

PETERBOROUGH JUNIOR CHAMPIONSHIP

GENERAL INFORMATION AND SAFETY INSTRUCTIONS

Thank you for entering this regatta. In order to make the event safe and enjoyable for all parties concerned, please note the following:

Getting here

Peterborough City Rowing Club is situated in Thorpe Meadows, approx 1 mile from the City Centre, close to the Ramada Hotel. Full directions can be found on the Club's website at

www.peterboroughcityrowing.co.uk

On arrival, after parking cars and trailers where directed, competitors should:

1. Report to 'REGISTRATION' to complete any outstanding details and advise of any crew substitutions.
2. Report to 'RACE CONTROL' to weigh coxes. (Note: Competitors must provide their own deadweights).

Lane Numbers

A representative of your crew should collect the lane number approximately 30 minutes prior to race time. You will require a new lane number for every race. A 'red and black' number system is operated for alternate races.

All boats must be fitted with number slots on bows. Please ensure that you place the correct lane number onto your boat.

Please return your lane number to control after each race if a regatta helper has not already collected it from the de-boating area.

Race Start Time

Crews must be at the start and ready to race at least 2 minutes before the time of their race, in accordance with BR Rules of Racing. Failure to do this may result in the race taking place without you. If you encounter any problems please advise Race Control in good time.

BR Race Licences

All competitors must carry their Race Licences, up to date and complete with photograph, with them at all times, and make them available for random spot checks. All competitors who have reached a final will be required to deliver Race Licences to Registration. Please ensure that these are presented to Registration once you know your crew has reached a final. (It is helpful if a coach/crew organiser can carry the Race Licences for the whole crew).

Medal and Trophy Presentations

The presentations will be made off the water near the boathouse.

Crews who finish in first, second or third place should de-boat as quickly as possible. A representative of each crew should collect their race licences from Registration where they will also be given a confirmation slip enabling their crew to receive their medals.

All winning crews should collect their medals within 15 minutes of finishing their race.

The fourth-placed crew should also collect their race licences from Registration.

CAMPING AND CARPARKING

PCRC will erect signs indicating where camping is permitted. Crews may NOT camp in areas other than these and the Organising Committee will take actions against Clubs who infringe this local rule. Cars should be parked in designated areas only and not on the camping areas.

SAFETY

The regatta will be run according to the latest revision of the 'Rules of Racing' and the 'Row Safe' Guide as published by British Rowing (these being revised from time to time). These instructions provide information for the duration of the regatta along with instructions for practice sessions outside the normal timetable of racing.

The regatta will endeavour to provide a safe environment within the above mentioned Guide although competitors, coxswains and coaches are specifically reminded that persons using the lake and/or adjacent river do so entirely at their own risk and are solely responsible for:

- 1) Their own safety, remembering that they have a duty of care to themselves and any third party both on the water and on land.
- 2) Ensuring that any equipment (e.g. boats, blades, buoyancy aids, etc.) are safe and prepared to the standards as required under the 'Rules of Racing' and 'Row Safe'. Any failure to meet this standard may result in exclusion from the event.
- 3) The strict observance of the circulation patterns (see below) along with 'Row Safe'.
- 4) Deciding whether or not they are competent to use the lake/river in the prevailing weather conditions; this decision may be taken by the individual or with their coach/crew.

- 5) Ensuring that they can swim in accordance with the 'Row Safe' Guide.

All competitors, coaches and participants are also reminded of the following:-

- 1) Practising on the course is not permitted whilst racing is in progress nor is it permitted within 30 minutes of the first race nor for 30 minutes after the last races of that day.
- 2) During the hours of non-racing there will be **no** rescue/safety boat on the course and crews must make their own safety arrangements, in line with this plan.
- 3) Crews must also make their own safety arrangements if using the River Nene for practice, warming up/down etc. In this instance, it is advised that boats are placed within the channel adjacent to the lake, paddled down towards the river, turn left (coxes left, or strokeside) onto the main river and proceed downstream using normal navigation rules. The first lock in this direction is 6 miles downstream.
- 4) As this event is solely for those under the age of 18, it is the responsibility of coaches, in the absence of parents, to act '*in loco parentis*'. It is their responsibility to ensure that their crews comply with the 'Rules of Racing', 'Row Safe' and these 'Regatta Safety Instructions'. It is also their responsibility to ensure that their crews are competent enough to race in the prevailing water/weather conditions and that they are dressed appropriately for these conditions.

It is requested that a competent person/coach is available to the crew within both the start & finish zones to assist with any boat manoeuvring that may be required.

