



# COMPETITOR HANDBOOK

**4 December 2021**



## WELCOME

Welcome to the Mizuno British Rowing Indoor Championships 2021. The Organising Committee look forward to welcoming you to take part in this exciting event on Saturday 4 December.

Building on last year's online event this year has given us the opportunity to include some new races for 2021 – One minute sprints and GB Rowing Team relays. It is shaping up to be an exciting day of real-time, side-by-side racing and this year we're excited to be hosting the event at Caversham, the home of the GB Rowing Team. Keep an eye on the broadcast for some behind the scenes footage from the venue.

Please read through this Competitor Handbook so you know how the day will run. We will have volunteers on hand throughout the day should you need to contact us, and they will be happy to help answer any questions.

We look forward to seeing you at #BRIC21.

Nick Hubble  
BRIC21 Event Chair





## MEDICAL GUIDANCE UPDATE - CRITICAL TO READ

Please read the following guidance carefully before taking part in the Mizuno British Rowing Indoor Championships. In the event you need to make a change to your entry, or cancel it, please contact British Rowing at: [indoorchamps@britishrowing.org](mailto:indoorchamps@britishrowing.org).

### 1. PARTICIPATION IN THIS EVENT IS ENTIRELY AT YOUR OWN RISK:

Should you feel that you are no longer able to compete in the Mizuno British Rowing Indoor Championships, you can withdraw your entry by emailing [indoorchamps@britishrowing.org](mailto:indoorchamps@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 start 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, you must 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 recently

- 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 test

you 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. You should not compete if you have not been in full normal training for at least four weeks prior to the competition.

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](mailto:officials@britishrowing.org) ASAP to confirm your situation.





## GETTING SET UP

### In advance of the race

Here is a link to the [Homerace manual](#) which you may find useful when setting your machine up and connecting it to your computer. It includes troubleshooting advice and tips for minimising connectivity issues. *We recommend that you run through this procedure in advance of race day to confirm you are able to access the race system.*

In order to take part in the event you will need to ensure your Concept2 monitor (PM3/4/5) has the most up to date FIRMWARE. You can check this by downloading the [Concept2 Utility software](#) and following the instructions. *This process should only take a few minutes but we recommend that you do this in advance of race day.*

In this email you will have received your 'participant secret' which is the race link for each of your events. Each link will be unique to you, and to the event you are competing in e.g. separate links for 2km/timed races, 500m, 4 minute, 1 minute, and relay races. These links will take you through to the race lobby for each event. Please arrive in the lobby **40 minutes** prior to your race start time.

### Competitor timeline

- **40 minutes** prior to race start – enter the race lobby via your 'participant secret'
- Up to **30 minutes** prior to race start – deadline for lightweight weigh-in (see below for procedure)
- **5 minutes** prior to race start – race lobby locked for entry, no further admittance allowed\*
- **2 minutes** prior to race start – competitors must be in position and ready to race
- **1 minute** prior to race start – stop rowing, put your handle down and watch your monitor and/or computer screen for race start instructions

\*see below for instructions on what to do if you experience technical difficulties at this stage or during the race itself. If you miss your race, there will be no opportunity to race at a later time

Whilst in the race lobby you may continue to use your machine to warm up at any point until you are directed to stop rowing through a message that will appear on your computer screen. During this time your rowing machine monitor may change screens a number of times – this is normal and you do not need to do anything whilst this is happening.



A race official will be monitoring the race lobby for each event, and any updates from them will come through the lobby. These messages will be visible on your computer screen.

### **Race start procedure**

The race start procedure is the same as at the British Rowing Indoor Championships. All race start instructions will be visible on your rowing machine monitor. You will be given a warning two minutes before the race is due to start. With one minute to go you will need to stop rowing and put your handle down to allow the rowing machine fan to stop. You will then be instructed to pick up your handle and get ready to race.

You can find further details of, and familiarise yourself with, the race start procedure and race view below:

## RACE START SEQUENCE

### PM3/PM4/PM5 VIEW DURING THE START SEQUENCE

When all rowers are at the sit ready position, the starter will begin the STARTSEQUENCE

2000 <sub>m</sub>	0 <sub>5/m</sub>
:00 <sub>/500m</sub>	
:00.0 <sub>ave</sub>	<sub>/500</sub>
 Sit ready	

This is the first screen that will show on your PM3/PM4/PM5 display.

2000 <sub>m</sub>	0 <sub>5/m</sub>
:00 <sub>/500m</sub>	
:00.0 <sub>ave</sub>	<sub>/500</sub>
 Attention	

Followed pretty quickly by this one.

There is a random time delay of one to two seconds between **Attention** and **ROW**.

