British Rowing Sculling Festival 2018

Competitors Instructions

Version 1 dated 12.08.18

WELCOME

Welcome to the 2018 British Rowing Sculling Festival.

It gives us great pleasure to wish you all a very warm welcome to the 2018 Sculling Festival and thank you for your entries into this year's competition.

The Sculling Festival is a dedicated British Rowing event - a competitive and fun event that challenges a sculler's technical skills, manoeuvrability and competency. It is different from every other British Rowing event, in that we hold a series of headraces, regattas and skills testing – all across the same weekend. This unique event is run as an omnium over the two days, with points from individual events contributing to the overall ranking of each sculler. The Sculling Festival offers a main event, with prizes awarded in Senior, U23, J18 and J16 categories, and a beginners' event for those in their first year of the sport.

The format that we offer provides a really good opportunity for single scullers from all over the country and of varying levels of experience, to test their all-round sculling skills and to see how well they can do against others of the same standard.

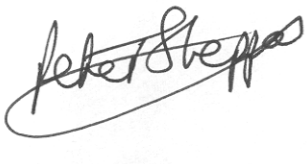
We have many people to thank because a huge amount of work goes into the planning and delivery of the event. We are very grateful to the Organising Committee who work voluntarily throughout the year to organise the event. They are part of a wider team of over one hundred volunteers who we are indebted to because without their hard work this regatta would not happen. We would also like to thank the staff members at British Rowing who are increasingly involved with our events.

The Organising Committee is always keen to receive feedback so we can continue to improve and build on our success. So, if you have any suggestions to make, please let us know.

Whether you are a competitor, spectator or volunteer, we very much appreciate your support, and we hope you have a successful and enjoyable Sculling Festival.

Thank you again!

Chris Callow
Chairman of the Organising Committee



Pete Sheppard
Lead Coach, U23s and Juniors, GBRT

GENERAL INSTRUCTIONS

The Sculling Festival is run in accordance with the British Rowing Rules, the Rules of Racing and RowSafe guidance together with its associated documents. Competitors must be familiar with these documents and understand their meaning. Competitors who do not comply with these instructions, or the instructions of Regatta Officials, may be penalised or even disqualified from racing.

All Junior competitors, aged 18 and under at time of the Sculling Festival, must have a named coach or responsible adult present at the Sculling Festival. The coach, who must be over the age of 18 years, must have been named in the "Competition Day Contact" section of the BROE2 entry system and a current mobile number for that person must be provided. If a substitute coach attends the Sculling Festival, he/she must contact Registration and register his/her mobile telephone number.

REGISTRATION

Any outstanding entry fees should be paid on BROE before the event or at registration before collection of your registration pack. Empacher slot bow numbers are to be retained by each competitor for the duration of the regatta as these will be used to identify crews on both Saturday and Sunday. If you do not return your Empacher bow number at the end of the Regatta you will be charged £10.

Registration will be open on:

- Friday 17th August, 18:00-19:00, located in the Park View Room (1st Floor) in the NWSC Main Building
- Saturday 18th August, from 06:30, located in the Park View Room (1st Floor) in the NWSC Main Building.

Entry fees will not be refundable if it should become necessary, for any reasons, to abandon the Sculling Festival.

Entrants who fail to register by the deadline of 60 minutes before racing may not be permitted to compete. Those who have registered, but fail to appear for any of the individual events, will be deemed to have the lowest ranking in that event for the purposes of allocating overall points and for seeding of later events where necessary.

Entrants who wish to withdraw from the Sculling Festival for medical reasons at any point after they have registered must do so officially by reporting to Registration in the Park View Room.

CAR PARKING CHARGES

Please note that the Water Sports Centre main car park is for officials and exhibitors only. Three car parks are available around the course for spectators and competitors - some with views of the course. These will be signed when you arrive. General car parking is charged at £5 per vehicle per day. Towing vehicles will be charged £10 for the weekend (£5 for the trailer and £5 for the towing vehicle). On arrival the car parking stewards will issue you with a receipt which is to be retained for showing on your return to the NWSC. Income from parking goes to the NWSC and not British Rowing. Please ensure you use the car parking facilities and do not park on any of the roads surrounding NWSC with double yellow lines as parking wardens are often present on event days.

RACING FORMAT

All competitors will be expected to compete in all events on both days. The provisional order of events is as follows:

Saturday 18th August

Open Event	Beginners' Event
3800m (2 x 1900m) Time Trial	2000m (2 x 1000m) Time Trial
Manoeuvrability Test	Manoeuvrability Test
Skills Testing	Skills Testing
250m Time Trial	250m Time Trial
250m Side by Side	250m Side by Side

Sunday 19th August

Open Event	Beginners' Event
2000m Semi Finals	1000m Semi Finals
2000m Finals	1000m Finals

250m Side by Side: after the 250m time trials, all boats will be ranked. Boats ranked 1-6 will be seeded into Final A, boats ranked 7-12 will be seeded into Final B etc.

1000m/2000m Semi-Finals: at the end of the first day, all boats will be ranked according to their overall points to determine the seedings for the 1000m/2000m semi-finals. Boats ranked 1-12 will be seeded in to A/B Semi-Finals, boats ranked 13-24 will be seeded into C/D Semi-Finals etc.

1000m/2000m Finals: the first 3 boats from each of the Semi-Finals A/B will progress to Final A, positions 4, 5, 6 from Semi-Finals A/B will progress to Final B. Similarly from Semi-Finals C/D to Finals C and D respectively.

