



2018 Event Information

TEAMWORK | OPEN TO ALL | COMMITMENT

General Instructions to Competitors

The Regatta 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.

1. Registration & Confirmation

- 1.1 Competitors are reminded that they must bring their Membership Cards with them. Membership Cards must include an up-to-date photograph where required by their Great Britain Rowing Body. A competitor whose Card does not have a space for a photograph must bring a photographic identity document with them to the Regatta. Competitors should carry their Membership Card with them at all times.
- 1.2 Any crew that includes junior athletes shall have a named coach or responsible adult present at the Regatta. The coach, who must be over the age of 18 years, must have been named in the relevant section of the BROE entry and a current mobile telephone number for that person must be provided. If a substitute coach attends the Regatta he/she must contact Registration and register his/her mobile telephone number.
- 1.3 Crews must register with the Entries Secretary at the Regatta at least 60 minutes before the start time of the first crew in the time trial in which they are racing. Numbers and instructions relating to the time trials will be available from the Registration Office. All the information relating to one club will be packaged together and the person collecting a club's information will be asked to sign for it. Numbers for composite crews will be included with the submitting club's information. Separate numbers will be provided for Saturday's and Sunday's racing.

2. Substitutions, Changes in Crew Order and Scratchings

- 2.1 Crew changes (substitutions), changes in crew order and scratchings must be notified to the Entries Secretary before the first time trial in their event (eg Op 8+, rather than U23 8+), in accordance with the Rules of Racing. Crews must use BROE to notify substitutions prior to the Regatta; the system will be open 12:00 on Tuesday, 16th October until 12:00 on Friday, 19th October. After this time, changes must be notified in person at the Registration Office (open from 16:00 on Friday, 19th October), with details of the substitute's registered club, name, date of birth and Membership Card number as recorded by the relevant Great Britain Rowing Body. The Entries Secretary may ask for Membership Cards of substitutes.
- 2.2 Substitutions are subject to British Rowing Rule of Racing 7-2-4. All substitutions must be notified to Registration before going afloat. Substitutes must have been registered members of their declared club(s) since before 1st September 2018.
- 2.3 Crews that have scratched (either by notifying Registration or by failing to confirm by the required time or by failing to start the time trial) will not be reinstated into the event. .

- 2.4 Crews that make a substitution that no longer qualifies the crew for the sub-class originally entered will automatically be moved to the Open or Women's main class in that event.
- 2.5 Withdrawal after a crew's first race will be allowed if notice is given to the Entries Secretary and there are acceptable reasons.
- 2.6 Any competitor withdrawing from an event for medical reasons will automatically be withdrawn from any other events they are entered to take part in.

3. Regulations for Racing

- 3.1 Each crew will be assigned a unique number to display throughout each day. An Empacher number, two adhesive numbers (to be attached to the boat) and two back numbers (one to be worn on bow's racing kit and one on his/her outer clothing) for each crew will be found in the club envelope. The cox will not wear a number. Separate numbers will be provided for Saturday's and Sunday's racing. A charge may be made for lost or damaged Empacher numbers. Empacher numbers will be collected from the boats at the end of racing in each event. If however your number is not collected, please return it to the Registration Office.
- 3.2 Entry fees will not be refundable if it should become necessary, for any reason, to abandon the Regatta or any event.
- 3.3 When it is not possible, for whatever reason, to complete the Championships or an event, the draw pattern may be changed or times from time trials, heats or semi-finals may be used to determine which crews will progress to later rounds, or to determine the medal positions or the plaque winners.
- 3.4 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 in either attaching to the Start pontoons or progressing down the course during a race. This is applied in the interests of safety and fairness to other competitors.
- 3.5 It is the competitor's responsibility to keep him/herself informed of any changes to the event programme.
- 3.6 The Senior Championships 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 could be tested at any time, and by entering this event it will be deemed that consent to be tested has been given.

