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COMPETITOR HANDBOOK

9 DECEMBER 2017



**INDOOR
CHAMPIONSHIPS**

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WELCOME

The British Rowing Indoor Championships Organising Committee are looking forward to welcoming you to the Lee Valley VeloPark on Saturday, 9 December.

With over 2,000 competitors taking part at the British Rowing Indoor Championships, (BRIC) presented by [Visit Sarasota County](#), it's going to be the biggest event ever and is shaping up to be an exciting one.

Please read through your Competitor Handbook to familiarise yourself with how the day will run. On the day we will have plenty of our friendly Champs Crew in and around the VeloPark to help you find your way, and they will be more than happy to help answer any questions.

We look forward to seeing you at #BRIC17.

Nick Hubble
Chairman of the BRIC Organising Committee

GETTING THERE

The event is being held at the Lee Valley VeloPark. The VeloPark is located at Queen Elizabeth Olympic Park, Abercrombie Road, London E20 3AB.

The Olympic Park is well connected by public transport and it is recommended that this is used. Please be aware that West Ham are playing at the Olympic Stadium on Saturday, 9 December and kick-off is at 12:30.

If travelling by train the nearest stations are Stratford.

- Underground: Jubilee and Central Lines
- Docklands Light Railway (DLR)
- National Rail: Abellio Greater Anglia for services to Liverpool Street and Essex and East Anglia
- London Overground services

Stratford International station is served by:

- Docklands Light Railway (DLR)
- National Rail: Southeastern High Speed 1 services to St Pancras International

Several bus routes connect Stratford and the Queen Elizabeth Olympic Park with the key routes being: 388, 308, 339, 97 and N205 which all stop near the Lee Valley VeloPark.

There are no car park spaces available at the Velodrome except for those volunteers with access requirements. The nearest multi-storey car park is at Westfield Stratford.

More details on how to get to the venue are available on the event website at indoorchamps.britishrowing.org.

With the football match taking place on the same day within the Queen Elizabeth Olympic Park, the walking route below will be in force in and around the VeloPark.

Due to the closures that are put in place across the Olympic Park and within Westfield, anyone on foot will be directed to follow this route.





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COMPETITOR SERVICES

Arriving

Competitors should follow signs for either Individual & Relay entrance points, or Adaptive & Groups.

You will be required to pass through a security bag search on the way into the venue. Please be prepared for this.

Individuals

All individual competitors must bring their pre-printed race card. Upon presentation of their race card, competitors will be given a welcome pack.

Groups

Competitors who have entered as part of a group will need to bring their printed race cards. A nominated representative must collect

all the welcome packs for their group and sign for it.

Race Cards

All competitors will be emailed their race card prior to the event. This will have the following details: name, club, event, weigh-in time (if lightweight), marshalling time, race time, race number, race system, and rowing machine number. Please ensure that you know your rowing machine number and race system (blue or red) before you race to ensure that you are on the correct indoor rowing machine.

Wristbands

Upon arrival all competitors will be given a wristband that will need to be kept on at all times whilst in the venue. This will allow competitors access to relevant areas within the venue including spectator seating.

Changing Facilities, Showers and Toilets

Separate facilities are available for both junior and senior competitors. Changing facilities and showers are limited, so it is suggested that competitors avoid planning to use these facilities if possible.

Bag Drop

Bag drop facilities will be available at the venue and will be manned at all times throughout the day. Competitors will be given two white wristbands with corresponding numbers. One to be attached to bag(s) and left in the bag drop and the other to be kept with you. White wristbands do not permit access to any areas of the venue. Items are left at competitor's own risk.

Lightweight Weigh-In

Lightweight competitors must weigh-in not less than one hour

and not more than two hours before the scheduled start time of the first race in the event in which they are entered.

If a competitor does not make weight or they miss the cut off time for weigh-in they will still be able to race, however they **will not** be eligible to win a medal.

Marshal Meet Up

Each race will have a marshal for the group of competitors in that race. You will be given a time to meet your marshal prior to warming up. The race marshalling point will be located at the track entrance. Please follow signage from the welcome area.

Warming Up

Rowing machines will be available for warm up. Competitors will be given time to warm up after their group marshalling time.

Racing

Competitors must ensure that they are on the correct race machine. Your group marshal will be available to help if you have any questions. After your race please ensure you get off your machine in a timely manner.

Highlighted Races

Some events throughout the day will be highlighted events. Competitors in these races will be introduced on to the race floor by name. Should you have an issue with this perhaps for safeguarding reasons please email indoorchamps@britishrowing.org.

