

Chester Regatta 2023 Instructions for Competitors

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

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 documents and course plans (www.chesterregatta.org)
- Read, understand and comply with all the instructions to competitors in this document
- Report any incidents to the Event Organisers and to British Rowing.
- Dress to impress – Please take account of predicted weather conditions hot or cold! Keep Hydrated!

2. Arrival

- The location of parking and boating areas is shown on the Site Maps. Parking is limited so please travel with as many people as possible in one car and obey the instructions of the parking marshals.
- The main parking for competitors and coaches is at [Bishops High School](#) five minutes' walk from the Regatta Ground. A map of how to get to and from this School can be found on our website. The car park will be open from 0630-1900.
- 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.

3. Registration and Weighing of Coxes

Registration will be open from 6:30 am for entry packs to be collected including competitor and empacher numbers. Please ensure all substitutions are notified to Registration prior to racing, Spot checks on crew identity will be made and failure to notify substitutions may result in and disqualification.

- 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.
- All coxes must be weighed at registration, 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 which is compliant with the latest British Rowing rules and guidance.
- Every club must have a nominated person to collect their race pack for their junior and their senior entry.
- If not already done, please provide a contact mobile number for that person to be held at Registration in case of emergency.

4. Boating

It is the responsibility of every competitor to ensure their equipment and clothing is safe complies with the rules of racing and rowsafe. Checks will be made on a random sample of crews for equipment compliance and crew composition.

- Please bring suitable footwear for boating (no landing stages in use)
- Competitors with longer hair must wear it in a manner to avoid it being trapped in equipment
- Please ensure that all clothing is suitable for conditions.
- Clothing such as dry robes and hoodies are not permitted on the water in line with BR guidance.
- 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.
- 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.
- Numbers must be worn clearly visible on the back of the bow person, coxes 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.

Live results at <https://easyregatta.co.uk>
Documents and info www.chesterregatta.org

Chester Regatta 2023 Instructions for Competitors

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.

5. Circulation Pattern and Hazards on the Course

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.
- 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.
- 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.

- A ferry for foot passengers will be operating across the river at sandy lane during racing. The ferry times its crossings to avoid racing crews, but again please be aware of its presence.
- The boating and disembarkation areas slope. Non-slip matting has been laid in this area, but care should be taken when boating.

6. Getting to the Start

- Crews will be called to control commission 15-30 minutes before they are due to race and pair on land
- 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.
- Start marshals will bring crews into the marshalling area.
- 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.
- No boats are permitted upstream of the marshalling area.

7. Boating from Locations Other than Sandy Lane

- There will be a Satellite Boating Marshal at Kings School, Royal Chester and Grosvenor rowing clubs 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
- Please note, coxes must be weighed at the regatta ground

8. 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.

9. Medical Cover & Safety Launches

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

Live results at <https://easyregatta.co.uk>
Documents and info www.chesterregatta.org

Chester Regatta 2023 Instructions for Competitors

- The nearest hospital is the Countess of Chester, Liverpool Road, Chester. Tel 01244 365000.
- Two safety launches will be provided as per the course map