



OFFSHORE
CHAMPIONSHIPS

British Rowing Offshore Championships

Captain's Pack

(Version as of 7.Aug.2018)

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OFFSHORE
CHAMPIONSHIPS

Information for Participants prior to the event

In preparation for the 2018 British Rowing Offshore Championships, we expect all participants and officials to have read the following information before racing. We want you to be equipped to enjoy the racing and to cope with all weather conditions.

Offshore rowing is a more uncertain environment than river and lake rowing and, as such, there are different expectations of crews.

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; and
- 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; and
- 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; and
- complete the log to indicate the crew's return.

In addition please read the British Rowing Rules on Offshore Rowing and Rowsafe.



NOTICES

ON THE WATER

- All race craft are expected to have lifejackets and a tow line and may be inspected prior to racing
- All race craft are required to follow the International Rules for Prevention of Collision at sea and the local marine traffic regulations. The local marine agencies have been informed of the racing area.
- 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 will be displayed on the notice board.
- Be aware that there might also be other water users (paddle-boarders, kayaks, jet skis etc.,) as well as stationary navigational buoys.
- Keep a good look out in training and racing. Boats being overtaken must hold and 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 crafts in sight.
- Take care not to be swept or blown onto the groynes on the beach. Crews will be marshalled accordingly.
- 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.
- 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.
- 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.



- No on water warming up or cooling down is permitted during racing.
- Inexperienced rowers are not encouraged to enter the event.

START & FINISH

- Crew competence and awareness is paramount. Each crew should maintain a straight line off the start, crews in coxed boats will need to work with their cox to assist in steering.
- At the end of the race your boat handlers should help clear the arrival zone as shown in the Finish Traffic Pattern, to keep the area clear for other finishing crews. Additional volunteers may be on hand to support you.
- Umpires will issue penalties for crews that are considered 'out of control' during the start and finish.
- Beach traffic patterns are displayed on the notice board and included below.

BOAT HANDLERS

- There shall be up to two boat handlers per boat. The boat handlers shall, in principle, be provided by the teams and are recognised as official support crew members. The role of the boat handler is to support the departure and arrival of the crew from and to the beach. The boat handlers for each crew should wear matched uniforms that conform to the rules, and in a colour which is different from the crew (alternatively the boat handlers may wear a coloured bib). In rougher conditions and at the discretion of the President of the Jury the number of boat handlers may be increased.
- Boat handlers may not board the boat at any time but may assist the crew in any other way, including rudder fixing, etc. When the boat returns to the beach the boat handlers may “catch” the boat to slow its progress when it reaches the beach and a crew member disembarks to run to the finish line.
- The boat handlers shall at all times remain in shallow water not above their shoulder height. The boat handlers shall comply with any instructions of the race officials and shall at all times be subject to the rules of racing.
- If conditions dictate then additional boat handlers may be allowed to support crews, this is at the discretion of the Race Director and the Chief Umpire.



- If weather conditions are such that beach starts and finish can't be run, floating starts and finishes will be used.

ON LAND

- There will be one information point onsite. This information point is located at the registration tent.
- Parking at Sandbanks is expensive, so do share cars to save money.
- There is a café near the beach, opening times might not be early enough on Sunday, so consider bringing a thermos and your own food with you.
- Crews bringing their boat trailers onto site must make contact with Jonna de Vries from British Rowing on 07876825202, to arrange a time and escort through the car park and along the beach road. It may only be possible to pass through the car park in the early morning or evening, so please plan your arrival time with this in mind. There is no trailer parking on site. Trailers can be parked at Canford School, Canford Magna, Wimborne, BH21 3AD.
- Do bring your club shelter or tent.
- 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.
- 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.
- The medal ceremonies will take place after the finals. If you have won a medal please assemble at the ceremonies tent located on the beach.
- Lost and found services will be available at the information point.



