

British Rowing Offshore Championships

Captain's Pack

Partners



Welcome

Myself and British Rowing are excited to welcome all competitors and spectators to Sandbanks Beach on Saturday 29th and Sunday 30th July.

The Offshore Championships are a great step forward by British Rowing in opening up our sport to a wider community and offering new challenges to those already involved in the sport. The Organising Committee have also picked a fantastic venue to hold this event and I hope you enjoy your time on Sandbanks beach as much as I do.

Please take the time to read through the Captain's Pack to familiarise yourself with how the weekend will run. Should you require any help there will be plenty of our friendly Champs Crew in and around the area to help with any questions you may have.

Most importantly, enjoy the weekend in Sandbanks and race hard and I look forward to seeing you all on the water.

James Foad
Honorary Chairman

Getting there

The British Rowing Offshore Development Day and the Offshore Championships are being held at Sandbanks Beach. The best entrance to the beach is located at Sandbanks Car Park, Banks Rd, Poole BH13 8QJ. Once you are on the beach you will need to turn to your left and walk 200m down the beach to find the event location.

If travelling by public transport the nearest bus stop is Banks Road.

From Poole:

- Breezer 60 to Sandbanks, bus stop Banks Road.

From Bournemouth:

- M1 to Westover Road, CS to Poole, bus stop Banks Road
- Breezer 50 to Swanage, bus stop Banks Road.
- Village Line V2 to Bournemouth Pier, CS to Poole, bus stop Banks Road.

More details on how to get to the venue are available on www.google.co.uk/maps

Beach location



Parking

Trailer Parking

Trailer parking will be offsite at Carter Community School, Blandford Cl. Poole, BH15 4BQ.



Boat drop off and pick up

Boats can be dropped onto Sandbanks beach at the following times. Please note these are provisional and may change as access to the beach front from the carpark is narrow especially if the carpark is full.

Friday 19:00-21:00

Saturday 06:00-08:00

Sunday (for loading after racing) 18:00-21:00

Trailer drivers should notify Courtney (courtney.macdonald@britishrowing.org) by 5pm on Monday, 24 July with the day and time they expect to arrive at Sandbanks Beach to drop their boats off. At least 30 minutes before arrival, drivers are asked to contact Courtney on 078 7682 5202 to ensure they can be met and guided onto the beach front. If access to the beach is not possible after calling Courtney, trailer drivers will be directed to the Carter Community School to temporarily park their trailers. Courtney will keep contact with all trailer drivers with regards to when the boats can be dropped off. If access is possible you will meet Courtney at the entrance from the carpark to the beach as indicated on the map below.



Competitors Car Park

Sandbanks Beach Car Park

Address: Banks Road, Poole, BH13 8QJ

Cost: £15 for 14 hours of parking

Note: Cars can also be parked on the main road if space is available. If you are using a Sat Nav this will take you to the ferry. Therefore please note the entrance to the carpark is on the left hand side of the road before you get to the North Haven Yacht Club.

The Sandbank Yacht Co.

Address: 30-32 Panorama Road, Sandbanks, Poole, Dorset, BH13 7RD

Cost: £1.50 per hour or £10 for 10 hours (charged between 8am and 6pm)

Note: Located walking distance from Sandbanks Beach

Please be note that parking will not be reserved and will be limited in both car parks and on the main road, especially if the weather is nice.

Carter Community School

Address: Blandford Cl. Poole, BH15 4BQ

Cost: Free of charge

Note: If you choose to park your car here, please print out the car parking pass in appendix 6 of this document. This must be visible at all times. Please see map below indicating the car park location. The school is not within walking distance to Sandbanks Beach, therefore carpooling is advised.



Competitor Services

Registration

Crews are expected to register at the registration desk between 09:00 and 09:30 on Saturday, 29 July to confirm their entry. This can be done by a crew representative.

Making Changes to Entries

Crew changes must be made to the Entries Secretary (offshoreentries@britishrowing.org) before the crew goes afloat, in accordance with the Rules of Racing, crews must use BROE2 to update substitutions prior to the Regatta; the system will be re-opened for a period to allow this. After this time, changes must be notified in person at the Registration Desk, with details of the substitute's registered club, name, date of birth and racing licence number as recorded by the relevant Great Britain rowing body.