4. Weighing

- 4.1 Weighing-in will be in the Boathouse in the Boating Area. Test weighing will be available.
- 4.2 Lightweights must weigh in between one and two hours before the start time of the first crew in the time trial in which they are racing. Coxes must weigh in at any time up to one hour before their race.
- 4.3 Lightweights and coxes must present their Membership Card with photograph to the weighing official for identification before they are weighed.
- 4.4 Coxes will be weighed by Control Commission according to British Rowing Rule of Racing 7-2-7.

- 4.5 Lightweights will be weighed by Control Commission according to British Rowing Rule of Racing 7-2-6 using the winter weights at Rule 2-2-1 (maximum 75kg for Open; 61.5kg for Women; there is no average weight requirement during the winter period).
- 4.6 All coxes must provide their own dead-weight. The Regatta will not provide the means for competitors to put together dead-weights.
- 4.7 Crews that do not make weight will automatically be moved to the Open or Women's main class in that event.

5. Prize Winners

- 5.1 To win a medal a crew must beat another crew, except for gold in an event from which all other crews have withdrawn.
- 5.2 Individual gold medals will be presented to the members of the winning crew in the A final of each main class. Their names will be entered in the British Rowing Championships Book of Winners. Individual silver and bronze medals will be presented to members of the second- and third-placed crews in each final A (i.e. each main class).
- 5.3 Plaques will be presented to the highest ranked crew in each sub-class at the end of racing.
- 5.4 Medals and plaques will be presented on land to the winning crews at the time advertised on the race timetable. Depending on the timeslot for their victory ceremony, winners may leave their boats on the designated racks in the Boating Area and then make their way on foot to the Victory Ceremonies Area on the Patio Lawn beside the RowShow in good time for their presentation slot.
- 5.5 Medal winners who have to boat quickly for another final must inform Boating Area officials as they disembark from their first final.
- 5.6 Any undeclared substitutions will result in immediate disqualification.
- 5.7 Plaques and medals will not be presented to any crew whose identities have not been confirmed.
- 5.8 The most successful club over the two days of racing will be declared the Victor Ludorum and will be presented with a commemorative wooden plaque.

6. Coaches' Meeting

- 6.1 There will be a briefing for coaches on Saturday morning at 08:00 in the Parkland Room on the 1st floor and on Saturday evening 40 minutes after racing finishes. These will be led by the Regatta Controller and the Chairman of the Race Committee and are intended to help coaches by providing extra information and advice. This is also a chance for coaches to ask questions and to give constructive feedback to the Regatta so that improvements can be made. All coaches and club organisers are welcome to attend.

Safety Instructions

Although the Regatta will endeavour to provide a safe environment within the RowSafe guidance, competitors are specifically reminded that persons using the lake and the River Trent do so entirely at their own risk and are 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 (see maps) 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:-

1. Only go out for practice sessions if there is a safety boat on the course.
2. Not practise during racing. Crews will not be permitted to boat until at least 15 minutes after the last race of the day has finished (if there is sufficient time and daylight) when the course has been declared ready for training.
3. Make their own safety and first aid arrangements before and after the day's racing.
4. Accept that when training on the River Trent they do so entirely at their own risk and they must make their own safety arrangements, ensure their boat is licensed to be on the River and read the circulation pattern for the River Trent.
5. Ensure that all roadways and access routes are kept clear at all times. No vehicles may be left within the boating area after 13:00 on Friday. Crews should be especially vigilant in the boating/boathouse areas.
6. Report all accidents to the Registration Office.

Safety Boats

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

Water Quality

Water users should check the NWSC website (www.nwscnotts.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 plaster; wash or shower when you come ashore and before eating or drinking.

Accidents & Emergencies

All accidents and emergencies must be reported to a Regatta official as soon as is practicable. The official will summon medical support if necessary and will summon any additional support that may be required. The official will also ensure that the Safety Adviser 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).

