



**OFFSHORE
CHAMPIONSHIPS**

Captains' Pack

British Rowing Offshore Championships 2019

Information for participants prior to the event

Version as of 30 July 2019

TEAMWORK | OPEN TO ALL | COMMITMENT

Welcome!

In preparation for the 2019 British Rowing Offshore Championships, we expect all participants and officials to have read the following information before arriving at Sandbanks. We want you to be equipped to enjoy the racing and to cope with all weather conditions.

GENERAL INFORMATION

TRAILER ARRIVAL & DEPARTURE

We have **very** restricted times to access the beach with vehicles and trailers. Vehicles and trailers may only access the beach between 9am and 10am but must have left the beach area by 10am at the latest. Trailers and towing vehicles cannot return until at least 5pm daily.

Trailer movements **must** be co-ordinated with Jonna de Vries, the British Rowing Event Manager, Tel 07876 825202 to arrange a time for all trailers accessing the beach that morning/afternoon to meet in a group and be escorted through the car park and along the beach road. It is only possible to pass through the car park in the early morning and early evening, so please plan your arrival time with this in mind. There is no trailer parking on site.

Please can you let Jonna know by Tuesday 6th August which day you plan to arrive and roughly what time? We have limited trailer parking spaces at Carter Community School, Blandford Cl, Poole BH15 4BQ which is approximately 2 miles away. Once this facility is full then trailers will need to be left at Canford School.

DRINKING WATER

The event is aiming to be as environmentally friendly as possible so please remember to bring your own water bottle. There is a drinking water tap near to where the ambulance will be parked.

PARKING

Parking at Sandbanks is expensive, so do share cars to save money.

CATERING

There is a café near the beach, opening times might not be early enough on Sunday, so consider bringing a thermos with you. We are currently not able to provide extra catering facilities apart from those already on the beach.

DOGS

Sandbanks beach is a dog free zone so please do not bring your dog onto the beach, ideally leave them at home.

DON'T FORGET . . .

You must bring your own oars and lifejackets!

TIMETABLE

Friday, 9 August 2019

- 08:00 Training area open for training
- 09.00 Registration Opens
- 11.00 Registration Closes
- 11:00 Compulsory Captain's Meeting
- 12.30 Training Finishes
- 13:00 Heats of WC4x+, OC2x, MxC2, OC1x,
- 14:30 Heats of WC2x, OC1x
- 15:15 Heats of WC2x, WC4x+
- 16.45 Heats of MxC2x
- 17.00 Course closes after the last heat

Saturday, 10 August 2019

- 08:00 Course opens for training
- 08:00 Captain's Meeting
- 09.30 Course Closes for Training
- 10:00 Finals of OC2x, WC1x
- 11:00 Finals of WC4x+, OC1x
- 12:00 Finals of OC4x+, WC2x
- 13:00 Finals of MixC2x
- 14:00 Prizegiving
- 15:00 Beach Rowing Sprints course opens for training
- 18:00 Course closes for training

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

CREW CAPTAINS 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”.

Every Captain must attend the relevant Captains briefing which will be approximately 1-2 hours before racing each day.

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;
- 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;
- 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;
- completing 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 must have lifejackets or buoyancy aides and a tow line which 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 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 and 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 a 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 craft 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.
- 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 AND 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 who must be over the age of 16. 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 Chief Umpire 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 start and finishes may be used.

ON LAND

- 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.
- 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:

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.