Manoeuvrability Testing: this will be run three abreast and each individual sculler will be timed.

Skills Testing: each sculler will be assessed on a number of skills and be awarded pass, intermediate or fail on each skill assessed. Details of the skills are available on the Sculling Festival Website (www.britishrowing.org/scullingfestivalskills/).

SKILLS TESTING

All competitors will be required to do the Manoeuvrability Test and this will be scored according to the time taken to complete the test. In addition, competitors will be assessed on 5 skills.

- Competitors in the Beginners' Event will be assessed on 5 of the Beginners' Event Skills detailed below.
- Competitors in the Main Event will be assessed on 5 skills selected from the Beginners' Event and Main Event skills detailed below.

BEGINNER EVENT	MAIN EVENT
360 Boat Turn	360 Boat Turn
Seated Rigger Dips	Seated Rigger Dips
Standing Rigger Dips	Standing Rigger Dips
Tap Down & Feather	Tap Down & Feather
Hands off at the Catch	Hands off at the Catch
Grip Demo	Grip Demo
Back Down Stop	Back Down Stop
Stake Boat L&R	Stake Boat L&R
Standing 360 in Boat	Standing 360 in Boat
Straight Arm ½ Slide Suspension	Straight Arm ½ Slide Suspension
	Roll Ups
	Sequencing
	Flat Hands

Competitors will be notified which of the 5 skills tests to be performed at time of registration.

REGULATIONS FOR RACING

There is no warm up loop for time trials so do not boat more than 15mins before your time trial. The boating marshals will instruct you when to go afloat.

When it is not possible, for whatever reason, to complete the Sculling Festival or an event, the draw pattern may be changed or times from time trials, skills testing or semi-finals may be used to determine which crews will progress to finals, or to determine the medal positions.

The Organising Committee reserves the right to exclude any 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.

It is the competitor's responsibility to keep him/herself informed of any changes to the event programme and up to date. Any major changes we know about will be posted on the website but, as usual, the final timetable cannot be determined until the Regatta when we know which crews have registered. Key official announcements will also be made over the public address system at the National Water Sports Centre.

PRIZES & CEREMONIES

The winners of the Sculling Festival will be the scullers who has accumulated the fewest "overall points" across the weekend in their respective event.

Medals will be awarded to 1st, 2nd & 3rd place scullers in the following events:

- Main Event – Men's – Senior
- Main Event – Men's – U23
- Main Event – Men's – J18
- Main Event – Men's – J16
- Beginner Event – Men's – Club
- Beginner Event – Men's – University
- Beginner Event – Men's – J18
- Beginner Event – Men's – J16
- Main Event – Women's – Senior
- Main Event – Women's – U23
- Main Event – Women's – WJ18
- Main Event – Women's – WJ16
- Beginner Event – Women's – Club
- Beginner Event – Women's – University
- Beginner Event – Women's – WJ18
- Beginner Event – Women's – WJ16

Ceremonies will take place on Sunday 19th August after all finals have been completed. These are expected to be held between 12:30hrs and 14:00hrs.

Medals will be presented on land to the winning crews. Winners may leave their boats on the designated racks in the Boating Area and then make their way on foot to the Medal Ceremonies Area at the bottom of the Finish Tower.

Medallists must not cool down on the water unless they have sufficient time to arrive at their victory ceremony in good time.

RESULTS

Race results will be posted online as soon as possible after each race. Full results will be posted on our main site (www.britishrowing.org) after the weekend. Hard copy of results will also be posted on the noticeboards within the main NWSC building.

SAFETY & WELFARE INSTRUCTIONS

Although the Sculling Festival will endeavour to provide a safe environment within the RowSafe guideline, competitors are specifically reminded that persons using the lake do so entirely at their own risk and solely responsible for:

- Their own safety.
- Ensuring that their boats are safe and are prepared to the standards required by the BR Rules of Racing and RowSafe. Any boat that fails to meet the standard shall be excluded. See Rule of Racing 7-2-8 for details.
- Strict observance of the circulation patterns (appended) and of the RowSafe guidance.
- Deciding, together with their coaches, whether or not they are competent and capable to use the lake in the prevailing weather and water conditions.

Clubs and competitors must:

- Only go out on the lake for training sessions if there is a safety boat on the course.
- Make their own safety and first aid arrangements before and after the day's racing.
- Ensure all roadways and access routes are kept clear at all times. No vehicles may be left within the boating area after 08:00 on Saturday. Crews should be especially vigilant in the boating/boathouse areas.
- Report all accidents to the Regatta Office.

Safety Boats

There are safety boats on the course during racing. The first duty of every waterborne official is the safety of competitors and any person in difficulty.

Safety Instructions

The primary duty of every Race Official is to care for the safety of competitors. This document contains the key safety information and instructions to competitors. Please read these instructions and familiarise yourself with the circulation patterns.

A copy of the full Safety Plan will be available in Registration. The Safety Plan document contains the safety information and instructions given to competitors.

The **Safety Advisor** is **Katy Young**. If you have any specific safety concerns or wish to discuss any detail of Safety Plan please contact Katy.

Please be aware of the following key safety information; as detailed in the Event Risk Assessment; which you need to be aware of:

- Medical cover is provided during racing only in the form of a doctor who will be on site, along with a fast response car, located at the bottom of the NWSC Main Tower.
- Provision of drinking water is available on site in both the NWSC main building and boathouses. Due to the time of year the event is being held please make sure that

you remain hydrated throughout the day by drinking plenty of fluids - either through re-filling your own bottles with drinking water or bottled water available for purchase.