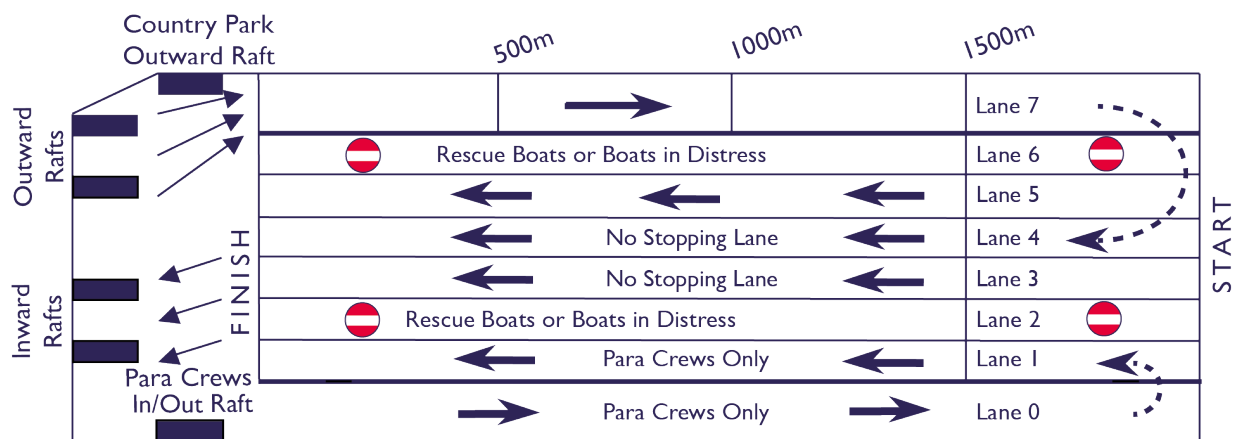
Training Circulation Pattern

Failure to comply with these rules may lead to the removal of the crew or club from the Regatta.

Note that lake-side markers count down from the Start (2000m) to the Finish (0m)

Training Circulation Pattern-Friday, Saturday & Sunday

The Championships has hired the lake for crews to practice without charge from 13:00 on Friday. On Saturday and Sunday the lake will open at 07:30 or when there is sufficient daylight and safety cover is in place. On Friday and Saturday the lake will close at 18:00 or prior to sunset, whichever is sooner. Athletes and coaches are reminded that they are to be de-boated and clear of the stages and boat racks by the time of closure. The lake may be closed down in sections at the end of the day so athletes must not expect the full use of the 2000m course at the end of the day. The lake must be cleared 30 minutes before racing is due to start. The lake will not re-open for practice until at least 15 minutes after the last race of each day has finished if time permits. Last boating is 15 minutes before the lake closes.



Key Points

1. Great care must be taken when using the pontoon on the Country Park shore. Note that this pontoon is for embarkation only.
2. 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 except para-rowing crews.
3. During training sessions lanes 3 to 5 are open for general use, but note that lanes 3 & 4 are no-stopping lanes. Lanes 2 & 6 must not be used by any crew. Lanes 0 & 1 must only be used by para-rowing crews.
4. Crews stopping in lane 7 are advised to stop close to the bank.
5. Crews must take particular care near the Finish and in the Boating Area to avoid collisions with other crews.