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.)
- 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.
- First Aid and an ambulance will be situated behind the race beach, Sandbanks Beach.
- Car parking / public toilets / drinking water tap and the race beach are indicated on the map below in the appendix.
- British Rowing is proud to support and promote clean sport. As with all British Rowing events, the British Rowing Offshore Championships is subject to U.K. Anti-Doping (UKAD), testing procedures. For further information on the UK Anti-Doping please visit: www.100percentme.co.uk.
- The boat park is located at the back of the beach above the high water mark. Crews are advised not to leave any removable items in their boats overnight and to turn their boats over. Overnight security will be onsite. However, the Organising Committee and British Rowing cannot take any responsibility for damage to boats. Please make sure you have adequate insurance.
- 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.
- A great group of volunteers 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.

WELFARE

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) who can also be contacted via race control.



PHOTOGRAPHY

There are official photographers and videographers at the regatta. These photographs and videos may be used in the media, on websites and social media by British Rowing or third parties. By entering the regatta, competitors and those responsible for them give 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.

ITEMS TO REMEMBER

Consider bringing:

- Sun cream and after sun cream
- Clothing appropriate for the conditions
- Drinking water (there is a drinking water tap at the back of the race beach – see map below)
- Additional clothing towels, etc. in a dry bag
- Boat rigging tools, including an Allen Key set
- A pop-up tent

Please also bring:

- A lifejacket (preferably not automatic)
- Your blades
- Your racing vest with your name and club lettering on
- Any other safety equipment that you think that you will need (VHF radios are allowed)

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

Parking, toilets and drinking water



CIRCULATION PATTERNS & COURSES

No go zones and sea marks




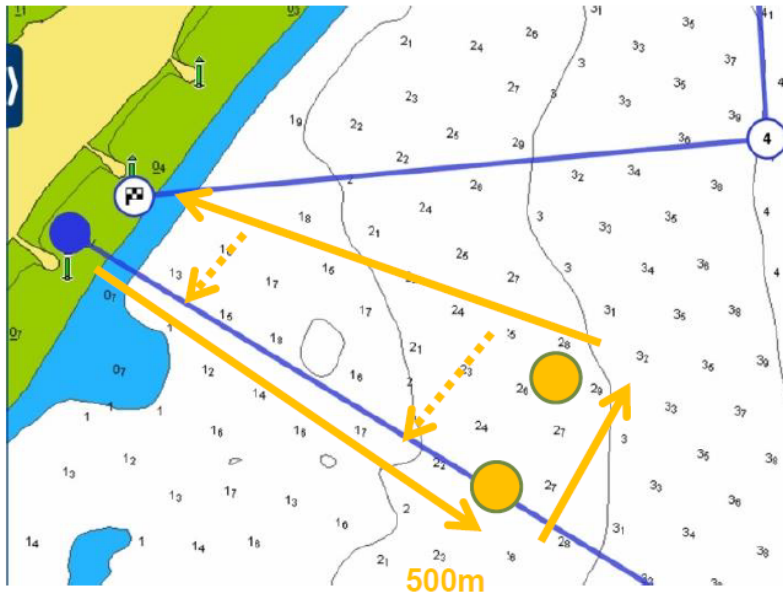
NO GO ZONES

1. East Looe Channel
2. Poole Harbour Navigation Channel

Please review the latest information on circulation patterns and race courses on the British Rowing website.