- We advise that you use sun cream to protect yourselves from the sun.
- Water users should check the NWSC website (www.nwsnotts.com) for up-to-date information on the water quality of the lake. Remember that there is a potential health risk in any open water. Avoid swallowing water; cover cuts with a waterproof plater; wash or shower when you come ashore and before eating or drinking.
- All accidents and emergencies must be reported to a Regatta Official as soon as is practicable. The official with summon medical support if necessary and will summon any additional support that may be required. The official will also ensure that the Safety Advisor and the Race Committee are made aware of the incident. An online incident report MUST be completed for all accidents, collisions or capsizes. This is available on the British Rowing website (incidentreporting.britishrowing.org).
- The Country Park shore pontoon and the pontoons on the side of the course past the Finish Tower and in front of the new boathouses must not be used by any crews.
- Static crews in Lane 7 must be aware of the potential danger of being blown into the racing Lane 6 if there is a cross-wind. Crews stopping in Lane 7 are advised to stop close to the bank.
- Crews proceeding past the 1000m Start in Lanes 7 and 0 must take care of the anchoring cables coming from the bank.
- At the Start for the side-by-side races, crews must keep into the bank whilst waiting to be called to their race and must stay clear of the Start Zone.
- Crews must take particular care near the Finish and in the Boating Area to avoid collisions with other crews that have just finished racing.
- Cycling, skating, rollerblading, etc, is prohibited in the boating area. The south side of the course will be closed to unauthorised users from half an hour before racing starts until half an hour after racing has finished.

Welfare Instructions

The Organising Committee believes that the welfare and wellbeing of all children and adults attending the Sculling Festival is paramount. Children and vulnerable adults; regardless of age, gender, ethnicity, religion or ability, have equal rights to safety and protection, and therefore an increased duty of care. All suspicions, concerns and allegations of harm will be taken seriously and responded to in a swift and appropriate manner.

The **Event Welfare Adviser** is **Steve Gunn**. Steve is the initial point of contact for safeguarding concerns or allegations and may be contacted via Race Control, or by telephone on 07736 774 425.

THUNDER & LIGHTNING

Competitors and spectators will be advised on what to do in the event of lightning via the public address system. This will include instructions on how the course will be cleared of scullers and officials, to seek 'proper shelter' and when the Organising Committee will make decisions on racing.

PHOTOGRAPHY

There are official photographers and videographers at the Sculling Festival. These photographs and videos may be used on the website and social media sites of the Sculling Festival or by British Rowing. Official photographs may also be available for sale from the photographer's website following the event. By entering the Sculling Festival, 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 has no control.

Coaches and competitors agree that by entering crews they have made the crew members and their parents/guardians (where in loco parentis) aware of the above two paragraphs.

CLEAN SPORT

The British Rowing Sculling Festival is committed to Clean Sport. All athletes, athlete support personnel and clubs are bound and must abide by the World Anti-Doping Agency Code. Athletes competing at the British Rowing Sculling Festival could be tested at any time, and by entering this event it will be deemed that consent to be tested has been given.

To understand more about anti-doping, the rules and your responsibilities, go to www.britishrowing.org/antidoping or email antidoping@britishrowing.org.

SAFETY & SECURITY

In the interests of safety and security, please do not leave baggage or other personal belongings unattended at any time. Unattended items may be removed by security staff. You are advised not to lave valuables in vehicles.

Anyone taking part in any activity etc on site does so entirely at their own risk. The Organising Committee of the Sculling Festival, British Rowing Ltd, Holme Pierrepoint Leisure Trust, Serco and their agents, servants and suppliers do not accept responsibility or liability for any loss, theft, damage, injury, accident, etc.

EMERGENCY TELEPHONES

These are situated at the Start and Finish Towers, at the 1000m and 1500m markers on either side of the lake, at the Waterman's Office, at the NWSC Reception and at each manned hut.

EMEGRENCY & USEFUL CONTACTS

For Police, Fire and/or Ambulance call 999 and give full address:

"National Water Sports Centre
Adbolton Lane
Holme Pierrepoint
Nottingham
NG12 2LU"

Do not ring off until the address has been confirmed.

Police (non-emergency) – 101
NHS Direct – 111
NHS Walk-In Centre (07:00-21:00) – Seaton House, London Road, NG2 4LA – 0115 883 8500
Medical Practices –
Radcliffe-on-Trent – 0115 933 2948 / 3737
214 Musters Road – 0115 981 4124
Hospital – Queens Medical Centre, Derby Road, NG7 2UH – 0115 924 9924
NWSC Reception – 0115 982 1212 or dial 24738 from any on-site telephones

KEY CONTACTS

ROLE	NAME
Chairman & Event Operations	Chris Callow
Race Committee Chair	Andrew Blit
Safety Adviser	Katy Young
Results Manager	Dan Hetherington
Welfare Adviser & Lead Skills Coach	Steve Gunn
Entries Secretary/Registration (located in the Park View Room)	Nicola Durrant
Equipment Officer	Sue Palmer (Sat) Ben Pogmore (Sun)