Racing Circulation Patterns

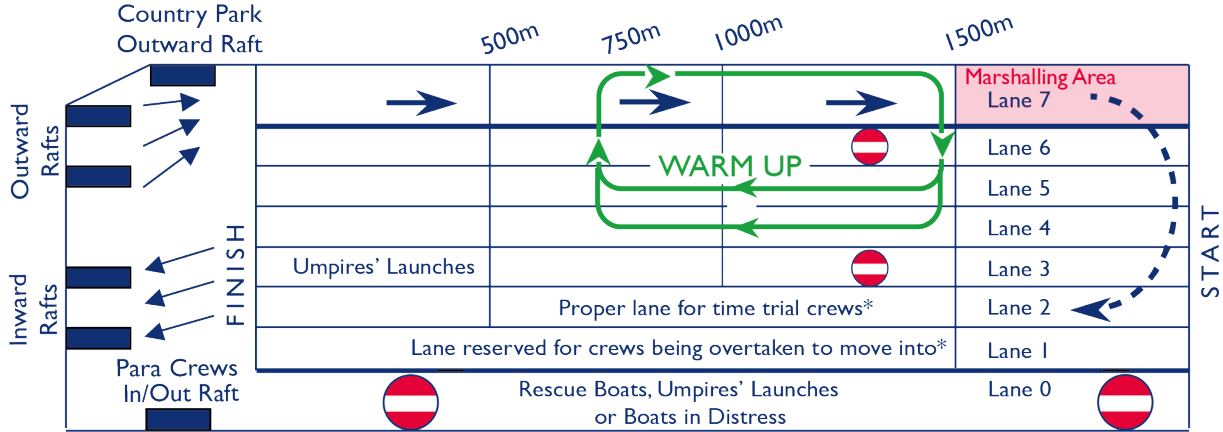
Failure to comply with these rules may lead to the removal of the crew or club from the Regatta.

Note that lake-side markers count down from the Start (2000m) to the Finish (0m)

Time Trial Racing Circulation Pattern

This applies from 30 minutes BEFORE the first time trial until after the last time trial has finished.

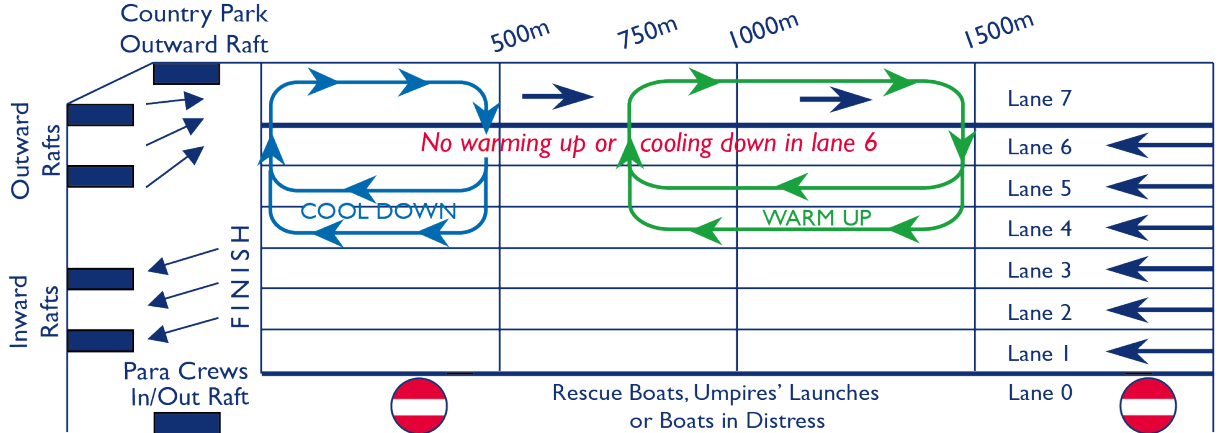
Cooling down on the lake during time trials is not permitted.



* The lane allocation may be changed on the day according to prevailing conditions. The circulation pattern will be published before boating.

Side-by-Side Circulation Pattern

This applies from 30 minutes BEFORE the first race until the last race has finished each day.



Key Points

1. Great care must be taken when using the pontoon on the Country Park shore. Note that this pontoon is for embarkation only.
2. 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 except para-rowing crews.
3. 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.
4. At the Start crews must keep into the bank whilst waiting to be called to their race and must stay clear of the Start Zone.
5. Crews must take particular care when crossing the course to get to their allocated lane.
6. Crews must take particular care near the Finish and in the Boating Area to avoid collisions with other crews that have just finished, have been cooling down.

