



Boston Head

Sunday 22 January 2017

Competitors Instructions

Race Committee:	P Latka (Chairman), R Newbutt, P Trinick, J Hallam
Safety Advisor:	Nigel Allen
Welfare Officer:	Sue Gavey
Race Secretary:	Sue Gavey

It is the responsibility of all competitors to study these instructions together with the Course Map and the Start & Finish Area Circulation document within the Boston Head Safety Plan.

REGISTRATION: Boston Rowing Club, Carlton Road, PE21 8LL

Parking

There is ample space for car and trailer parking in the grounds of the boathouse. However, please take instructions from Boston Rowing Club stewards so that order may be maintained. Please also note the parking maps available. Trailers should not park in the main club car park.

All towing vehicles should be unhitched and moved once the trailer is parked.

Registration

On arrival, please proceed to Race Control in the boathouse to check in, pick up numbers, make alterations to crews etc. All competitors must produce their British Rowing racing license on request.

Refreshments

Tea, Coffee and Hot Food are all available in the boathouse.

Boating

- Boating is in race order – the first boat to start is the first boat onto the water.
- Division 1 Boating at 08.45 – 09.20
- Division 2 Boating at 11.00 – 11.45
- Division 3 Boating at 13.15 – 14.00

- Boating for each division will be called in numerical blocks i.e. 1-10, 11-20 etc. If your crew fails to boat by the time the next block is underway, they will be required to clear the boating area & wait until all other crews have boated. They will then be permitted to boat if time permits. Please be ready to boat when called.

- Please ensure that you have your blades near the staging area before taking your boat.

- Clear the staging's as quickly as possible.

- Whilst in the boating area you are under the control of the Umpires & Marshals in that area and are required to follow their instructions.

- Crews must bring wellingtons for boating.

- It is the responsibility of the coxswain and all competitors to ensure they leave sufficient time to get to the start. More time will be needed for novice and junior crews.

Proceeding to the start

- Once boated, crews must proceed upstream to the start. Crews must not turn & row back downstream.

- You must give way to overtaking crews and keep to starboard (the Cox's right / bowside). Crews being overtaken should move to the starboard bank and allow the overtaking crew to pass them on their port side.

- After arrival at the start stay close to the starboard/bowside bank, keeping a blade length away, with your bows facing upstream. Listen to the instructions of the start marshals. Coxes must acknowledge instructions from marshals.

The Start

- Division 1 racing begins at 10.00
- Division 2 racing begins at 12.15
- Division 3 racing begins at 14.30

3km race-competitors

- Will be marshaled between the 47km and 46km markers.
- On instruction from the start marshal, the crew furthest upstream of the start, will move to the middle of the river, spin & proceed downstream towards the start on the opposite side of the river to the marshaled boats.
- All remaining crews are to keep moving upstream, moving to the centre of the river & spinning in turn & on instruction from the marshals.
- Crews may be held back by the marshals in order to maintain safe time gaps between crews as they race.
- Crews should build pressure once they here the instruction "GO!" from the umpire. As they row to the start in order they should ensure that they are at racing speed when crossing the start line.

5km race-start

- Procedure is as above; However, competitors must proceed past the marshaling point for the 3km race and continue on to the start point of the 5km race. At this point competitors will be marshaled as above between the 45km & 44km markers. Proceeding to the start is as above.
*** 8+ crews please note: 8's will all be spun in advance of the start to allow a swift procession one the division is underway.**

During the race

- You must give way to overtaking crews and keep to starboard (the Cox's right / bowside). Crews being overtaken should move to the starboard bank and allow the overtaking crew to pass them on their port side.
- Be aware of the bend at Antons Gowt – the only real bend on the course.
- Just downstream of Anton's Gowt is a metal jetty on the starboard side. This is marked with a blue buoy.

The finish

- The finish is at the 50km sign, which is approximately 150m upstream from where boating commenced. The finish is clearly marked and a bell will be sounded as you cross the line.
- Once over the finish line do not stop, but move on as quickly as possible to allow room for boats still finishing steering to port, watching out for boats returning to the staging as you carry on downstream.
- Do not attempt to turn until you are passed the buoy positioned in the center of the river.
- When returning to the boating stages please keep to the boathouse side of the river. Follow any instructions that may be given to you by the Marshals while you are in this area.
- Please clear the stages as quickly as possible.

Results and Prize Giving

Results will be posted at the club house as soon as possible after each division. The presentation of prizes will commence as soon as possible after the completion of the days racing.

The final results will be posted on the club website- www.bostonrowingclub.co.uk - after the event.

Safety

- The entire course is within view of race monitors or other officials.
- Any crew withdrawing from the race must inform the nearest Race Monitor or official.
- First Aid facilities will be provided at the boathouse.
- In the event of a capsize remain with your boat, and move to the nearest side bank or most accessible bank if able. The race monitors observing will either assist themselves or call in a safety launch.
- If a thunderstorm occurs the event organizers will use the thirty-thirty rule to analyse the severity and location of the storm.

“Play shall stop when the flash to bang count is 30 seconds and shall not resume until 30 minutes after the last lightning”.

Instructions on actions to be taken will be conveyed via the race monitors and officials. Competitors should familiarize themselves with British Rowing’s guidance on lightning and the thirty-thirty rule before the event.

- Please familiarize yourselves & comply with British Rowing Guidance on waterborne diseases.
- In the event of the weather or other incidents causing the event to be stopped instructions will be disseminated via the race monitors and other officials.

Useful Telephone numbers

Race Committee Chairman:	P Latka	07960 289022
Safety Advisor:	N Allen	07795 024172
Welfare Officer:	S Gavey	07956 015069
Race Secretary:	S Gavey	07956 015069

Thank you, and enjoy the event!

General Information / rules

- The race is run under British Rowing Rules and it is a condition of participation that all crews accept and abide by the rules and safety arrangements.
- The committee reserve the right to cancel the event if they consider it would be too dangerous to proceed.
- All competitors British Rowing racing licences (or equivalent) may be checked.
- You must ensure your boat complies with the British Rowing Rowsafe guidance - inspection may take place before permission to boat is given.
- Bow Numbers will be issued at registration. Boats are required to have suitable fittings to display Bow numbers so they can be clearly visible to Race Marshals. Failure to suitably display your number may result in no time being registered.
- All coxswains must wear a suitable life jacket or buoyancy aid.
- Coxswains will not be weighed for this event.
- You must give way to overtaking crews and keep to starboard (the Cox's right / bowside). Crews being overtaken should move to the starboard bank and allow the overtaking crew to pass them on their port side.
- The River Witham is a Canals and River Trust controlled navigation. Competing clubs who normally row on non-CRT water are asked to ensure that they have the appropriate licenses.
- Crews may be instructed to withdraw by marshals or monitors if it is decided by the Safety Advisor or race committee that continuing may inhibit others safety or the smooth running of the event.
- Crews must ensure they are wearing sufficient clothing for the prevailing weather conditions.
- INEXPERIENCED CREWS SHOULD HAVE EXPERIENCED COXES.
- RACING KIT: The rules on kit are the same for heads as regattas (rule 2-3-5 still applies). This means you must wear the racing strip of the club you are listed on the draw as racing for.
- Coxswains must be knowledgeable of boating instructions, the course, their crew's ability, weather conditions and safety procedures.