

## Information for Participants and Officials prior to the event

Please come equipped to cope with the weather and the environment in which you will be operating.

Consider bringing:

- Sun cream and after sun cream
- Clothing appropriate for the conditions.
- Drinking water
- Additional clothing towels, etc. in a dry bag.

Please also bring:

- A lifejacket (preferably not automatic)
- Your blades
- Any other safety equipment that you think that you will need.

### On the Water

- All race craft are required to follow the International Rules for Prevention of collision at sea and the local marine traffic regulations
- All race craft will be inspected prior to racing
- Crew competence and awareness is paramount. Special care should be taken to watch out for swimmers especially at the start and finish of the race, and close to the near-shore turns
- Be aware that there might also be other water users (paddle-boarders, kayaks, jet skis etc.,) as well as stationary navigational buoys
- Boats being overtaken must not obstruct the overtaking boat. Take particular care at turning points.
- Competitors should be prepared to stop and assist other boats, especially if there are no rescue craft in sight.
- Take care not to be swept or blown onto the groynes on the beach. Crews will be marshalled accordingly.
- No on water warming up or cooling down is permitted during racing
- Circulation patterns detailing training and racing zones are displayed on the notice board, and included below.
- No-go zones and sea marks included in the event traffic pattern and will be displayed on the notice board
- Water and beach traffic patterns are displayed on the notice board and included below.
- Clearing the zone is shown in the Finish Traffic Pattern. Extra trained volunteers may be used to support.
- Local marine agencies have been informed of racing area.
- Any official can stop racing if conditions deteriorate such that they become unsafe. Individual crews can be returned to the shore if they appear not to be able to cope with the conditions.
- Umpires will issue penalties for crews that are considered 'out of control' during the start and finish. Each crew has 2 boat handlers, this may be increased to support crews either in the start or finish 'arrival' zones.
- If conditions dictate then additional boat handlers will be allowed to support crews leaving and returning to the beach. A floating start and finishes can be run. Crews may be held ashore or behind the break for smaller sets of waves before leaving or returning.
- Race officials are aware of sunset time and will ensure that all rowing boats are ashore half an hour before sunset. There will be no rowing in the dark.

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- The finish 'arrival zone' has a coordinating official. Rules and instructions to participants about how to clear the zone will be provided

### On Land

- Take care handling boats on land to avoid contact with other crews, spectators, etc. Boat zones will be zoned off and marshals will be present to alert spectators that move too close to potential areas of risk.
- Beach traffic patterns are displayed on the notice board and included below. Areas for spectators will be marked off.
- Missing children should be taken to race control from which announcements to their parents or caregivers will be made.
- Clubs should take care of their Junior members and any safeguarding concerns should be reported to the Event Welfare Officer (Sarah Harris: 07818 576149 [sarah.harris@britishrowing.org](mailto:sarah.harris@britishrowing.org)) who can also be contacted via race control.

### General

Participants and officials who have a medical condition should take appropriate prophylactic medicine (e.g. asthma rescue inhaler) and carry it at all times.

Protect yourself against high or low temperatures as applicable (use sunscreen, wear appropriate clothes, etc.)

### Crew Captain's obligations (as specified in the Event Rules)

According to international maritime law, all sea-going vessels must have one person responsible for safety and navigation. In offshore rowing, this will be one member of the crew who will be designated the "Crew Captain".

The Crew Captain shall be responsible for:

Before every outing:

- taking responsibility for assessing the risks and the ability of the crew to cope with the prevailing and forecast conditions;
- familiarising himself with the current and expected weather conditions;
- registering the outing with the Control Commission, showing the date and time of the outing, the estimated length of the outing and the route to be taken;
- checking the condition of the boat and the safety equipment on board.

During the outing:

- ensuring that the crew respects all navigational and safety rules;
- requiring that all members of the crew wear their life jackets as necessary;
- monitoring any changes in the weather or water conditions which might affect the safety of the crew;
- making necessary decisions for the safety of the crew if the weather deteriorates.

After the outing:

- informing the Control Commission of the return of the crew;

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- completing the log to indicate the crew's return.

In the event of lightning or severe weather, the course and beach may be evacuated. You may need to find shelter ashore or in your vehicle.

Inexperienced crews are not encouraged to enter the event.

Crew Captains are expected to assess the conditions and decide whether their crew is capable of dealing safely with those conditions.

First Aid and an ambulance will be situated behind the Race Beach, Sandbanks Beach.

Car parking / public toilets and the race beach are indicated on the map below:



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### Circulation Patterns and Courses

No go zones and sea marks



### NO GO ZONES

1. East Looe Channel
2. Poole Harbour Navigation Channel

Please review the information on circulation patterns and courses at <https://www.britishrowing.org/events/events-calendar/british-rowing-offshore-championships/>





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**Notes**

- Set Position
- Start Position
- Lanes 8m wide
- Boat holders
- No poor steering - full steering control before speed.