Instructions for Time Trials

Please note that the lake-side markers count down from the Start (2000m) to the Finish (0m)

Boating

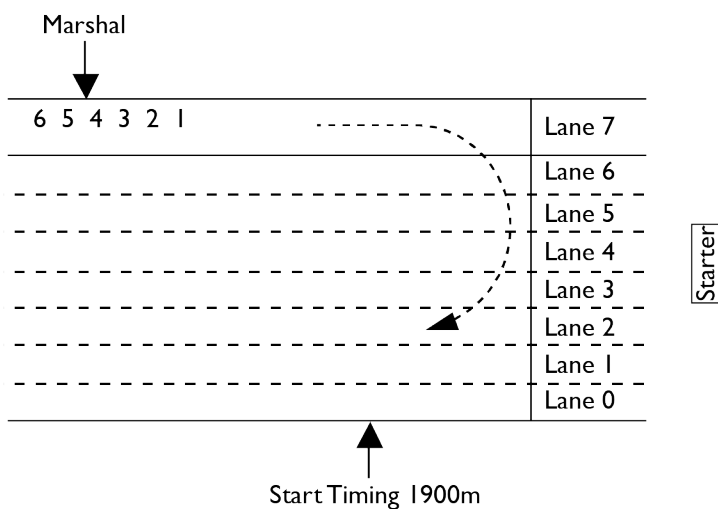
- Crews must be ready to boat 30 minutes before the scheduled start time of their time trial. Boat in number order.
- Control Commission Umpires will supervise boating and may do the normal safety checks. Any boat failing inspection will not be allowed to boat unless the problem can be fixed in a timely manner.
- Crews must proceed to the Start in lane 7.

Warming Up

Crews may warm up in a clockwise direction in lanes 4 & 5 between the 1500m and 750m markers by carefully turning into lanes 4 or 5 at the 1500m marker and then warming up in the racing direction only, before turning back into lane 7 at the 750m marker. No further warming up is permitted once a crew is within 500m of the Start.

At the Start

Remove spare kit under the direction of the Start Marshals. Crews will then paddle in single file. Crews must then follow the umpires' instructions to paddle in a continuous clockwise semi-circle (e.g. "hard on strokeside, bowside light/easy/hold") into lane 2. See diagram below. After completing the turn, crews should position themselves as close to the 2000m Start line as possible to enable a good run-up to the timing line. The Starter will say 'Go' and crews will be timed over 1900m to the normal Finish.



During the Race

A crew's proper course during the time trial is in lane 2. Any crew that is caught by another should move into lane 1 only to allow the faster crew to overtake and then move back into lane 2 as soon as possible: failure to do so may be cited as unsportsmanlike behaviour. * Lanes 3 to 6 are safety lanes and are not in use for racing. Lane 0 is for use by crews in distress. * Please note that the lane allocation may be changed on the day according to prevailing conditions. This will be published before boating.

Cooling Down

There is no circulation loop to cool down during or after time trials. Instead, consider cooling down on land.

Disembarking

Crews must be careful near the Finish and in Boating Area, and proceed straight to the rafts quickly and safely.

NB. The Country Park rafts are not for disembarkation.

Para Crews

Para-rowing crews will be boated once the last non-para time trial is due to start, therefore no other crews will be in the warm-up loop during their transit to 1000m. They will travel up in lane 7. A marshal will hold para crews at the 1000m marker before turning them to start racing as per the above instructions. The time trial will be 1000m to the finish. There is no warm-up or cool-down on the water for para athletes.

