or retro-fitted buoyancy bags. Plastic bottles are not acceptable as additional buoyancy.
- Rudder lines, steering shoes, coxes' handles and the rudder itself to be securely attached and running smoothly.
- Please ensure that all competitors are able to provide their British Rowing membership cards as requested by Regatta officials in accordance with the Rules of Racing. Make sure you have it with you or that your coaches can produce them.

The regatta has been designed so that the winner of side by side races stays on the water to go back to the start for their next race. If all competitors comply with this the maximum length of time from the start of their event to the final should be under 90 minutes, please ensure rowers are suitably prepared for this in the event they reach the final of their event.

6. Circulation Pattern and Hazards on the Course

IMPORTANT – PLEASE READ CAREFULLY

Circulation Pattern

Chester Regatta 2019

Instructions for Competitors and Safety Rules

The circulation pattern is shown on the course plan. Please ensure you are familiar with it. Especially:

- if you are approaching the course from down river keep to the **left (Enclosure side)** of the pontoon below the finish
- when going up to the start use the Enclosure side lane, keeping inside the line of buoys and out of the racing lanes
- when you pass the finish keep to the left of the pontoon and steer clockwise around it to get back into the lane on the Enclosure side

Failure to follow these circulation rules may result in an Official Warning or more severe penalties.

Hazards

- a). A tree protrudes from the bank 150 metres below the start on the Meadows side. This is marked on the course plan. You should be aware of this if racing on the Meadows side.
- b). Large pleasure boats (Lady Diana, Jackie etc) will be operating for most of the day of the Regatta and using the public lane on the enclosure side of the course. Umpires on the course will try to warn crews of their approach, but you should also keep a lookout for the craft and be prepared to take evasive action.
- c). The river is also open to other water users. The pontoon umpire will ask canoeists etc to use the public lane, but again you should be on the lookout for such craft.
- d). A ferry for foot passengers will be operating across the river 100 metres upstream of the finish during racing. The ferry times its crossings to avoid racing crews, but again please be aware of its presence.
- e). The boating and disembarkation areas slope. Non-slip matting has been laid in this area, but care should be taken when boating.

7. Approaching the Start

Crews should pair up wherever possible with their opposition near the outgoing stage prior to getting afloat.

Crews who have a bye in the first round of their event should note that their opposition will probably already be on the water from their previous race and will not be expecting to disembark for pairing up.

Immediately after embarkation all crews, including those boating from the downstream clubs, must stop at the Sailing Club and await instructions from the Start Controller, **do not disembark** (see Course Map) regarding the identity and location of their opposition.

On the way upstream for the short races crews must locate with the help of the Launch Marshal and then pair up with their opposition. Crews should not cross the line of buoys or stop or loiter on the way to the start because the navigation lane will be used by other river traffic going upstream. When crews are paired up and instructed to do so by the Launch Marshal they should turn downstream around the large Red Buoy and proceed alongside their opposition towards the White Buoy some 100m above the start. On approaching the start with their opposition they should obey the instructions of the Start Assistant Umpire to ensure they are positioned correctly for a timely and unobstructed start. Crews must be on the start 2 minutes before the race time stated in the programme or risk disqualification. The first named crew on the programme will race on the Sandy Lane station.

Chester Regatta 2019

Instructions for Competitors and Safety Rules

Competitors wishing to practice may do so only upstream from the race starts. **Boats that have been training or practising must pass the regatta site under the instruction of the event marshals**

8. Boating from Locations Other than Sandy Lane

Additionally this year there will be a Satellite Boating Marshal at Kings School, Royal Chester and Grosvenor who will be in radio contact with the Regatta. Their function is

- to help find crews that have not turned up and to advise the regatta of last minute scratchings
- to spot check boats and crews and ensure they are properly prepared to go on the water as per section 5 above

If you decide to scratch it is **very important to the running of the regatta** that you tell the Satellite Boating Marshal because otherwise your opposition will be left waiting at the start for you to arrive. Please ensure a message is sent to the regatta.

The satellite Marshals are:

	8:30-11:00	11:00-14:00	14:00-18:00
Royal Chester	Jake Coady	Ian Archibald	Trevor Cox
Kings School	David Blackam	David Blackam	David Blackam
Grosvenor	Mark Tilston	Mike Laing	Mark Bancroft

9. The Finish

A bell will sound at the finish of each race and the result will be announced over the PA system.

At the finish crews must not obstruct the finish line and should promptly continue downstream and circle in a clockwise direction around the pontoon situated in the middle of the river before returning to the incoming stage.

On disembarking please put your Empacher number in the blue tub provided.

10. Medical Cover

First aid cover will be provided by the St John Ambulance Brigade who will be based in the Sailing Club.

The nearest hospital is the Countess of Chester, Liverpool Road, Chester. Tel 01244 365000.

11. Safety

Two safety launches will be provided by Chester Boats under contract, one located in the vicinity of the start designated 'Safety Launch Start' and one, designated 'Safety Launch Finish', in the vicinity of the finish line.