Crews that scratch before the Regatta should scratch on BROE2 or inform the Entries Secretary directly by email. Crews scratching from an event at the Regatta must inform the Entries Secretary at the Registration Desk. Crews that have scratched cannot be reinstated.

Hire Boats

If you are using a hired boat please ensure you use the correct boat. James Andrews (james.andrews@britishrowing.org) will be available to help if you have any questions. After your race please ensure you get your boat back to its parking space in a timely manner. The Filippi hire boats will be adjusted on a 159cm span. We would appreciate if you didn't change the span.

Hire boats can be bought of Filippi at the end of the event. The boats will be needed for the World Championships in Thonon so they can be reserved in Bournemouth but will be available in October.

Please see the table below for pricing in Euros;

	<u>2016</u>	<u>2015</u>	<u>2014</u>
4x*	€ 14.600	€ 1.,850	€ 13.000
2x	€ 9.900	-	-
1x	€ 6.820	€ 6.500	-

Prices (Euro ex VAT)

The prices above include delivery to the UK. For further information please contact info@wwmarine.co.uk.

There are also blades for sale. Croker has available 12 pairs of Croker S3 Adjustable Sculling Oars - 288cm long. The cost of these Sculling Oars is £ 576.69 (inc VAT) per pair. Please contact john@crokeroars.co.uk if you are interested.

Medals Ceremonies

The medal ceremonies will take place directly after the finals. If you have won a medal please assemble at the ceremonies located on the beach.

Changing Facilities, Showers and Toilets

Toilets are at the main beach entrance and there are portaloos near the start / finish line. There are no shower facilities, so it is suggested that competitors plan to use these facilities elsewhere. No bag drop facilities will be available at the venue.

Warming Up/Cooling Down

The course will include a beach start and finish, therefore there will no opportunity to warm up/cool down on the water.

Race Results

Results from the heats and finals will be posted as soon as possible after the races on the noticeboard.

Anti Doping

British Rowing are proud to promote a clean sport. As with all British Rowing events, British Rowing Offshore Championships is subject to U.K. Anti Doping (UKAD), testing procedures. For further information on anti doping please visit www.100percentme.co.uk.

The Venue



Spectating

Everyone is welcome to come and watch, but please be aware of boat movement on the beach and please do not swim in the race beach. Children aged 16 and under must be accompanied by an adult.

Food & Drink

We strongly recommend competitors bring their own food and drink along with this. However if you wish to purchase food and drink on site, there are cafes at the beach. (<http://sandbanksbeachcafe.co.uk>).

Medical

There will be qualified medical staff on site and they will deal with any medical situation. In the case of emergency follow instructions from venue security and the British Rowing staff.

Safety

You can find safety documentation on the British Rowing website [here](#).

Security

The boat park is located at the back of the beach above the high water mark and crews are advised not to leave any removable items in their boats overnight and to turn their boats over. Overnight security will be onsite from 6am - 6pm on Friday and Saturday night. However the Organising Committee and British Rowing cannot take any responsibility for damage to the boats. Please make sure you have adequate insurance.

Development Day

The Development Day is to support crews wishing to race the following day. The masterclass will allow crews to learn and practice how some of the fastest crews at the Mediterranean Games and Asian Beach Games have developed their techniques. This is also an opportunity for coxes to attend a briefing to learn how to plot a path around the course. This masterclass will be held on Saturday, 29 July starting at 10:00.

Further Information

Information Point

There will be one information point onsite. This information point is located in the registration tent.

Volunteers

A great group of Champs Crew will be on site throughout the event. Please approach them if you have any questions. Please also remember that they are giving their time for free so that you may enjoy this event.

Lost & Found

Lost and found services will be available at the information point.

Liability

The Organising Committee will take all reasonable steps to ensure the safety of persons at the venue, but accepts no responsibility for injury to such persons, unless caused by the negligence of its members, employees or volunteers.

Welfare

All junior competitors must be accompanied by a responsible adult while at the event. This responsible adult is responsible for the welfare, safety and appropriate supervision of competitor/s regardless of age, and is expected to know the whereabouts of their junior competitor/s at all times during the British Rowing Offshore Championships.

Notice of Regatta

Please ensure you have read and agree with the terms and conditions stated in the Notice of Regatta.

Weather

Protect yourself from the sunburns and skin damage. Wear suitable clothing, a hat and sunglasses that provide sun protection, make sure you regularly apply water-resistant sunscreen and if possible spend time in the shade when the sun's at its hottest. likewise please ensure you bring clothing for cooler weather.