Saturday Training Zone

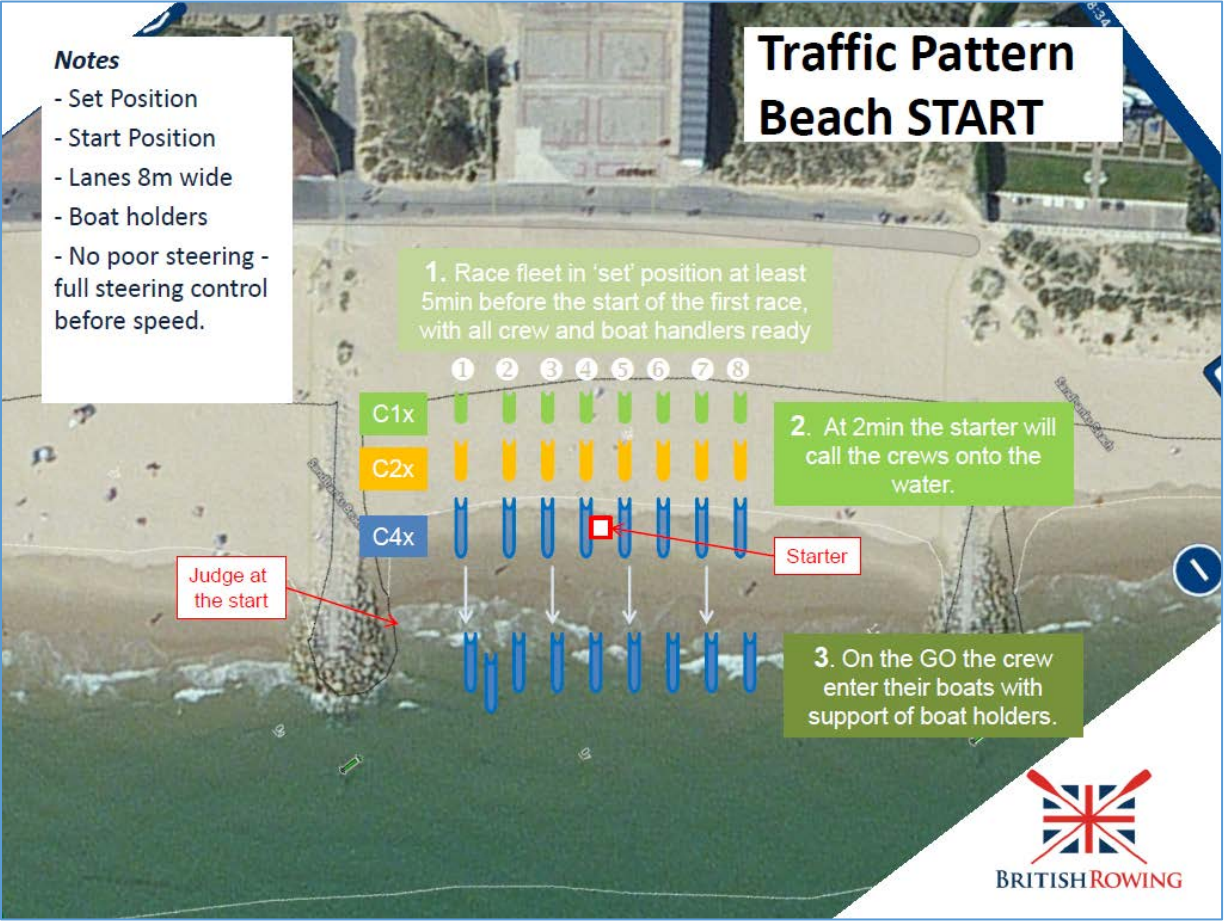
 When turning back onto the main track give way to oncoming traffic



All boats must sign in and out.