- 5) **All** access roads/routes are to be kept clear at all times and the lakeside towpath is not to be blocked in any way by vehicles, cycles, chairs, etc.
- 6) When in the boating area, or when boating/de-boating, crews shall show extra consideration with right of way being given to other participants and members of the public, so as not to cause distress or injury to third parties. Crews should be aware that cyclists do travel through this area, sometimes at speed.
- 7) Any accident should be drawn to the attention of the nearest official as soon as possible – they will be able to summon assistance. First Aid cover is provided during the hours of racing and is situated close to Control.
- 8) The Event Welfare Officer will be available to assist during the hours of the regatta and her name and mobile telephone number are available from Control and from the Finish Cabin.

Key Positions During the Regatta:

Race Control – in tent on boathouse forecourt.

Regatta Treasurer – in Control tent.

First Aid – in the left-hand bay of the Boathouse.

Race Committee – as published in the event programme.

Telephones – in clubhouse foyer and in foyer of Ramada Hotel.

Hospital A & E – Situated towards city centre along Thorpe Road

(for contact telephone numbers, see notice by clubhouse telephone).

Regatta Secretary – Dave Donald

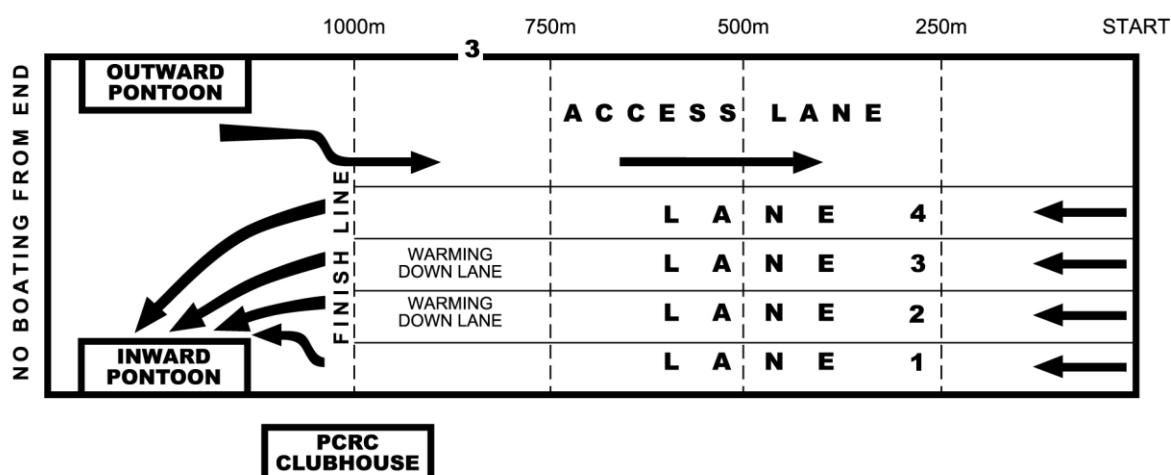
Event Welfare Officer – Mrs Jan Taylor

Event Safety Adviser – Chris Gill

PCRC Safety Adviser – Peter Dolby

Racing Circulation Pattern

This applies from 30 minutes before the first race until the last race has finished.



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

Points to note for the 1000m start:

- 1) Once boated, crews should proceed towards the start in the access lane with their bows pointing towards the start end of the lake and should be ready to act upon any instructions given either from the Marshalls, Starter or Race Umpires.
- 2) Static crews within the access lane must be vigilant and not allow their boat or blades to encroach on the racing lanes.
- 3) When called onto the start, crews should proceed diagonally across the course in lane order, taking extra care when turning and backing onto the start pontoons.

General Points to note:

- 1) **Warming Up** – this is not permitted on the course during the hours of racing and any crew practising starts in the access lane **MUST** do so with great care in relation to other crews proceeding to the start and to any races passing on the course.
- 2) **Warming Down**. This is permitted on the following basis: Once finished, crews should turn immediately into the access lane and proceed no further than the halfway point of the racing course (i.e. the 500m point). The crew should stop in the access lane, ensure that there is no oncoming race, turn across the course (do not turn in the access lane) and proceed into lanes 2 or 3, returning immediately towards the finish and ensuring that they keep clear of any oncoming races. **Lane 1 should NOT be used as this is for launches proceeding to the start. Any abuse of this rule will result in the withdrawal of this provision & may render disqualification from the event. Neither should lane 4 be used, in order to maintain separation from crews in the access lane.**
- 3) Boating and de-boating should be done as per the diagram above.
- 4) Lane numbers should be returned to Control as soon as a crew has de-boated.

Practice Circulation Pattern (as for racing but with the following revisions)

- This applies at all times other than during racing.
- The lake must be clear 30 minutes before racing is due to start.
- Boating and de-boating should be from the same stages as for the racing circulation pattern.
- Lane 4 (four) is **NOT** to be used and is designated a 'safety lane' for distressed craft.
- Turning at either end of the course is to be done at 90 degrees to the racing lanes and not diagonally.