### Traffic Pattern Beach START

1. Race fleet in 'set' position at least 5min before the start of the first race, with all crew and boat handlers ready

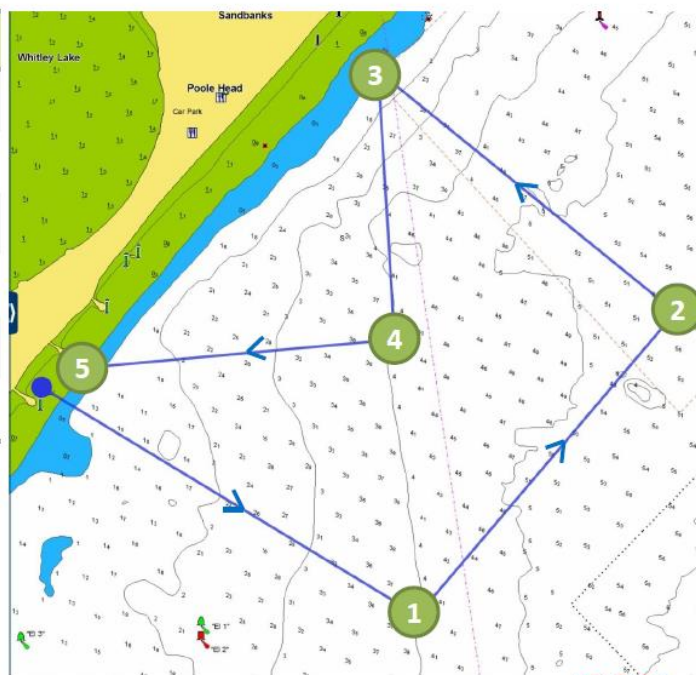
2. At 2min the starter will call the crews onto the water.

3. On the GO the crew enter their boats with support of boat holders.

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## Heats 4k course

<b>Start</b>		<b>50°41'366 N</b> <b>001°56'127 W</b>
TP1	1.0k (1.0k)	50°41'079 N 001°55'456 W
TP2	0.9k (1.9k)	50°41'454 N 1°54'960 W
TP3	0.8k (2.7k)	50°41'735 N 001°55'506 W
TP4	0.6k (3.3k)	50°41'422 N 001°55'477 W
TP5	0.7k (4.0k)	50°41'387 N 001°56'067 W
<b>Finish</b>		<b>50°41'366 N</b> <b>001°56'127 W</b>



The placement of the Turning Point Markers will be in the approximate positions of the coordinates. Please use common sense and visual identification in navigating the course.

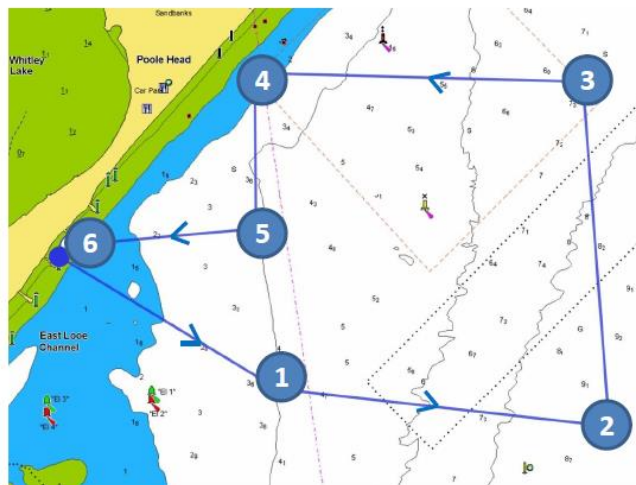
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## Information for Participants and Officials prior to the event

### Finals 6k course

<b>Start</b>		<b>50°41'366 N</b> <b>001°56''127 W</b>
TP1	1.0k (1.0k)	50°41'079 N 001°55'456 W
TP2	01.2k (2.2k)	50°41'025 N 1° 54'' 388 W
TP3	1.3k (3.5k)	50° 41''717 N 001' 54'' 465 W
TP4	1.2k (4.7k)	50' 41''735 N 001' 55'' 506 W
TP5	0.6k (5.3k)	50' 41''422 N 001'55''477 W
TP6	0.7k (6.0k)	50' 41''387 N 001'56''067 W
<b>Finish</b>		<b>50°41'366 N</b> <b>001°56''127 W</b>



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### The Timetable, Registration, Progression and Draw

1. Crews are expected to register between 0900-0930 on Saturday 29 July to confirm their entry. This can be done by a crew representative.
2. A provisional timetable will be published on the website: [www.britishrowing.org/events/events-calendar/british-rowing-offshore-championships](http://www.britishrowing.org/events/events-calendar/british-rowing-offshore-championships). Competitors are expected to monitor the timetable and be ready for changes.
3. The provisional progression system will be published on the website the week after entries close.

### Racing Format and Conduct

1. The aim of the progression system is to identify the fastest three crews in each event.
2. The start of the race will be a beach start with crews standing next to their floating boats. In line with the rules, and taking into account the weather conditions, each crew will be allowed two boat handlers at the discretion of the Race Committee Chairman.



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3. The boat handlers shall wear matching uniforms that is different in colour to their crew. The role of the boat handlers is to support the safe start and finish of their crew. The boat handlers shall at no time enter the boat or be in water deeper than shoulder height. The boat handlers are under the jurisdiction of the rules and race officials and their actions may result in their crew being penalised.
4. At the finish, crews shall approach the 'arrival zone' under full control and in a safe manner; crews are under obligation to avoid boats that are already in the arrival zone. Crews failing this risk being disqualified.
5. The finish will be a running beach finish where one crew member will exit their boat and run across the finish line. The remaining members of the crew and boat handlers (see above) will promptly remove their boat from the arrival zone.
6. Umpires will issue penalties for crews that are considered 'out of control' during the start and finish. Each crew has 2 boat handlers, this may be increased to support crews either in the start or finish 'arrival' zones.
7. Coxes are required to wear lifejackets and rowers are required to have them to hand at all times when afloat. It would be better to avoid using automatic lifejackets as they are liable to get wet and inflate when not needed.
8. The finish 'arrival zone' has a coordinating official. There are rules and instructions to participants about how to clear the zone. Support will be provided by extra trained volunteers.
9. Crews are monitored during the event; if deemed by officials to be a hazard to themselves or others they will not be allowed to take part and are escorted off the course.
10. Care should be taken not to be swept or blown onto the groynes on the beach and crews will be marshalled accordingly.