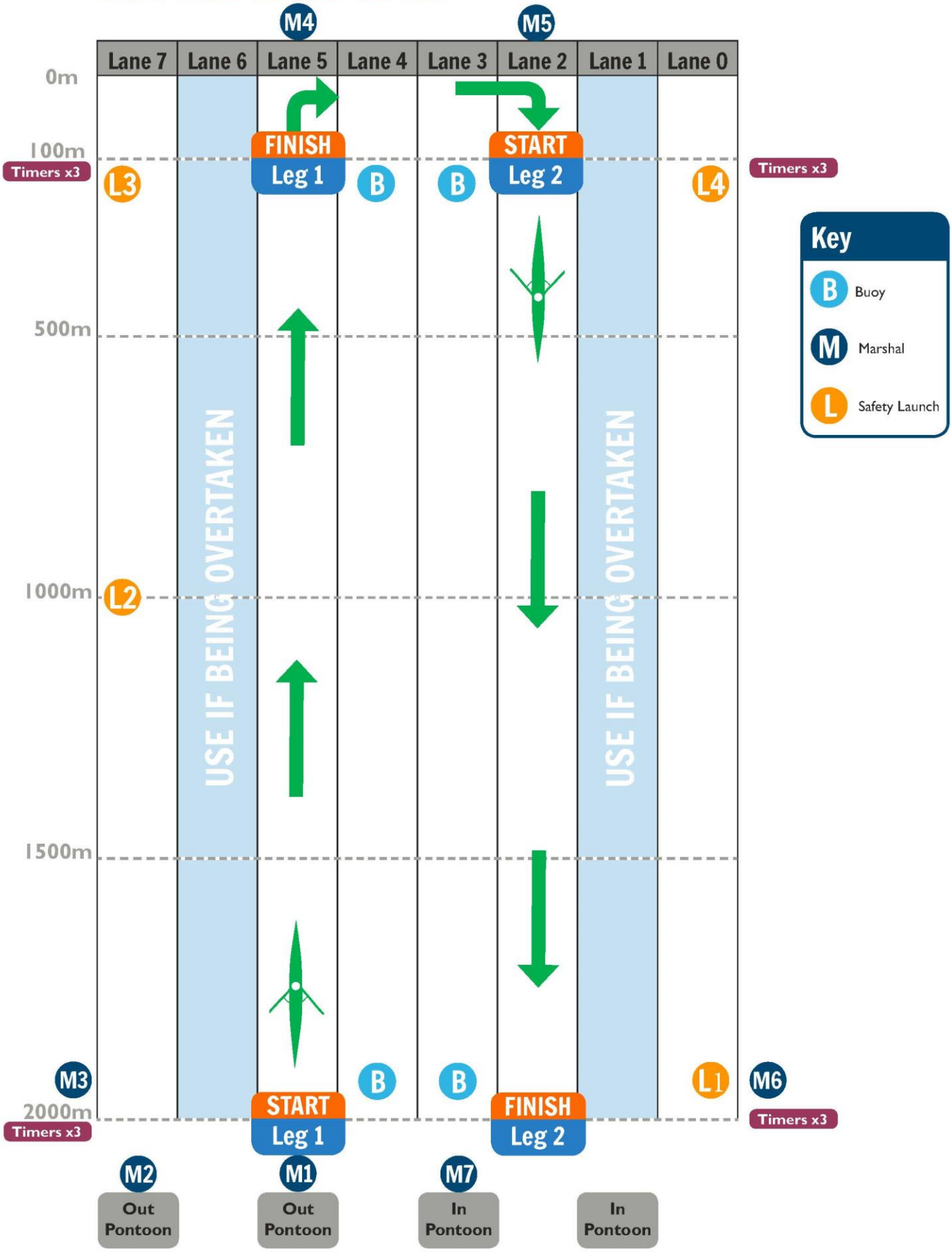
BRITISH ROWING | SCULLING FESTIVAL

Circulation Patterns

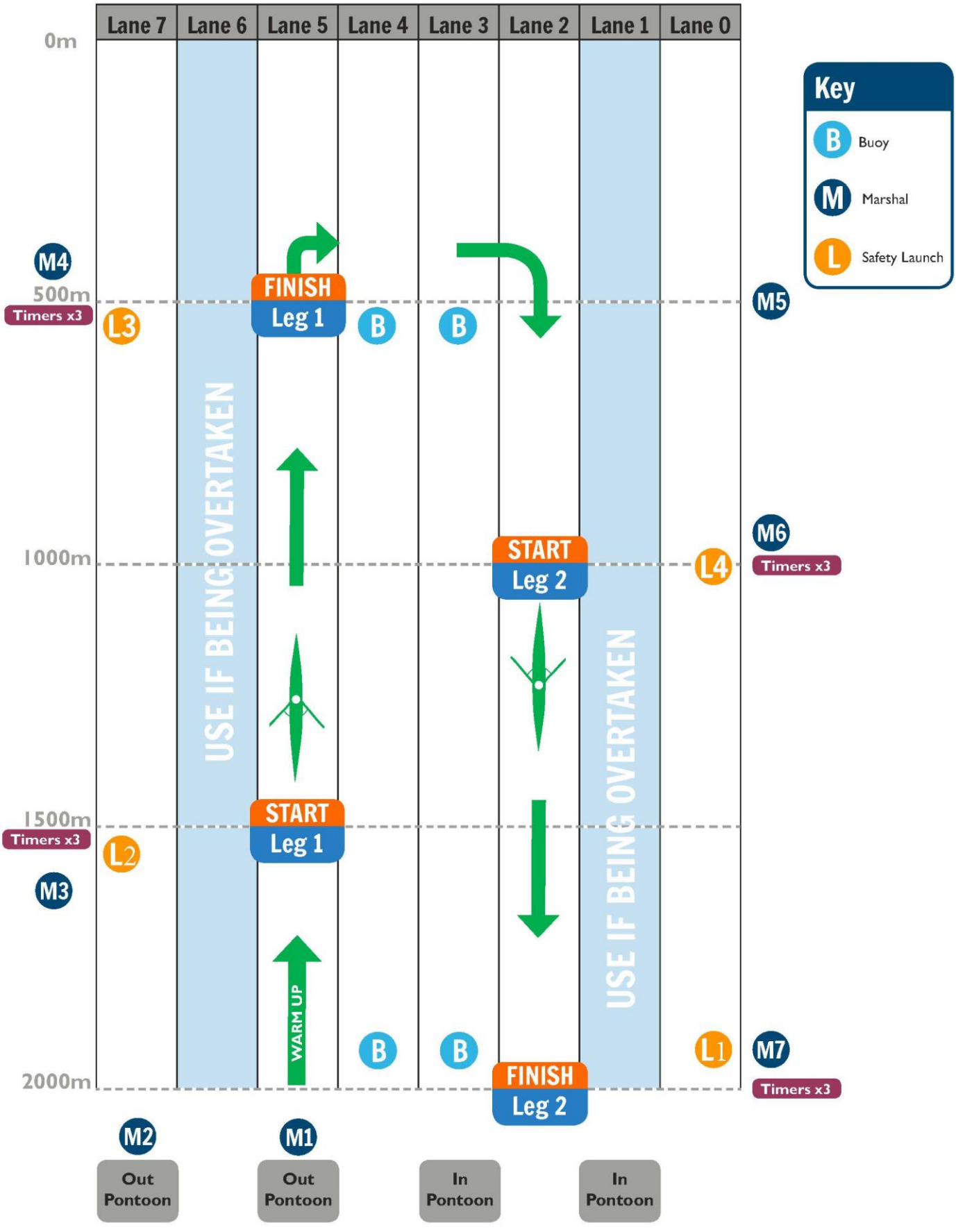
BRITISH ROWING

SCULLING FESTIVAL