SOCIAL MEDIA

We'll be updating Facebook, Instagram and Twitter with photos and information throughout the Event using #BRSC2018

 britishrowing.org  [britishrowing](https://www.facebook.com/britishrowing)  [@britishrowing](https://twitter.com/britishrowing)  [@britishrowing](https://www.instagram.com/britishrowing)  [britishrowing](https://www.youtube.com/britishrowing)



RESULTS SERVICE

Race results will be posted on res.britchamps.org as soon as possible after each race. This site is optimised for mobile browsers. Full results will be posted on our main site (www.britishrowing.org) each evening.

res.britchamps.org

Instructions for Side-by-Side Racing

Note that lake-side markers count down from the Start (2000m) to the Finish (0m).

Boating

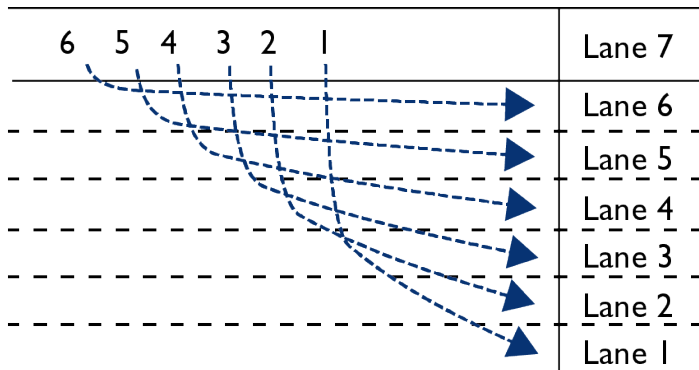
Crews should go afloat to race or train using the outward rafts in the Boating Area. Crews may use the Country Park raft with care: this raft is for embarkation only. The rafts on the southern shore of the course towards the Finish Tower are not for the general use of competitors. Crews must proceed to the Start in lane 7 as far as the 1500m marker where they will be held by a Start Marshal.

Warming Up

Crews may warm up in a clockwise direction in lanes 4 & 5 between the 1500m and 750m markers by carefully turning into lanes 4 or 5 at the 1500m marker and then warming up in the racing direction only, before turning back into lane 7 at the 750m marker. Crews warming up must keep well clear of any racing.

At the Start

Under the instructions of the Race Former near the 1500m marker a complete race will be called forward in number order (1, 2, 3, 4, 5, 6) to proceed in that order towards the Start Zone where they will be held in position by the Start Marshal. If a crew misses its 'slot' it may not be allowed to race. When the Starter calls the race, crews will paddle across the course in lane order to their allocated lane. Only when in the correct lane will a crew be allowed to turn and back down onto the Start Pontoon.



Cooling Down

Crews may cool down in a clockwise direction by carefully turning into lane 7 after their race, and then turning into lane 4 or 5 at the 500m marker only. Crews must travel in the racing direction only in lanes 4 & 5, must not impede any racing, and must not cross the Finish Line alongside a race.

Disembarking

Use the inward rafts only when coming ashore after racing or practising. Take care in the Finish Area to avoid collisions as crews merge from racing and from cooling down. NB. The Country Park rafts are not for disembarkation.

Prize Winners

Instructions for prize-winning crews are given at section 3 of this leaflet.

Para-Rowing

Para-rowing competitors should confirm precise racing and practice arrangements with the Regatta Controller upon arrival at the Championships, who may be contacted via the Reception in the Lakeside (Main Centre) Building or via the Registration Office.

All para rowing races will be followed by an umpire's launch with all other waterborne launches acting as safety cover from static positions. In the event of a distressed para-rowing boat the Race Committee may decide to stop any other para races on the course until the incident has been dealt with. Any races that are stopped will be re-rowed in the same order as the programme by returning to the Start upon further instruction.

General Information

Cycling, Skating, Rollerblading & Pedestrians

Cycling, skating, rollerblading etc. is prohibited in all Regatta enclosures and 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. Cyclists etc. must give way at all times to pedestrians and service vehicles of the Regatta. A designated cycleway is provided on the north side of the course from the Scoreboard to the Finish. Cyclists must dismount at the end of the cycleway. Pedestrians that are not involved with the movement of boats should keep vigilant at all times and listen for instructions to move out the way, especially in the Boating Area

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 crews and officials, to seek 'proper shelter' and when the Race Committee will make decisions on racing.