2000 <sub>m</sub>	0 <sub>5/m</sub>
:00 <sub>/500m</sub>	
:00.0 <sub>ave</sub>	<sub>/500</sub>
<b>ROW</b>	

Begin rowing when **ROW** is visible on your display. If you start early the computer will false start you.



**PM3/PM4/PM5 RACE SCREEN**

**PM3/PM4/PM5 VIEW DURING A RACE**

1530 m	32 $\frac{s}{m}$
<b>1:42</b> /500m	
1:53.2 <sup>ave</sup> /500	
<b>1 Rob Waddel</b>	+23 m
<b>4 Steve Redgr</b>	+ 9 m
<b>5 Dick D.</b>	
<b>6 Pete D.</b>	-12 m

The top half of the screen shows your personal information, as usual. You can press the **UNITS** button to reach your desired units.

- ◀ This line shows the rower in first place.
- ◀ This line shows the rower ahead of you.
- ◀ This line will always show you, even if you are in 1st place.
- ◀ This line shows the rower behind you.

This example shows what Dick D. will see during the race. He is in fifth place, Pete D. is 12 meters behind him and Steve Redgrave is 9 meters ahead of Dick. Rob Waddel is leading the race and 23 meters ahead of Dick.



### **False starts**

In the instance of one false start, the offender will be allowed another chance to start. If there is a second false start, the offender of this false start will be disqualified, even if they did not false start the first time. The Race Official overseeing each specific race will have the final decision on whether to disqualify a participant. This rule applies to all events at the Mizuno British Rowing Indoor Championships.

### **During the race**

If you experience technical issues during your race, please continue to row until you have completed the distance. If the connection comes back in this time the race system will be able to read your backup file and extrapolate your score. If it does not come back, your monitor will still contain your score which can be manually added after the race.

You will need to go to the Memory, List by Date and select the workout corresponding to your race. Press the 4<sup>th</sup> button twice to display an authentication code. Take a photo of that and send it through to [officials@britishrowing.org](mailto:officials@britishrowing.org) and we will ensure the data is manually added. This will need to be done no later than **30 minutes** after the end of the race. Any results emailed after that time will NOT be included in the final results.

### **After the race**

Once the race has finished, the race official will approve the race at which point the race system will disconnect your monitor. You do not need to do anything whilst this is happening, but please do not disconnect your monitor from your computer until the rowing machine monitor has returned to the normal view.

### **Lightweight Weigh-In**

Rowers entered in a lightweight event are required to 'weigh-in' from two hours before the start of their first race to no later than **30 minutes** prior to that start time. Photo evidence of the competitor's weight must be submitted through this lightweight weigh-in [form](#). For more information, please refer to points 44-48 of the Terms and Conditions of entry.

Photo evidence needs to show you on the scales in your racing clothes with the reading visible along with a date (this could be by including a newspaper or the home screen of a phone showing the date) on the date of competition. Multiple photos may be submitted. All submissions will be time-stamped for reference purposes.

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. This will be indicated on the race system as a white boat, and they will be marked as unclassified in the results.



## **Adaptive entrants**

Due to the inability to hold classification on the day of the event, a virtual classification process has been designed. All competitors who have entered an adaptive event will have been contacted if virtual classification was necessary or if the classification they have entered is incorrect. Any enquiries regarding this can be sent to [indoorchamps@britishrowing.org](mailto:indoorchamps@britishrowing.org).

For more information on adaptive classification, please see points 49-52 of the Terms and Conditions.

## **Results**

Results will be provisional on completion of the race and will be made available on the [British Rowing website](#). Once results of each race are made official our results page will be updated to reflect this.

## **Sports Presentation**

Every race across the weekend will be streamed live on the British Rowing website [here](#) with live commentary and we would like to encourage as many spectators as possible. As in previous virtual events, live webcams will be featured on some events where spectators can view the competitors as they race.

## **Medals/winners**

Medals will be awarded to first, second and third place competitors with the exception of the Love Rowing Challenge relay where all competitors will receive an exclusive participation medal. This includes winners in each of the Masters age-category races for 2km and 500m.

## **Records**

The Mizuno British Rowing Indoor Championships has been confirmed as a Concept2 sanctioned event, and therefore Concept2 records can be broken by competitors – with the exception of lightweight records due to the inability to verify weigh-in procedures appropriately. See the [Concept2 website](#) for more information on how this would normally be verified.

British Rowing will be in touch following the event with any competitor who appears to have broken a record during the event to confirm the process of verification but for those who think it is a possibility, please bear the following in mind:

In order to approve a record, Concept2 requires you to submit a video of the row. This video needs to be a single take that includes a close-up of the monitor before the start, a clear view of the athlete and erg throughout the race, and a close-up of the monitor after the finish.



The ErgRace log file will need to be submitted to Concept2 by the race organiser, which in this case is British Rowing.

