



GB ROWING



1st Assessment, Boston Including BUCS Small Boats Head Saturday 25 - Sunday 26 October 2008

IMPORTANT INFORMATION

We need your help in order to execute a safe and effective trial for all involved.

Please bring megaphones and watches!

If you require any further information prior to the day please contact Pete Sheppard (event organiser) on 07764 684 117 or Rachel Simon on 020 8237 6767 (till 5pm on 24th) or 07801 240 365 (from 25th).

Please note that anyone boating on Saturday afternoon @ Boston must be off the water by 17.00 hours. There will be no safety cover from GB Rowing on Saturday therefore crews boat at their own risk.

SAT 25 OCTOBER - 2KM ERGO TEST, PRINCESS ROYAL SPORTS ARENA

The location of the Ergo test is Princess Royal Sports Arena, Great Fen Road, Boston, PE21 7PB. A map showing this location and Boston Rowing Club is attached.

REGISTRATION

Rowers are required to register and pay the £10 Entry Fee no later than the times below. All rowers will need to be measured and weighed and have completed a GB Rowing information form before they can register.

For lightweights although there is no maximum weight, rowers will only be accepted into the lightweight category who are a 'realistic' weight. There will again be a weigh in on Sunday for all lightweights. BUCS eligible lightweights need to be a maximum of 75.0 kg (LM) and 61.5 kg (LW) on Sunday.

The start times for the ergometer test will be not less than 60 minutes for Open weight rowers and 90 minutes for Lightweights after registration.

TIMINGS

10:30	Registration - Open Men
12:30	Registration - Open Women
13:30	Registration - Lightweight Men
14:30	Registration - Lightweight Women

Rowers who achieve the ergometer standard below for their age group will be entered for the race on Sunday.

<u>ERGO STANDARDS</u>	<u>Senior</u>	<u>U23</u>
Open Men	6.10	6.20
Open Women	7.05	7.15
Lightweight Men	6.33	6.43
Lightweight Women	7.28	7.38

There is no ergo cut off for Under 20's (born after 01/01/89) but candidates should be of a suitable standard.

Please note there will be a meeting for rowers and coaches in each squad with their Chief Coach 15 minutes after the start of the last race in their section of the ergo test. Provisionally: Open Men - 1345, Open Women - 1445, Lightweight Men - 1600, Lightweight Women - 1630.

Rowers requiring a Therapeutic Use Exemption Certificate (TUE) are reminded that they will need to have this with them.

Please note that the clocks go back by an hour on Saturday night.

SUNDAY 26 OCTOBER - 5KM LONG DISTANCE

There will a briefing on the day before each division for all coaches and rowers, it's important that all involved attend the briefing as safety and marshalling details including coaches' job allocation will be confirmed.

	DIV 1	DIV 2	DIV 3
Boat Class	M1x (inc BUCS M1x) W1x (inc BUCS W1x) BUCS LM2- BUCS LW2-	LM1x (inc BUCS LM1x) LW1x (inc BUCS LW1x) BUCS M2x BUCS W2x	BUCS M2- BUCS W2- BUCS LM2x BUCS LW2x
Entry Confirmation	07:00 - 08:00	09:45 - 10:15	12:30 - 12:45
Weigh In (BUCS Only)	07:30 - 08:30	10:15 - 11:15	12:45 - 13:45
Briefing	08:00	11:00	13:45
Boating	08:15 - 09:15	11:15 - 12:00	14:00 - 14:30
Coaches Watch Set	08:30	11:15	13:45
Race Start	09:30	12:15	14:45

Please note: For reasons of safety NO boating will be permitted within 15 minutes of race start time.

Maurice Hayes will control the 2000m bend and will turn back boats that do not make the bend by 09:30 (Div 1), 12:15 (Div 2) and 14:45 (Div 3).

ADVERSE WEATHER / WATER CONDITIONS

GB Rowing undertakes to obtain regular weather forecasts in advance of the event.

Should water or weather conditions deteriorate to a level which is deemed unproductive / unsafe the event will be changed in format or cancelled altogether. Any such decision will be taken by the International Manager in consultation with the GB Rowing Safety Officer and the Chief Coaches.

SECURITY OF EQUIPMENT

GB Rowing have made arrangements for security staff to be on site on Saturday night, therefore it should be safe to leave equipment at Boston Rowing Club.

Please park carefully under the direction of members of Boston Rowing Club.

Please do not leave boats in or immediately around the children's playground.

RESULTS

Following the event results will be displayed at Boston Rowing Club and a limited number of paper copies will be issued to coaches.

The results can be viewed on the Boston Rowing Club website from Saturday evening; www.bostonrowingclub.btinternet.co.uk/trials. There will also be a link on the Amateur Rowing Association site www.ara-rowing.org.

MOBILE NUMBERS ON THE DAY

Peter Sheppard	07764 684 117
Maurice Hayes	07767 783 507
Rachel Simon	07801 240 365
Jo Bates	07828 781 143
Steve Gunn	07736 774 425
Darren Whiter	07901 827 524
Nick Strange	07747 846 868
Adrian Cassidy	07773 781 612
John Tetley	07774 119 911
Dr Helen Casey	07801 627 400

KEY SAFETY, MARSHALLING AND TIMING ROLES

To enable a safe and efficient event to happen coaches are kindly requested to assist in marshalling, timing and safety roles. A jobs list is attached and these will be confirmed at the briefing of each division. Coaches and any supporters should not expect to accompany their rowers over the course.

If coaches could bring a megaphone and a stopwatch with them this would be appreciated.

Maurice will check that individuals have been briefed on their specific roles. Safety equipment is available from John Tetley, ARA Boatman.

ACCIDENT PROCEDURES

1. SAFETY INSTRUCTIONS

Non-racing and Racing Circulation patterns to be clearly displayed at check in.

2. SAFETY ON THE WATER

Safety launches to be afloat and in position 30 minutes before race start, equipped with megaphone and ARA safety bags (plus mobile phones if available).

Start / Finish timing teams to be equipped with megaphone (mobile phone / radio if available).

3. IN THE CASE OF ACCIDENTS ON THE WATER

STAY WITH YOUR BOAT - IT IS YOUR LIFERAFT

Priority is to help the rower get to the bank – nearest launch to assist as priority.

Doctor will be on hand at the course and first reference is to him/her. In case of a serious problem an ambulance should be called by dialling 999 and instructed to go to the nearest designated landing site. These are:

- Langrick Bridge, (above start)
- Boston Rowing Club, Carlton Road (finish)
- “Anton’s Gowt”, (on the corner of the course)

Maurice Hayes
Safety Officer

David Tanner
International Manager

October 2008