Medical Support

During racing hours medical and first aid facilities are available near the base of the Finish Tower: dial 24748 from any site telephone. Any medical problem arising on the campsite that can safely be brought to the First Aid Centre will be dealt with. Medical facilities are intended to cover emergencies only: there is no provision for physiotherapy treatment. A Duty Officer of the National Water Sports Centre is on call 24 hours a day, contactable through the Centre Reception: dial 24738 from any site telephone.

Outside racing hours, or if a more serious problem occurs, contact the NHS Walk-In Centre 10 minutes' drive away, or ring NHS Direct. See below for contact details.

Changing Facilities

Changing, showering and toilet facilities are available in the Lakeside (Main Centre) Building.

Safeguarding Policy

The Organising Committee believes that the welfare and wellbeing of all children and adults attending the Regatta 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 Joanna Cotgrove. She is the initial point of contact for any concerns or allegations and may be contacted via the Regatta Office throughout the event, via any official or by telephone on 07847 761871. A full copy of the British Rowing Senior Championships Safeguarding Policy will be displayed at the Regatta Office.

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.

Vehicle and Trailer Parking at the Course

The designated trailer parks are shown on page 8. Gates are opened at 06:30 and closed at 21:00 daily. Trailers and towing vehicles may be brought through to the Finish Area for unloading on Friday, Saturday and Sunday morning until 90 minutes before the first race of the day and from after the last race of the day. Entry and exit is only permitted through the boathouse gate (via Trailer Park 1). Towing vehicles and trailers must not drive further than the 'new boathouse' / Finish Tower. Boats should be stored on your trailer or on the racks in the Finish Area. Please remember to tie down your boat to prevent it from being blown off the racks. Certain racks are reserved for medal winners or specific boat types. These will be clearly marked and must only be used by those boats indicated.

Competitor and spectator parking areas are shown overleaf. Note that the Main Car Park is for officials only.

Please note that parking is charged at £15 per day (£25 for the weekend).

There is a charge levied by NWSC of £5 per towing vehicle/trailer.

Club Photographers

There are official photographers and videographers at the Championships. Official photographs may be available for sale at the Regatta and subsequently from the photographer's website. These photographs and videos may be used on websites and social media channels of the Championships or by British Rowing and/or their partners. By entering the Regatta, competitors and those responsible for them consent to this.

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

The National Watersports Centre is a public place and it is not possible for the organisers of the Regatta to restrict access to the site to either professional or non-professional photographers.

Official Photographers will be allowed access to the medal ceremonies presentation area.

Those photographs may be available for purchase at the regatta and subsequently from the photographer's website.

In addition to the above, the event may be streamed live on the day of the event and the footage may also be shared with the media and press. Coaches, responsible adults and competitors agree that by entering the competition, they have made their athletes and their parents or caregivers aware of this and that further they consent to this.

Gazebos

Gazebos may only be pitched in the designated area. A fee is chargeable. All pre-purchased gazebo pitch spaces are located on the Grass Bank near the Scoreboard. Please ensure you set up as per the layout provided.



Exhibitors

Exhibitors will be located on the Patio Lawn next to the Lakeside (Main Centre) Building throughout the weekend.

No sponsorship, promotional or marketing material can be brought into, used or displayed by people and/or organisations who have not purchased an exhibitor's space. Any exceptions will be granted by British Rowing and / or the Organising Committee of the British Rowing Senior Championships.