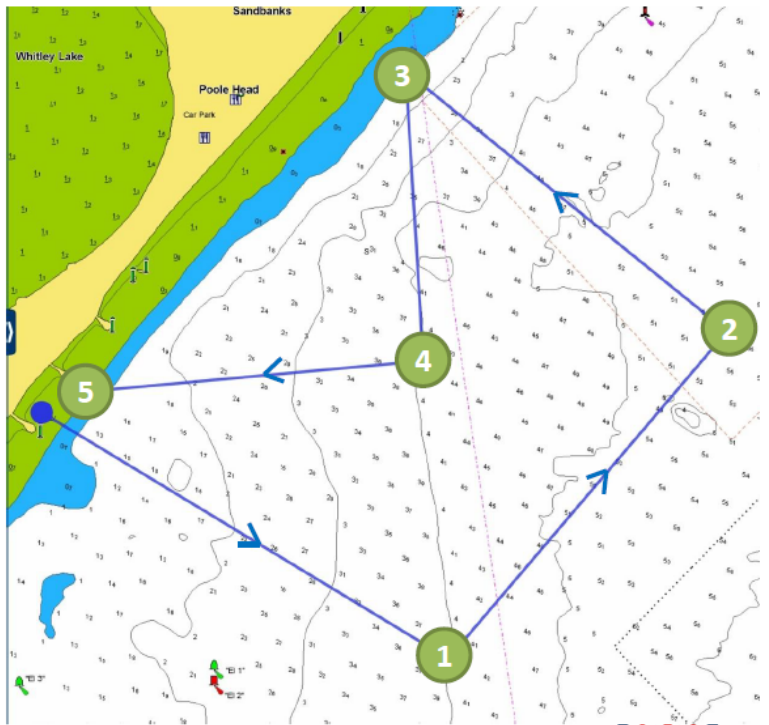
There is no safety cover outside of the training zone

If you choose to go beyond the Training Zone it is important that you follow your club rules for training and assess the risks.



Heats 4k course

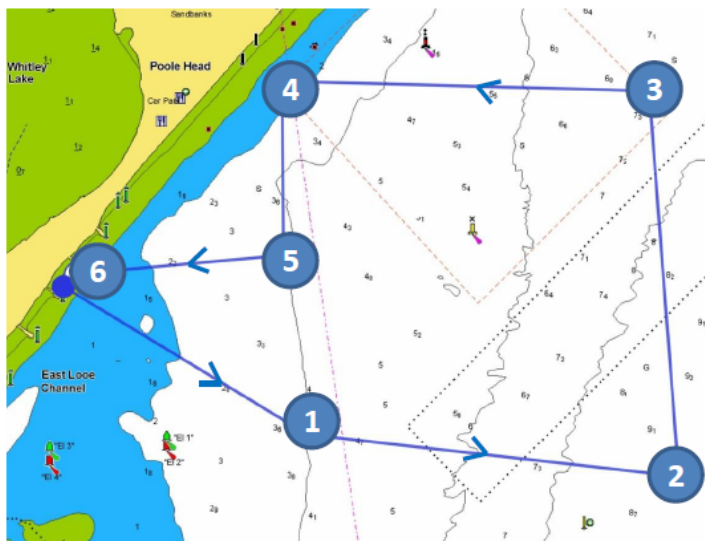
Start		50°41'366 N 001°56'127 W
TP1	1.0k (1.0K)	50°41'079 N 001°55'456 W
TP2	0.9k (1.9k)	50°41'454 N 1°54'960 W
TP3	0.8k (2.7k)	50°41'735 N 001°55'506 W
TP4	0.6k (3.3k)	50°41'422 N 001°55'477 W
TP5	0.7k (4.0k)	50°41'387 N 001°56'067 W
Finish		50°41'366 N 001°56'127 W



