



COMPETITOR HANDBOOK

7 December 2019

TEAMWORK | OPEN TO ALL | COMMITMENT



WELCOME

The British Rowing Indoor Championships Organising Committee look forward to welcoming you to the Lee Valley VeloPark on Saturday, 7 December.

With over 2,000 competitors taking part, the Mizuno British Rowing Indoor Championships (BRIC) is going to be the biggest event ever and is shaping up to be an exciting one.

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

We look forward to seeing you at #BRIC19.

Nick Hubble
Chair of the BRIC Organising Committee

WITH THANKS TO OUR SPONSORS





GETTING THERE

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

We recommend you use the good public transport connections to get to the Olympic Park.

The nearest rail stations are:

Stratford for:

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

And Stratford International station, for:

- Docklands Light Railway (DLR)
- Southeastern High Speed Javelin services to St Pancras International (only 6 minutes)

Several bus routes serve Stratford and the Queen Elizabeth Olympic Park. These routes all stop near the VeloPark: 388, 308, 339, 97 and N205.

There are no car park facilities at the VeloPark except for volunteers with accessibility requirements. The nearest multi-storey car park is at Westfield Stratford.

COMPETITOR SERVICES

Arrival

Competitors should follow signs for either the Individual & Relay entrance, or the Adaptive & Groups entrance. 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. You will need this to get your accreditation wristband.

Groups

Competitors who have entered as a group must bring their pre-printed race cards. A nominated representative must collect the welcome pack for the group and sign for it.

Race Cards

A race card will be emailed to each competitor before the event. This shows: name, club, event, weigh-in time (if lightweight), marshalling time, race time, race number, race system, and rowing machine number. You need to know your rowing machine number and race system (blue or red) before you race, so you go to the correct rowing machine and your results are correctly recorded.



Wristbands

Competitors will receive a wristband when they check in. You need to keep this on at all times to gain access to the race floor and to spectator areas.

Changing Facilities, Showers and Toilets

Separate facilities are available for junior and senior competitors. Changing facilities and showers are limited: only plan to use them if really necessary.

Bag Drop

Bag drop will be open throughout the day: items are left at the competitor's own risk. Competitors will be given two matching white wristbands when you check in. Attach one to the bag at the bag drop and keep the other one with you so you can collect your bag later. White wristbands do not give any venue access.

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.

Marshalling

Competitors should be at the marshalling point at the track entrance at their allocated time. Please follow signage from the welcome area. Race marshals will then gather competitors into their races.

Warming Up

Rowing machines will be available for warm-up, time has been allowed for this in your race schedule. Your race marshal will guide you to the warm-up machines for your race.

Racing

Competitors must ensure that they are on the correct race machine: your race marshal will help if you have any questions. After your race please clear the race floor quickly, so we can prepare the next race. Please make sure you race with your lycra pulled up and keep all kit on after racing until you are in a designated changing area.

Highlighted Races

Some races throughout the day will be highlighted. Competitors in these races will be introduced on to the race floor by name. If you have a concern about this, perhaps for safeguarding reasons, please email indoorchamps@britishrowing.org before the event.

Sports Presentation

Big screens, added lighting at the race floor entrance, and water-based haze effects will be used during the day. If you have any concerns about the use of any of these effects please email indoorchamps@britishrowing.org before the event.



Junior Competitors

Individual junior competitors will receive one extra wristband for their responsible adult. The responsible adult ticket is linked to your race card. All teams with junior competitors receive one such extra wristband per five juniors. These wristbands give access to all competitor areas, apart from the race floor.

Adaptive Competitors

Adaptive competitors will receive one extra wristband for a care-giver. You should bring your own race equipment if you do not use a conventional sliding seat: this includes the slide, seat, straps and clamps.

Ceremonies

Medal ceremonies will take place throughout the day. If you have won a medal, please assemble at the ceremonies assembly point shown on the venue map.

Clean Sport

The British Rowing Indoor Championships run under British Rowing Rules, and so comply with UK Anti-Doping (UKAD) rules. Any competitor could be subject to testing at this event, so please take time to understand your rights and responsibilities.

Information about the anti-doping rules for competitors can be found [here](#). If you have any questions before the event, email antidoping@britishrowing.org. During the event there will also be Clean Sport experts on site to provide information and guidance.

INSIDE THE VENUE

Please familiarise yourself with the Venue Map at the end of this handbook.

On the Spectator Level, you will find four concession stands and the VeloPark café 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 the special event t-shirt.