Items to remember

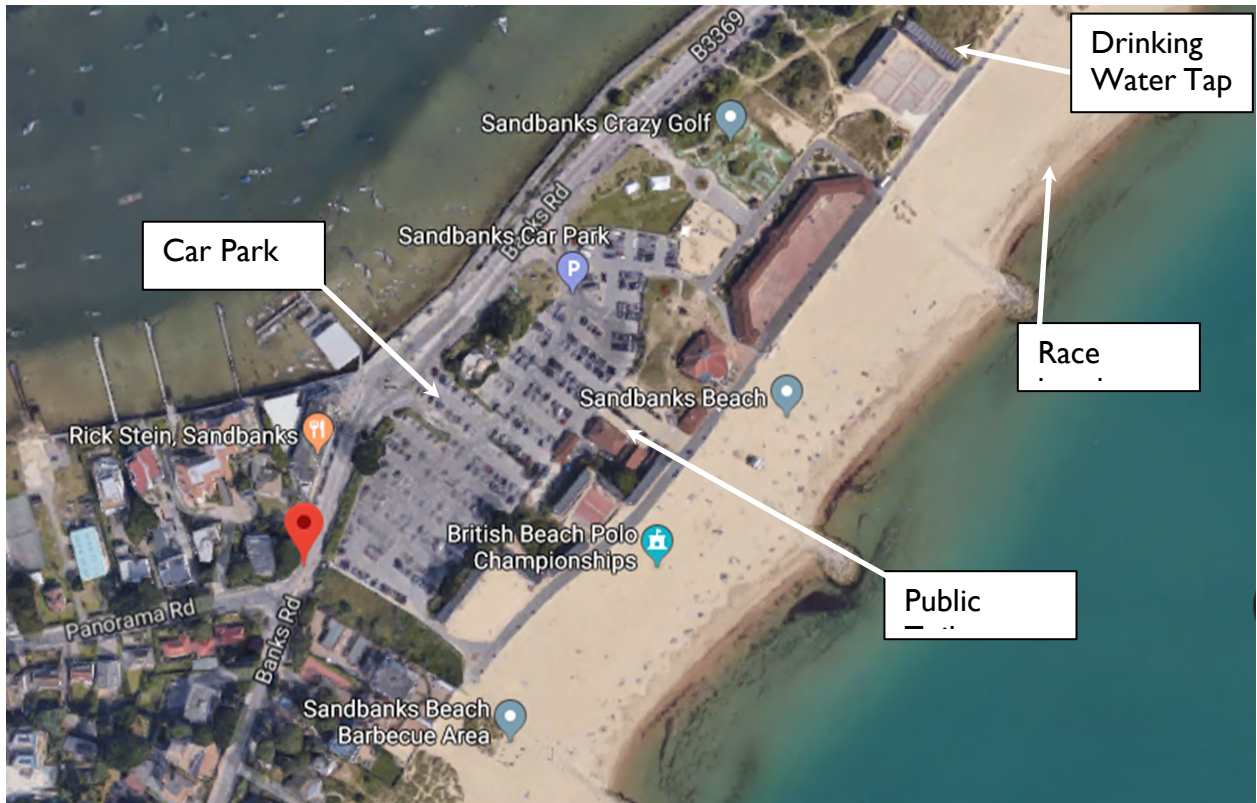
Consider bringing:

- 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 uniform;
- Any other safety equipment that you think that you will need (VHF radios are allowed).