3800m Time Trial



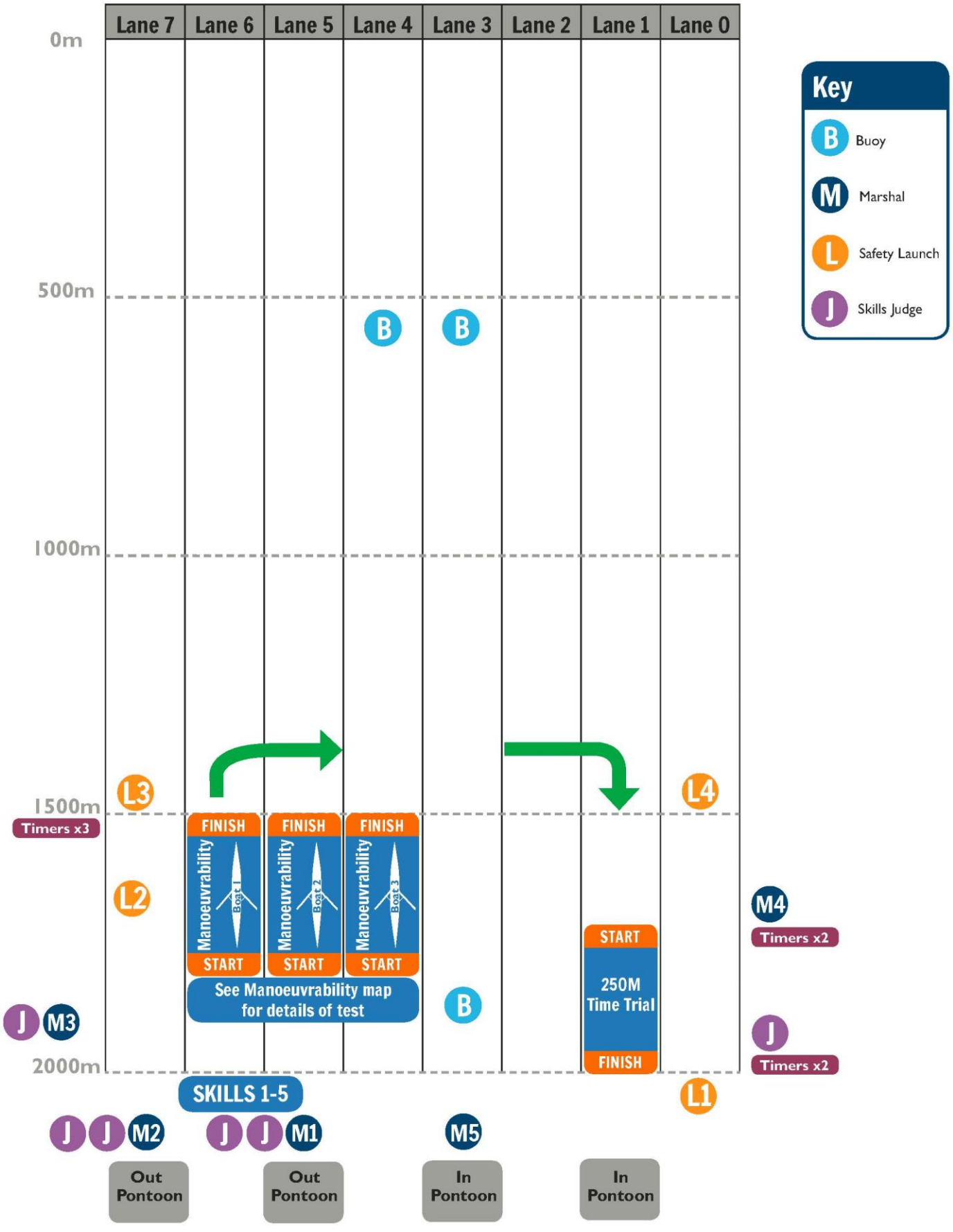
2000m Time Trial



BRITISH ROWING

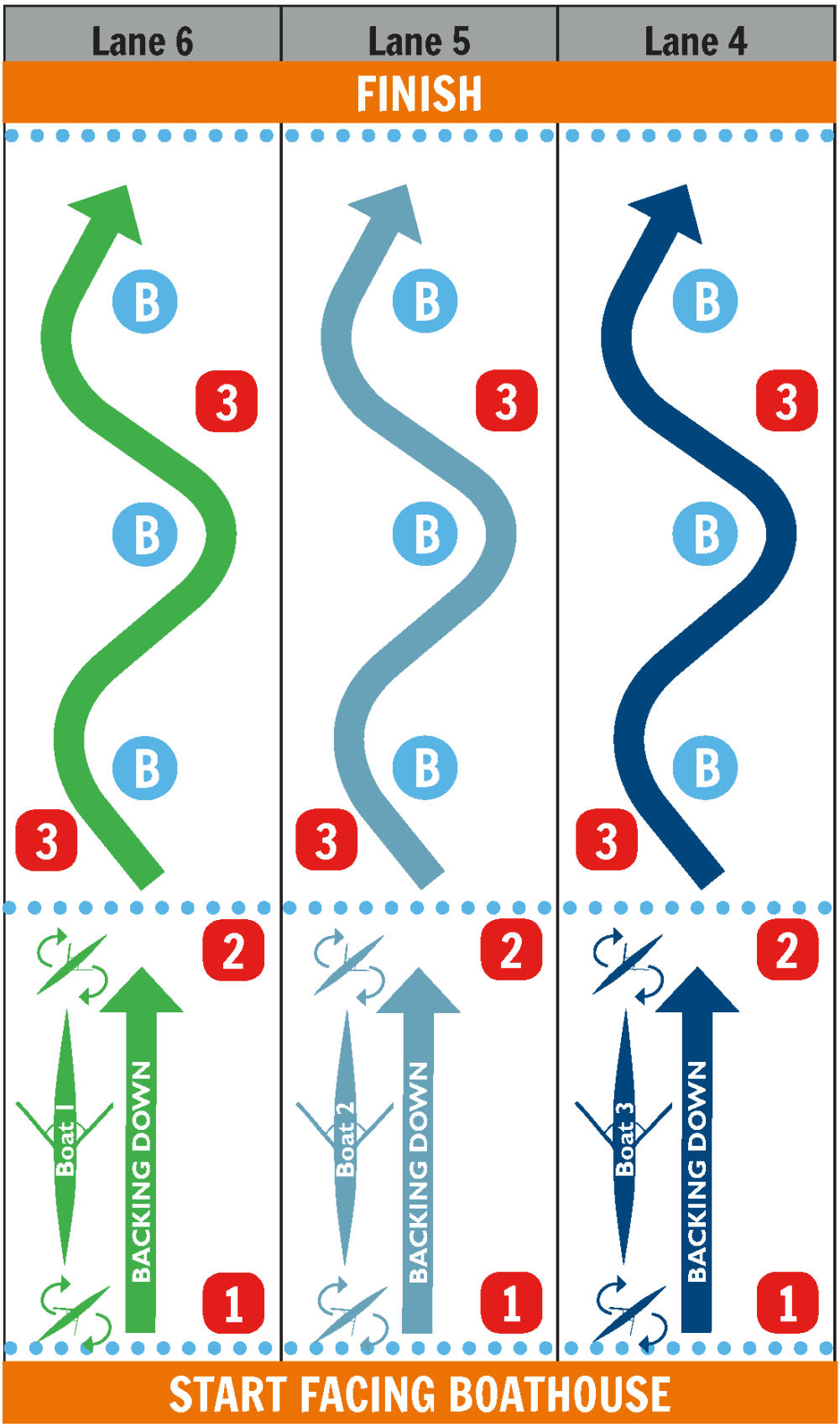
SCULLING FESTIVAL

Manoeuvrability & Skills