Spectating

Spectator tickets are available on the BRIC website but are limited by venue capacity: we strongly advise you to buy your tickets online in advance to be sure of access. Present your order confirmation at the spectator entrance on arrival to receive your access wristband. You may be subject to a security bag search on arrival. Competitor wristbands allow access to the spectator area.

Food & Drink

Food purchased elsewhere is not allowed into the venue. The venue cafés will be open all day.

Medical & Safety

Qualified medical staff will be on site to deal with any medical situation. In case of an emergency follow instructions from venue security and the VeloPark staff.



FURTHER INFORMATION

Information Points

There are two information points: one in the competitor welcome area and another on the spectator concourse.

Volunteers

A fantastic group of 120 Champs Crew volunteers are on site all day, please do ask them for help or information. Remember they are giving their time for free so that you may enjoy your day.

Lost & Found

Lost and found services are available at the information point on the spectator concourse.

Event Merchandise

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

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 such competitors regardless of age, and is expected to know the whereabouts of their junior competitor(s) at all times during the event.

The Organising Committee believes that the welfare and wellbeing of all children and adults attending the event 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. She is the initial point of contact for any safeguarding concerns and may be contacted via the event operations room on the day or by telephone on 02082 376 795.

Please note that the VeloPark 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 before the event will not be able to race.

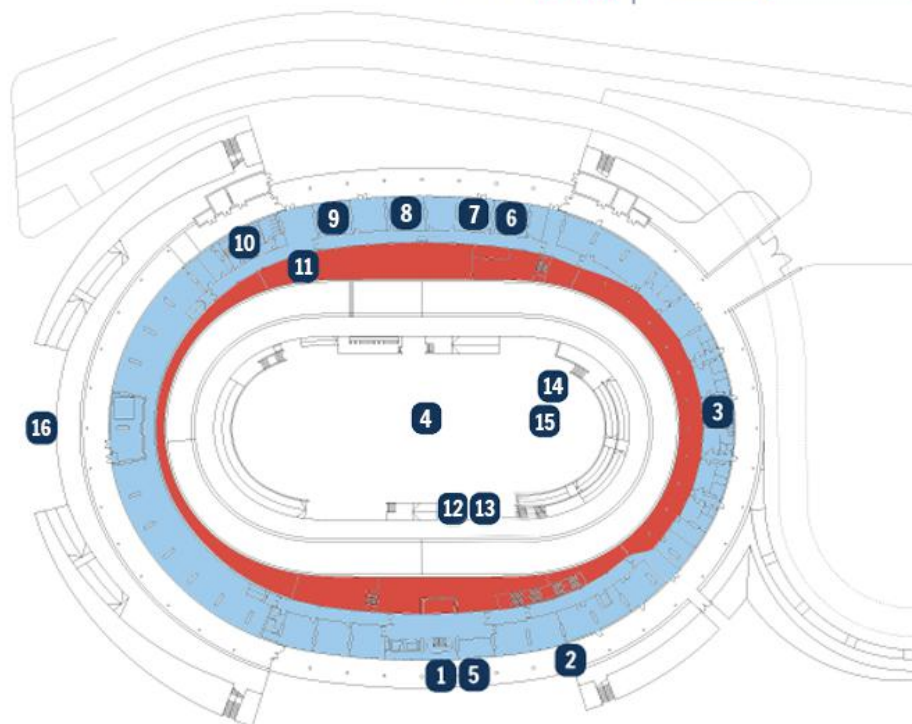
Media and Photography

There are official photographers and videographers at the Championships. Their photographs and videos may be available for sale at the Event 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, including live streaming on the day, or shared with the media and British Rowing partners.

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

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

Venue Map



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|---|---|
| 1 Main Venue Entrance & Groups / Adaptive / VIP & Hospitality / Media Entrance | 9 Event Operations |
| 2 Individual Competitors / Team Relay Entrance | 10 Competitor Access to Race Floor |
| 3 Changing / Toilet | 11 Competitor Access to Race Floor from Spectator Area |
| 4 Race Floor (Competitors only) | 12 Competitors Medical Services |
| 5 Volunteer Room | 13 Competitor Exit from Race Floor |
| 6 Classification | 14 Ceremonies Assembly Point |
| 7 Competitor Weigh-In | 15 Ceremonies |
| 8 Bag Drop | 16 Spectator Entrance |
| | Red Spectator Level |
| | Blue Competitor Level |