Parking, Toilets and Drinking Water



Circulation Patterns and Courses

No go zones and sea marks

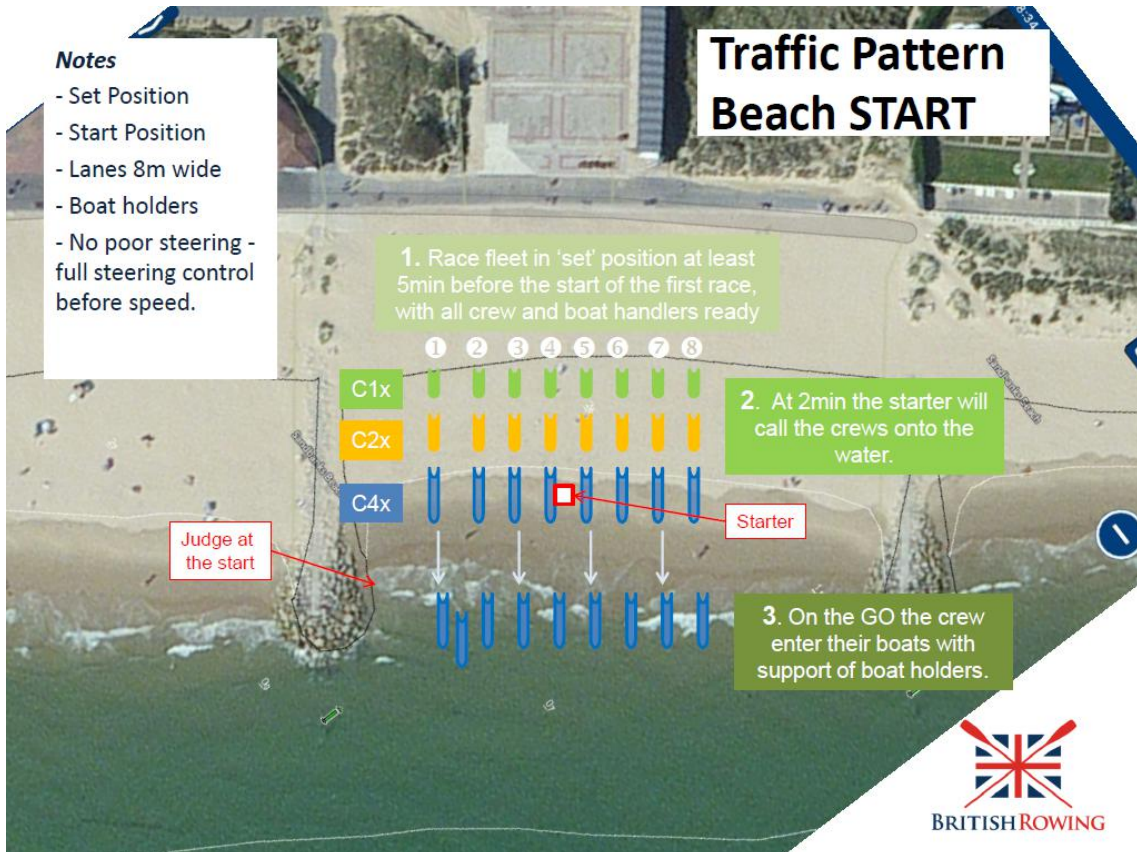


NO GO ZONES

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.

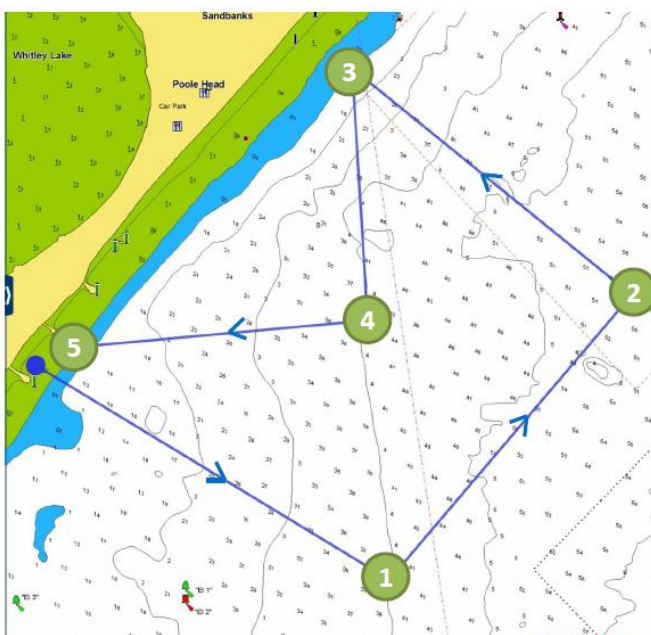
Training Zone



Courses

Heats 4k course

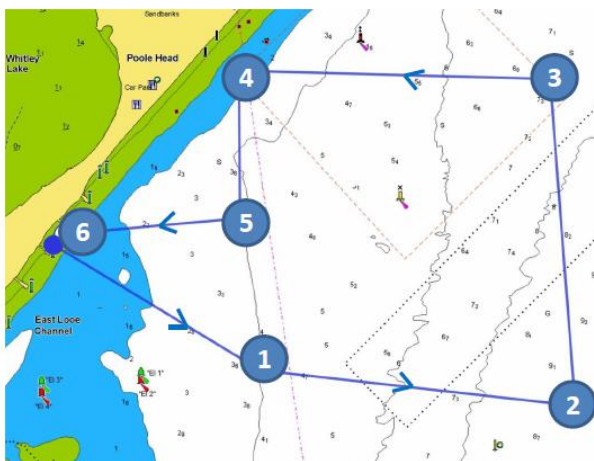
Start		50°41'366 N 001°56'127 W
TP1	1.0k (1.0K)	50°41'079 N 001°55'456 W
TP2	0.9k (1.9k)	50°41'454 N 1° 54'960 W
TP3	0.8k (2.7k)	50° 41'735 N 001° 55' 506 W
TP4	0.6k (3.3k)	50° 41'422 N 001°55''477 W
TP5	0.7k (4.0k)	50° 41'387 N 001°56''067 W
Finish		50°41'366 N 001°56'127 W



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.