Photography

There are official photographers and videographers at the regatta. These photographs and videos may be used on the website and social media sides of the regatta or by British Rowing. By entering the regatta, competitors and those responsible for them consent to this.

Competitors, and those responsible for them, should be aware that other, nonofficial photographers might operate at national sporting events and the subsequent photographs or

videos may be freely used in print, digital media or elsewhere, over which the Organising Committee and British Rowing has no control.

Useful Links

British Rowing

www.britishrowing.org

British Rowing Rules of Racing https://www.britishrowing.org/wp-content/uploads/2015/09/Rules-of-Racing_Final-7.3.17.pdf?41e6e6&41e6e6

Poole Council

<http://new.poole.gov.uk/beaches/our-beaches/sandbanks-beach/>

World Rowing Rules: see appendix 22 and 23 for coastal endurance and beach sprint format

http://www.worldrowing.com/mm/Document/General/General/12/68/94/FISArulebookEN2017finalweb4_Neutral.pdf

Appendix

Appendix 1. Rule of Racing

1. The Regatta is run in accordance with the Rules of British Rowing, the [British Rowing Rules of Racing](#), the Offshore departures and [RowSafe](#) guidance together with its associated documents. Competitors and coaches are reminded that they should be familiar with these documents.
2. Entry fees will not be refunded if it should become necessary, for any reason, to abandon the Regatta or any event.
3. When it is not possible, for whatever reason, to complete the Championships or an event, the draw pattern may be changed or times from heats be used to determine which crews will progress to later rounds, or to determine the medal positions or the plaque winners.
4. Crews that fail to confirm their entry at Registration or pass Control Commission will not be permitted to start.
5. The Organising Committee reserves the right to exclude any crew or sculler from further competition in an event if it does not show sufficient competence. This is applied in the interests of safety and fairness to other competitors.
6. To win a medal, a crew must beat another crew, except for a gold medal in an event from which all other crews have withdrawn. Events with fewer than three entries at the close of entries may be timetabled within another Final.
7. All winners' identification shall be confirmed. Winners who cannot confirm their identity may not receive any crew or individual prize until their eligibility has been confirmed.
8. It is the competitor's responsibility to keep him/herself informed of any changes to the event programme.

Appendix 2. 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 Director.
3. The heats will be raced over 4 km and finals raced over 6 km.
4. 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.
5. 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.
6. 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.

Appendix 3. Race Schedule

2017 British Rowing Offshore Regatta - Provisional Programme (A.2)

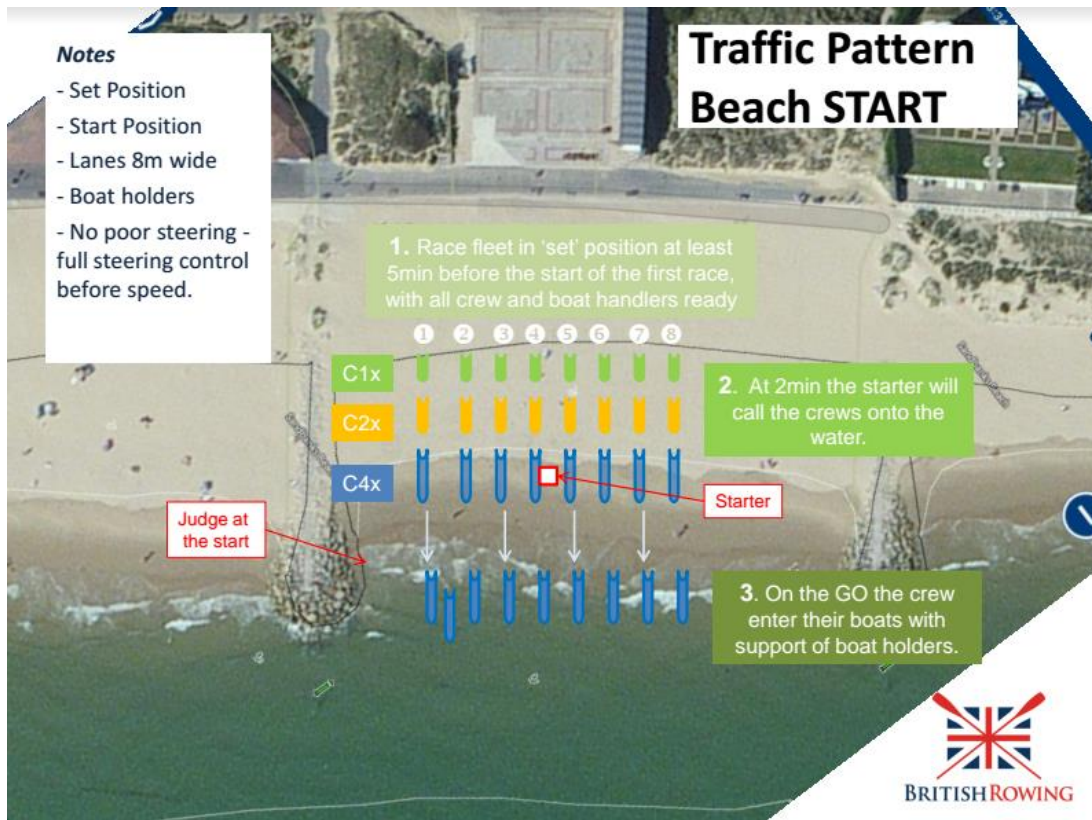
2017 British Rowing Offshore Regatta Provisional Programme (A.4)