Emergency & Useful Contacts

For Police, Fire and/or Ambulance dial **999** and give the full address "National Water Sports Centre, Adbolton Lane, Holme Pierrepont, 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

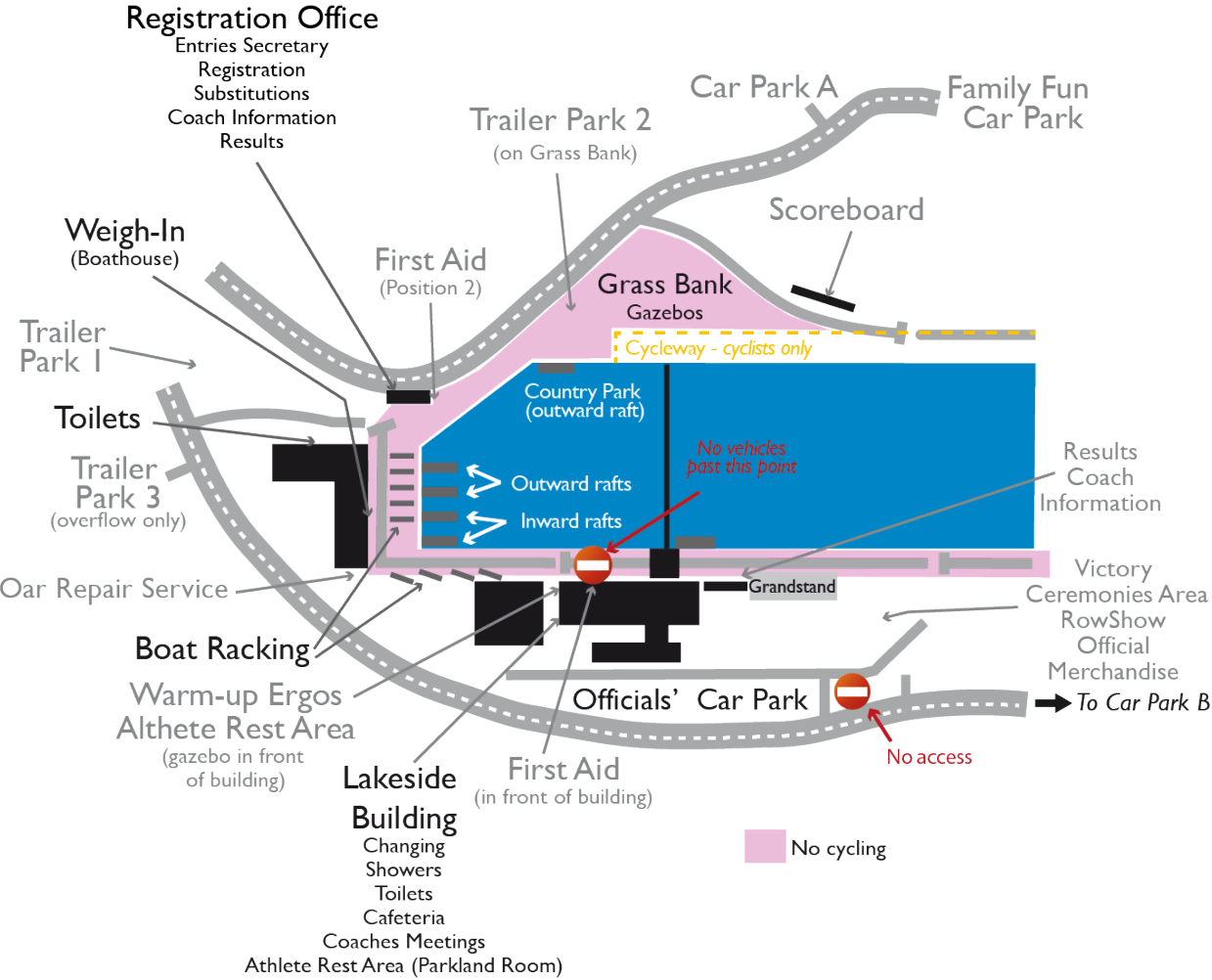
214 Musters Road-0115 981 4124

Hospital: Queens Medical Centre, Derby Road

NG7 2UH-0115 924 9924

NWSC Reception: 0115 982 1212

Key Locations



Parking Map

