



ARC Spring Head 2019 - Competitors' Instructions

To be read by all competitors and their coaches in conjunction with the course map.

- 1. SAFETY** - The event is held under British Rowing Rules of Racing and complies with the 'Row Safe: - A Guide to Good Practice in Rowing' guidelines. All competitors are required to have read and understood the event Safety Plan.
- 2. EQUIPMENT** - All clubs **MUST** ensure that the equipment being used by its members is safe at all times for competition, training or recreation as detailed in the British Rowing requirements. To address this issue at the Abingdon Head of the River, boating marshals will be making random checks on boats with particular attention made to:
 - Heel release mechanisms.
 - Rudder lines and steering mechanisms
 - Bow balls.
 - Appropriateness of cox's life jacket/buoyancy aid.
 - General security of all fixings
 - Integrity of buoyancy compartments /canvasses.

Stage marshals who will be helping crews onto the water will also be giving visual checks. Any boat that is deemed unsafe will not be allowed to race.

- 3. ABILITY TO SWIM** - Clubs must ensure that their rowing members are able to swim at least 50 metres in light clothing. If members cannot meet this standard, they should wear a Personal Flotation Device while rowing.
- 4. CAPSIZE PROCEDURE** – In the event of a capsize, crew members should hold onto the boat where it is safe to do so and await assistance from a course safety boat.
- 5. COXES** - Clubs must be aware that it is highly irresponsible to place an inexperienced cox with a crew of inexperienced novices. This can lead to dangerous situations not only for the crew, but also other competitors. Clubs must also ensure that all coxes:
 - i. Are suitably dressed for the cold/wet conditions that can prevail at this time of year, including hats and gloves.
 - ii. Wear (and know how to operate) a Personal Flotation Device conforming to BS3595 on top of their clothing.
 - iii. Are aware of the safety procedures, instructions to competitors and potential hazards on the course.
- 6. CLOTHING** - Clubs must ensure that their members (particularly juniors) are suitably dressed for the conditions, including wet and cold weather. Crews may be required to be on the water for a long period of time. Marshals are instructed to assess JUNIOR crews going downstream. If kit is deemed insufficient, crews may be turned back. Most heat is lost from the head, so crews should wear hats if conditions are cold.

Additionally, in light of recent events, crew members with long hair are advised to secure their hair in a braid, tight ponytail or other secure style that will not cause the hair to tangle with any equipment during a capsize and does not obscure an attached race number.

- 7. REGISTRATION** - A representative of each club must report to Race Control to collect race numbers. The race numbers must be worn by Scullers, Bow in crew boats and also Coxes in stern loaded coxed boats. Please ensure the race numbers are securely attached and visible on race kit. Any number not clearly visible or partially covered by clothing or hair may result in NO TIME being recorded.

8. BOATING AND ROWING TO THE START -

In order to ensure all crews are able to boat and proceed to the start on time, crews should boat at the time specified by the draw and under direction of the boating marshals. On arrival at the stages, crews are asked to boat quickly and efficiently, adjustments should be made before arrival at the stages or once on the water.

On pushing off, crews are to row upstream beyond the blue buoy before spinning and making their way to the start following direction from all course marshals. There are two marshalling areas; Culham Reach and Main Start. Crews should proceed to the Marshalling Area specified in the draw. Please check the draw carefully for which



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area you need to proceed to, as this may change depending on which division you are racing in. Crews marshalling on the Culham reach should align in numerical order. Once called, crews are to row down to the start and spin when instructed. **Please see detailed instructions for the two marshalling areas overleaf.**