At 03 JUL 2017

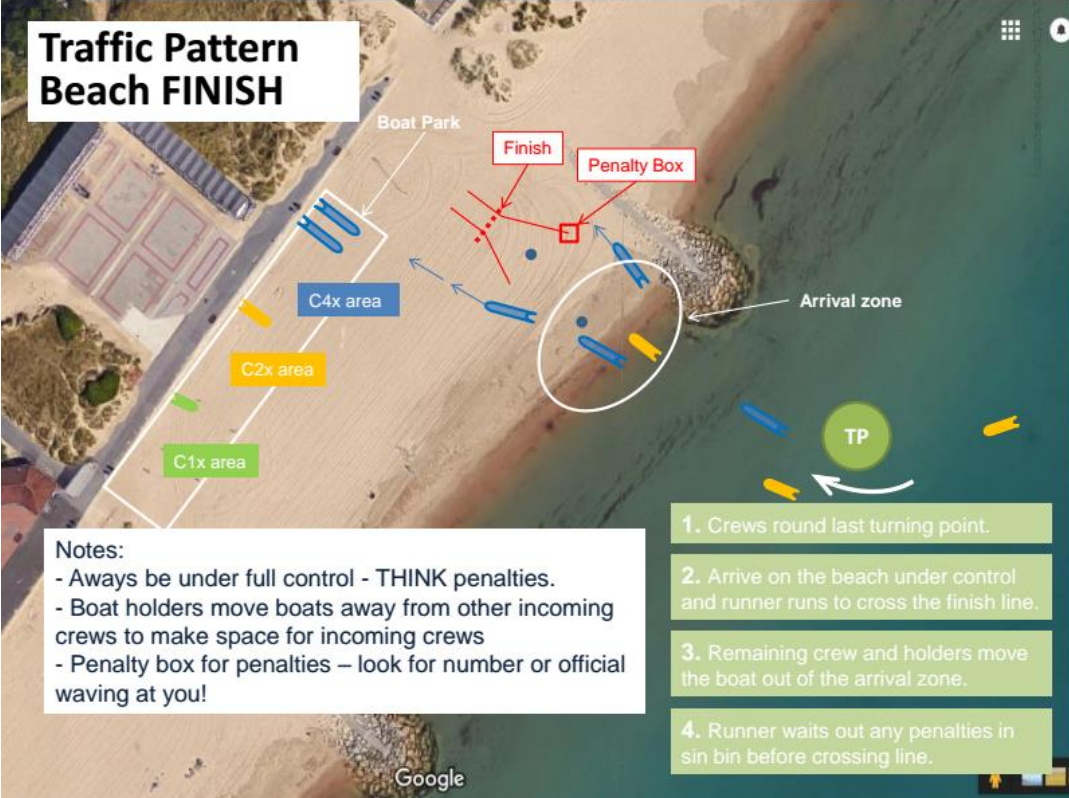
FRIDAY	SATURDAY	SUNDAY	
28-Jul	29-Jul * sunrise 05:31	30-Jul * sunset 20:57	
	Development DAY	REGATTA	
NOTE 8-6 boats in each race	0600- 0800 Trailer unloading	0800-0930 Personal Training	
	0900 - 0930 Registration		
TIDES Poole HRB (NEAPS) SAT 29 LW 0910 0.8 HW 1341 1.9 SUN 30 LW 0956 1.0 HW 1342 1.8	1000-1130 Master Class Beach Starts & Finishes	10:00	H1 C1x
		11:30	H2 C1x
			Finals A
	1200-1400 Practical Beach Starts & Finishes	13:00	CW4x+
		13:05	C2x
		13:10	CW1x
			Prize Giving
1400-1600 Personal Training (Umpire Seminar)	15:00	C4x+	
	15:05	CW2x	
	15:10	C1x	
		Prize Giving	
1900 - 2100 Trailer unloading	1630-1730 Captains Meeting		
		1800->	Boat loading