Manoeuvrability

BRITISH ROWING | SCULLING FESTIVAL



Key

- B — Buoy
- Buoy Line

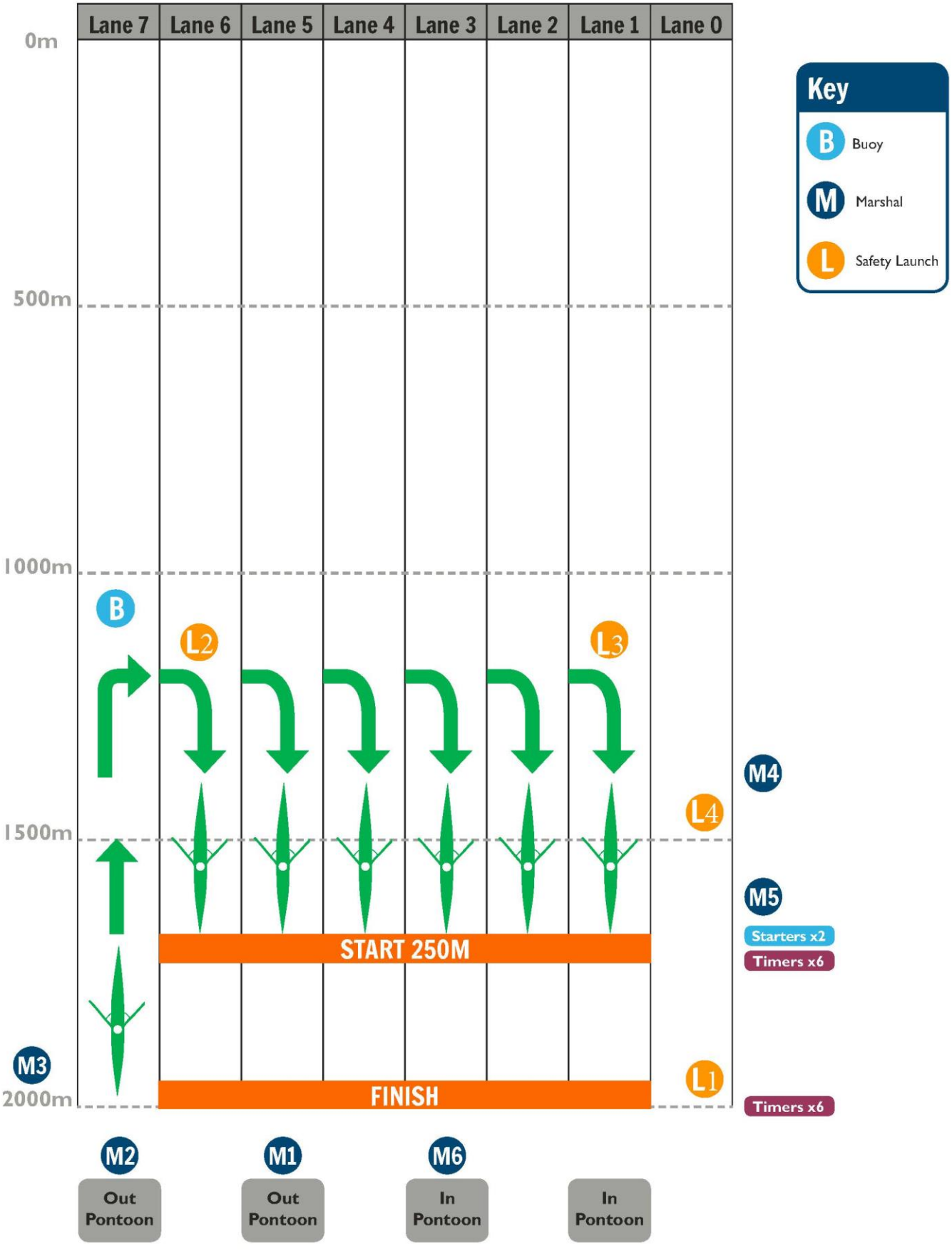
Instructions

1. Start facing the boathouses. On go spin 180° and then back down to the buoy line.
2. At the buoy line, spin 180°.
3. Race towards the finish position, weaving either side of the buoys as shown.