- 9. CONSIDERATION TO OTHER PEOPLE** - When handling boats to/from the trailer care must be taken to ensure passers-by are not injured, the cox or responsible person should give instruction to the handlers so as to avoid any accidents. Keep the towpath clear where possible and be mindful of members of the public who may be using this right of way.
- 10. CONSIDERATION OF OTHER COMPETITORS** - Dangerous situations, damage to equipment and injuries can occur through thoughtless acts. Every year there are several complaints about a crew's chances of winning being ruined when other competitors have deliberately not given way to the racing line, baulked, steered across etc. There have also been examples of crews having finished the race and when returning to the landing stages have impeded racing crews through ineptness and lack of concern for others. There are however instances each year when dangerous situations have been avoided through warnings being shouted by competitors to other crews, particularly in coxless craft.
- 11. CONSIDERATION OF THE GROUNDS** - Should conditions be such that the ground is waterlogged and causes difficulty in manoeuvring, please contact race control if assistance is required. There is a 4x4 in the event area to pull you out and help minimise damage to the field surface and unnecessary frustration for you!
- 12. SAFETY ON THE RIVER** – Please take time to review the Safety Plan for further details.
Competitors must obey instruction given by the river or bank side marshals at all times and stay clear of the weir downstream of the marshalling area at the start of the race.
Competitors should keep to the right of the river at all times whether racing or otherwise.
During the race, slower boats should move to the centre of the river to allow the overtaking boats to pass.
- 13. IF AN ACCIDENT OCCURS** – If an accident occurs, competitors can help by:
- Continuing down the course and informing a safety launch or marshal who will have radio contact.
 - Stopping to give assistance where there is someone in difficulty in the water, unconscious, or in danger of being run down by oncoming crews.
- The priority for all of us is the safety and well-being of our fellow rowers and scullers.
- 14. DAMAGE TO BOATS/EQUIPMENT:** In the event that any damage sustained due to collision, or other incident, the responsibility will lie with the crew that caused the incident. Any incidents should be reported to race control and an Umpires report may be requested for any disputed incidents.
- 15. THE FINISH** - Times will be taken as the bows cross the finish line. **DO NOT STOP** after finishing but continue paddling round the bend to clear the course and avoid impeding other crews. Crews should then continue upstream to the boating rafts. Crews boating from Abingdon School, Army or Abingdon Rowing Club must wait above the finish line in the marshalling area by the church. The marshal positioned here will inform them when they may return. Alternatively, crews may row up to the field and return with the boats for the following division. Failure to follow the marshals' instructions will lead to time penalties or disqualification.
- 16. OBJECTIONS & DISPUTES** - Any objections or disputes must be lodged at Race Control within twenty minutes of the end of the race. These will be relayed to the Umpire and the Umpires decision will be FINAL.
- 17. RESULTS** - Provisional results will be available approximately thirty minutes after the last boat in each division has finished. Confirmed results will be displayed on the Abingdon Rowing Club Head Website.
- 18. HAVE FUN**- We hope you have an enjoyable day, enjoy the racing, beer, homemade cakes and locally sourced BBQ!

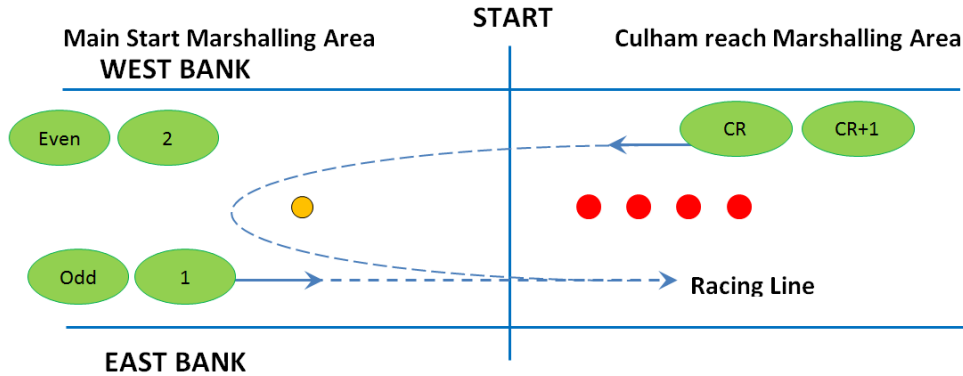


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MARSHALLING INSTRUCTIONS FOR MAIN START and CULHAM REACH

Main Start Marshalling Area:

- Boats line up (bow upstream) in race order behind the start - Odd numbers East Bank, Even numbers West Bank
- Boats are called to race from alternate banks by start marshals. The Racing Lane is marked by red buoys



Culham Reach marshalling Area:

- Boats listed as marshalling upon Culham Reach (CR above) will line-up in race order along Culham Reach, with lowest number closest to the Start. Please ensure you stay tucked in close to the bank as passing crews will be racing.
- Once the last few boats from the Main Start area are preparing to start, the second half of the division (Culham Reach) crews will be moved up. Please listen carefully to the marshals instructions and remain in race order.
- As they arrive in to the Main Start area, boats CR onwards will be called to spin around the buoy and start to race.