Entry

Traffic Pattern Beach START



Traffic Pattern Beach FINISH



Traffic Pattern Beach FINISH

Notes:

- Always be under full control - THINK penalties.
- Boat holders move boats away from other incoming crews to make space for incoming crews
- Penalty box for penalties – look for number or official waving at you!

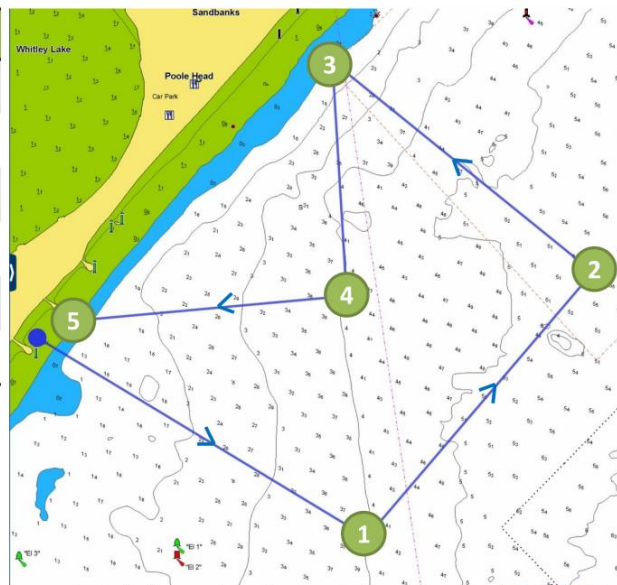
1. Crews round last turning point.
2. Arrive on the beach under control and runner runs to cross the finish line.
3. Remaining crew and holders move the boat out of the arrival zone.
4. Runner waits out any penalties in sin bin before crossing line.

Heats 4 km course

Heats 4k course

Start		50°41'366 N 001°56'127 W
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
Finish		50°41'366 N 001°56'127 W

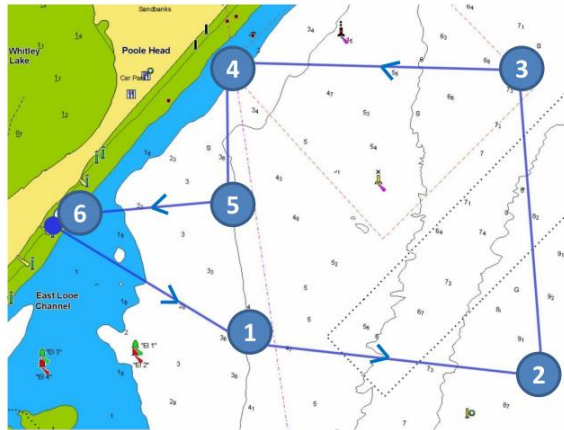
The placement of the Turning Point Markers will be in the approximate positions of the coordinates. Please use common sense and visual identification in navigating the course.



Finals 6 km course

Finals 6k course

Start		50°41'366 N 001°56'127 W
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
Finish		50°41'366 N 001°56'127 W



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.



No Go Zones



Shelters

Shelters



Shelters in the case of adverse weather.

A: Sandbanks Yacht Co.

B: Shell Bay W Beach

C: Shell Bay E Beach

Jetties

Jetties



Appendix 5: Incident Report Form

An incident reporting form can be found [here](#).

Appendix 6. Car Parking Pass



British Rowing Offshore Championships

Carpark pass

(Please display at all times)

Emergency Contact:
Courtney MacDonald
0787 682 5202