Documentation to confirm age is to be made available upon request along with proof of sport class from an international (World Rowing) or a national governing body for para-rowing.

## Clean Sport

The Mizuno British Rowing Indoor Championships (BRIC) is committed to Clean Sport. The UK Anti-Doping Rules apply to all participants of the sport, including minors (anyone who has not yet had their eighteenth birthday), and they make all participants subject to drug testing. For the purposes of those rules, consent of a parent, guardian or carer to the testing of a minor is deemed to follow automatically from the fact that the minor has been permitted by their parent, guardian or carer to participate in rowing. Therefore, any minors as well as all other athletes participating in this competition may be subject to drug testing.

Every rower has a right to take part in the BRIC knowing they and other competitors are competing clean. All athletes and athlete support personnel who take part in the BRIC must abide by the UK Anti-Doping Rules. All participants are encouraged to report any information, or suspicions concerning a competitor in breach of the Anti-Doping Rules. To understand more about anti-doping, the rules, your responsibilities, and how to report doping please visit <https://www.britishrowing.org/knowledge/cleansport/>.

All participants are encouraged to report any information, or suspicions concerning a competitor in breach of the Anti-Doping Rules. To understand more about anti-doping, the rules, your responsibilities, and how to report doping please visit <https://www.britishrowing.org/knowledge/cleansport/>.

If you have any questions before the event, email [cleansport@britishrowing.org](mailto:cleansport@britishrowing.org).

## FURTHER INFORMATION

### On-the-day contact

General event enquiries: [indoorchamps@britishrowing.org](mailto:indoorchamps@britishrowing.org)

Racing specific enquiries: [officials@britishrowing.org](mailto:officials@britishrowing.org)

Welfare/safeguarding enquiries: [bricwelfare@britishrowing.org](mailto:bricwelfare@britishrowing.org)

Email is our preferred option for race day contact and we will have staff or volunteers manning the email accounts throughout the weekend to ensure a swift response to any enquiries.



## Disputes

During the event, should any competitor wish to dispute or protest a race, a result or an incident occurring during a race: they should email the Race Review Panel ([officials@britishrowing.org](mailto:officials@britishrowing.org)) **no later than 30 minutes after the end of your race**. The Race Review Panel will investigate the situation, using the race data for the race and the provisional results. Competitors may be asked to provide further evidence to aid the Race Review Panel in their investigation into the dispute or protest. The outcome of this investigation and the decision of the Race Review Panel is final.

## Event Merchandise

Merchandise purchased at the point of entry will be sent out following close of entries (9am on Monday 22 November). British Rowing cannot guarantee that the merchandise will arrive in advance of the event.

Should you wish to buy additional event merchandise, it will be available via the British Rowing online shop [here](#) in the lead up to, and over, event weekend. Delivery time for this additional merchandise is 3-4 weeks. For any additional merchandise queries, please contact [onlineshop@britishrowing.org](mailto:onlineshop@britishrowing.org).

## League Event

The League is a free event running alongside the Live competition. It is open now and available to anyone with access to a rowing machine of any type. The League closes at 5pm (GMT) Sunday 12 December. Participants can take part in all the race formats featured in the Live competition as well as giving some of the sessions from Cam Buchan's BRIC training plan a go. It is a great chance to get some race practice in ahead of the live event or for those not able to join us on the day. Check out the [British Rowing website](#) for more information and to sign up.

As an added bonus, the first 200 people to complete and submit results for four out of the six challenges will also receive an exclusive BRIC21 medal.

## Liability

Participation in the Mizuno British Rowing Indoor Championships (BRIC) is entirely at your own risk. British Rowing shall not be liable for any damages or injuries, however caused, occurring during or after taking part in BRIC.

The Organising Committee has provided reasonable guidance and recommendations to competitors leading up to the event, however, individual competitors are responsible for themselves during the event.



## **Welfare & Safeguarding**

All junior competitors (under 18) must have a responsible adult in the room while taking part in the event. This adult is responsible for the welfare, safety and appropriate supervision of such competitors regardless of age.

The Organising Committee believes that the welfare and wellbeing of all children and adults participating in 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 Nicki Pettitt. She is the initial point of contact for any safeguarding concerns and may be contacted via [bricwelfare@britishrowing.org](mailto:bricwelfare@britishrowing.org). Welfare and safeguarding concerns/issues, accidents or incidents may also be raised through [this form](#). You can find the British Rowing Safeguarding Policy [here](#).

## **Terms & Conditions/ Waiver**

You will have agreed to the Terms and Conditions and other waivers when you entered by ticking a box on the registration form through Active Network. Please familiarise yourself with these again in advance of the event.

## **Media**

For any media enquiries regarding the Mizuno British Rowing Indoor Championships, please contact [pressoffice@britishrowing.org](mailto:pressoffice@britishrowing.org).