

Health & Safety Reminder to all competitors

1. **PARTICIPATION IN THIS EVENT IS ENTIRELY AT YOUR OWN RISK:** Should you feel that you are no longer able to compete in the British Rowing Virtual Championships, you can withdraw your entry by emailing virtualchamps@britishrowing.org in line with the published terms and conditions.
2. **COMPETING ALONE:** We **strongly** recommend you do not compete alone. At the very minimum, alert someone of your race time and check-in with them when you finish.
3. **MEDICAL ISSUES DURING RACING:** If you experience any pain, discomfort, nausea, dizziness, or shortness of breath while participating in this event, please STOP rowing and consult a medical expert.
4. **JUNIORS:** If you are under 18 years of age, please ensure you have a parent or legal guardian on site with you. If you are the parent or legal guardian of a competitor under the age of 18, you agree to be fully responsible for their safety.
5. **COVID-19:** If you have
 - a. tested positive for Covid-19, or
 - b. had symptoms of Covid-19 but a negative test, or
 - c. had suspected Covid-19 without a testyou should seriously consider whether you are fit and healthy to race. We strongly advise anyone who has had Covid-19 or symptoms, not to race.
6. **BE PREPARED:** Please make sure you warm up properly, have eaten and hydrated sufficiently, you are wearing appropriate clothing and footwear and the location of your rowing machine is cool and well ventilated. Ensure you have practised your race distance or time before the event; the race should not be the first time you attempt it.

If you stop rowing during your race **for any reason** and are unable to continue with the race, please email officials@britishrowing.org ASAP to confirm your situation