Sports Presentation

Big screens and added lighting (where competitors enter the race floor only) and haze (water based) effects will be used during the day. If you have any reser-



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variations about the use of these effects please contact the Organising Committee as soon as possible at indoorchamps@britishrowing.org.

Junior Competitors

All junior competitors entered as an individual will be given one extra wristband to allow their responsible adult access to all areas (this exclude access to the race floor).

All teams who have entered junior competitors will be given one extra wristband per five junior competitors which will allow a responsible adult access to all areas of the venue (this exclude access to the race floor).

Adaptive Competitors

All carers of adaptive rowers will be given a wristband to enter the venue. This equates to a maximum of one extra wristband per adaptive competitor.

Please note that all competitors are to bring their own race equipment if you do not use a conventional sliding seat, this includes slides, seats, straps and clamps.

Ceremonies

Multiple medal ceremonies will take place throughout the day. If

you have won a medal please assemble at the ceremonies assembly point located on the venue map at point 15.

Clean Sport

The British Rowing Indoor Championships run according to the British Rowing Rules, which comply with UK Anti-Doping (UKAD) rules. All competitors who enter could be subject to testing at this event. It is therefore important that you take time to familiarise yourself with your rights and responsibilities.

Information about the anti-doping rules for competitors can be found [here](#).

If you have any questions prior to the event please email antidoping@britishrowing.org. During the event there will be Clean Sport experts on site to provide information and guidance if you would like to know more.



INSIDE THE VENUE

Please familiarise yourself with the Venue Map at the end of this hand-book.

On the Spectator Level, you will find four concession stands and the Velopark Cafe as well as many of our partners, sponsors, and exhibitors - make sure you stop by to see all the great things we have on offer including a special event t-shirt.

Spectating

Competitor wristbands will allow all competitors access to the spectator area.

Spectator tickets are available on the British Rowing Indoor Championships website but may be limited due to levels of capacity. Children aged 16 and under enter for free

but are still required to hold a ticket. It is highly recommended that spectator tickets are purchased prior to the event day as these are limited. Upon presentation of your order confirmation at the venue, you will be given a wristband.

Food & Drink

Food purchased from outside the venue is not allowed to be brought into the venue. The venue cafés will be open for the duration of the event for the purchase of food.

Medical & Safety

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

FURTHER INFORMATION

Information Points

There will be two information points within the venue. The first being the Competitor Welcome area and the second on the spectator level of the concourse.

Volunteers

A fantastic group of 120 Champs Crew volunteers will be on site throughout the event, so feel free to ask them 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 on the spectator level concourse.

Event Merchandise

Our event merchandise partner will be on site throughout the day. Merchandise can also be purchased after the event at

www.sabremerchandise.co.uk.

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 & Safeguarding

All junior competitors must be accompanied by a responsible adult while at the event.

This 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 Indoor Championships.

The Organising Committee believes that the welfare and wellbeing of all children and adults at risk is paramount. All suspicions, concerns and allegations of harm will be taken seriously and responded to in a swift and appropriate manner.

The Event Safeguarding & Welfare Adviser is Katy Young. Katy is the initial point of contact for any safeguarding concerns and may be contacted via the event operations room throughout the day or by telephone on 07847 761871.

Please note that the venue is a non-smoking venue.

Terms & Conditions/ Waiver

Please ensure you have read and agreed to the Event Terms and Conditions / Waiver by ticking the waiver box on your registration form on Active Network. Anyone who has not agreed to these prior to the event will not be able to race.

Media and Photography

There are official photographers and videographers at the Championships.

These photographs and videos may be used on British Rowing's web-

sites and social media channels including streamed live on the event day or shared with the media and press, and British Rowing partners.

Competitors and those responsible for them should be aware that other, unofficial photographers might operate at the event and the subsequent photographs or videos may be freely used in print, digital media or elsewhere, over which the British Rowing has no control.

Coaches, responsible adults and competitors agree that by entering competitors they have made the competitors and their parents/caregiver (where in loco parentis) aware of the above two paragraphs.

Venue Map



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visit
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- 1 Main Venue Entrance & Groups / Adaptive / Media Entrance
- 2 Individual Competitors / Team Relay Entrance
- 3 Changing / Toilet
- 4 Race Floor
- 5 Volunteers Room
- 6 Competitor Weigh-In
- 7 Competitor Admin
- 8 Bag Drop
- 9 Event Operations

- 10 Competitor Access to Race Floor from Spectators Area
- 11 Competitor Access to Race Floor
- 12 Competitor Medical Room
- 13 Competitor Exit from Race Floor
- 14 Ceremonies Assembly Point
- 15 Ceremonies
- 16 Spectators Entrance
- Spectator Level
- Competitor Level