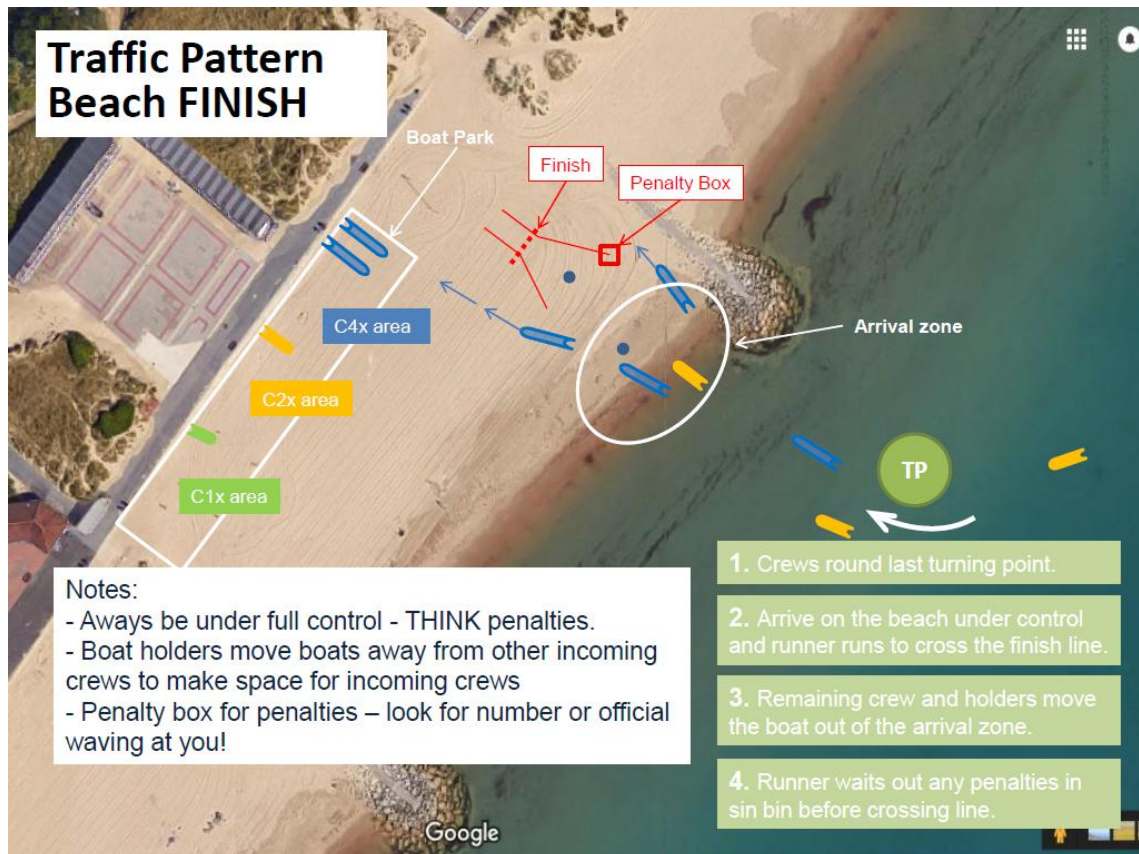
Finals 6k course

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.

Traffic Pattern



The Timetable, Registration, Progression and Draw

- Crews are expected to register between 09:00 - 11:00 on Friday 9th August to confirm their entry. This can be done by a crew representative. Start list will be published after registration closes.
- A provisional timetable will be published on the website: Competitors are expected to monitor the timetable and be ready for changes.
- The provisional progression system will be published on the website the week after entries close.

Summary of Racing Format and Conduct

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

- The aim of the progression system is to identify the fastest three crews in each event.

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

END