BRITISH ROWING

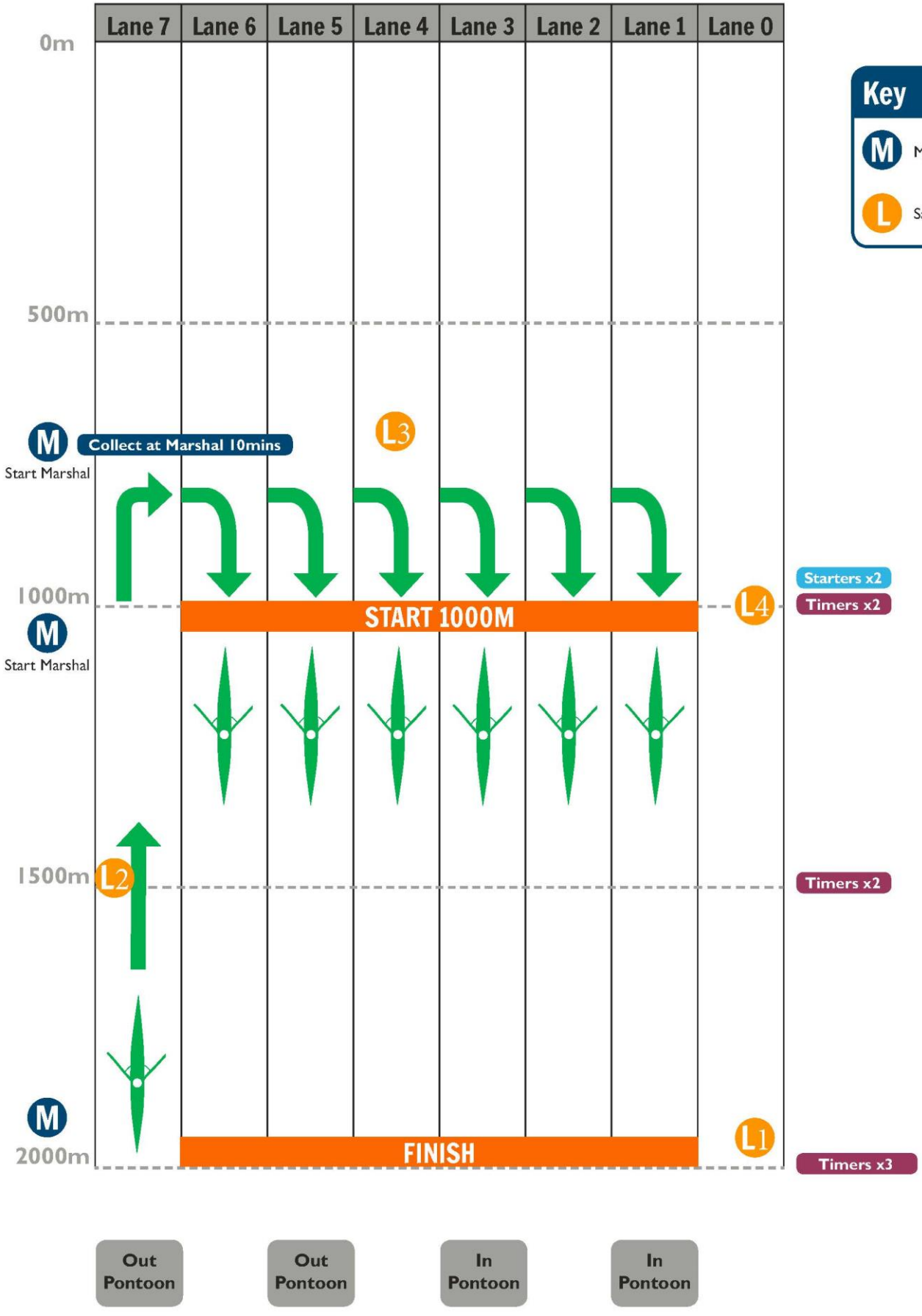
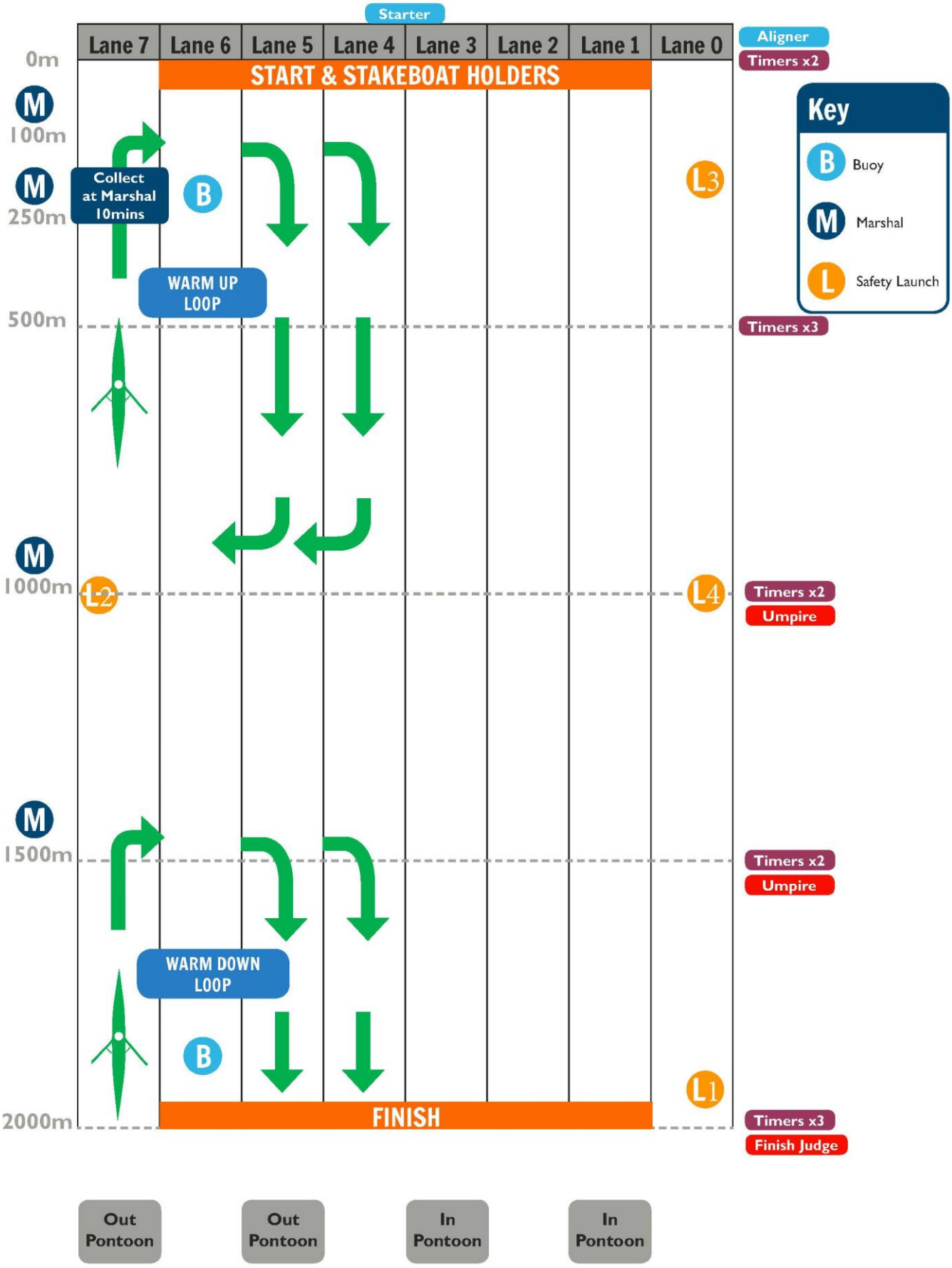
SCULLING FESTIVAL

250m Side by Side



1000m Semi Finals & Finals

BRITISH ROWING | SCULLING FESTIVAL



2000m Semi Finals & Finals