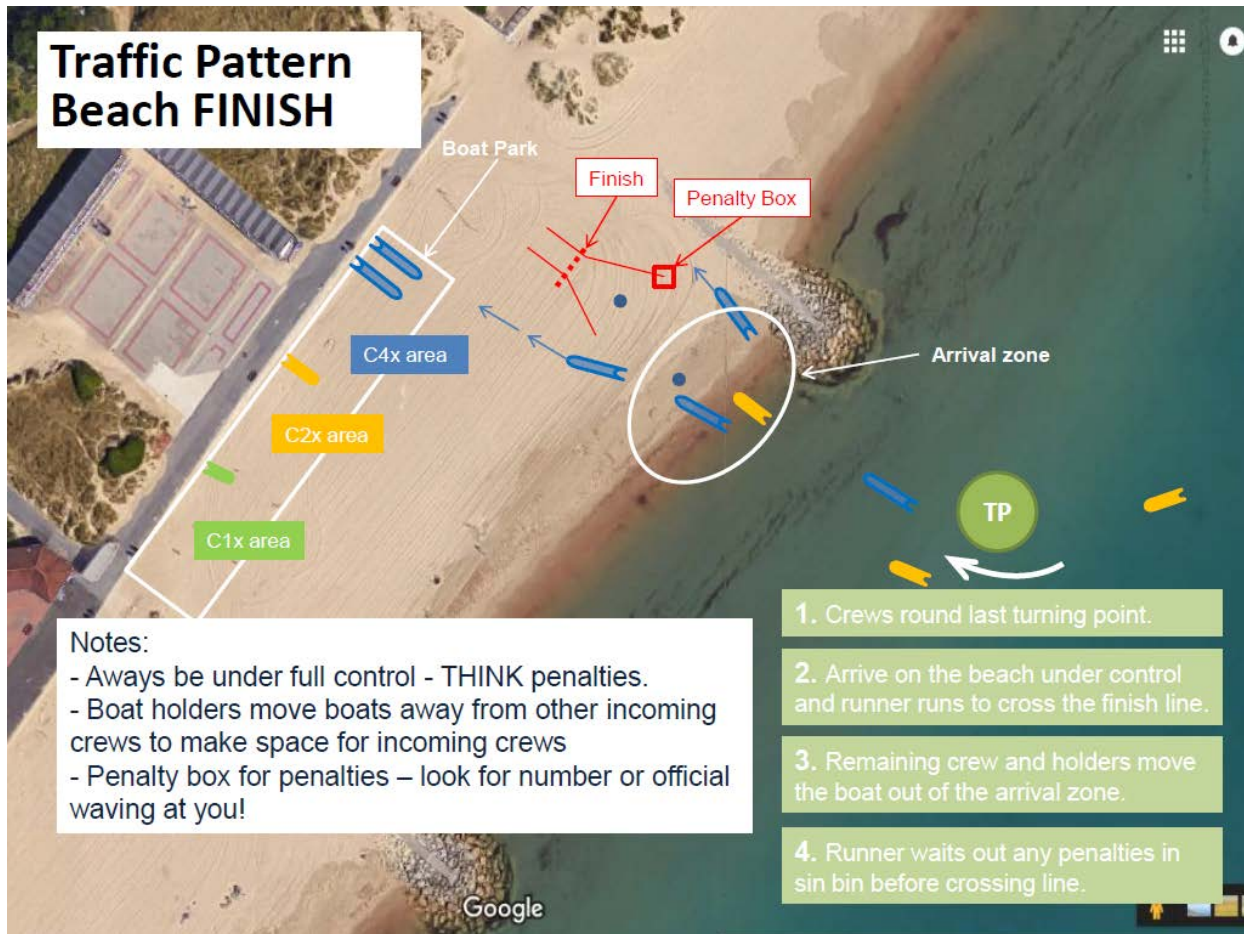
The placement of the Turning Point Markers will be in the approximate positions of the coordinates. Please use common sense and visual identification in navigating the course.

Finals 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.



TIMETABLE, PROGRESSOIN & DRAW

1. Crews are expected to register between 1000 -1200 on Saturday 18 August to confirm their entry. This can be done by a crew representative. Start list will be published after registration closes.
2. A provisional timetable will be published on the website: 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.



SUMMARY OF RACING FORMAT & CONDUCT

Please read the Rules and the all notices prior to racing, below is just a short summary.

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.
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. Races will be run over 4km for the heats and 6km for the final. Races will timetabled into groups of 3 races. Slower crews in races should give way to faster crews in later races.
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.
7. 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.
8. 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.
9. 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.
10. 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.
11. Care should be taken not to be swept or blown onto the groynes on the beach and crews will be marshalled accordingly.

END