



**BEACH SPRINTS
CHAMPIONSHIPS**

Competitor Instructions

British Rowing Beach Sprints 2022

V5 as of 19 June 2022

Welcome!

In preparation for the 2022 British Rowing Beach Sprint Championships, we expect all participants and officials to have read the following information before arriving at Saundersfoot. We want you to be equipped to enjoy the racing and to cope with all weather conditions.

GENERAL INFORMATION

PLEASE DO NOT FORGET TO BRING YOUR OWN BLADES – the event is not able to loan blades

OTHER ITEMS TO BRING:

- Sun cream and after sun cream;
- Clothing appropriate for the conditions;
- Water Bottle;
- Bootees or water shoes to wear in the water as the sand has pebbles/shingle
- Additional clothing towels, etc. in a dry bag;
- Boat rigging tools, including an Allen Key set;
- A pop-up tent if you wish (although note the changing tides is likely to mean that this will have to be moved throughout the day).

DRINKING WATER

The event is aiming to be as environmentally friendly as possible so please remember to bring your own water bottle.

PARKING

There are various places to park in Saundersfoot and prices vary. Available car parks include:

- Saundersfoot harbour (SA69 9HE), £15 for 24 hours;
- Coppet Hall (SA69 9AJ), £5 (08:00 to 18:00);
- Mildford Street (SA69 9NE), £5 (09:00 to 17:00).

CATERING

There are a number of food outlets in Saundersfoot or at Coppet Hall with varying opening times. However, it is unlikely that they will be open very early so consider bringing a thermos with you. We will not be providing any extra catering facilities apart from those already in the area. There is a small Tesco Express with everything you might need by Saundersfoot harbour. Tesco is open from 7am until 11pm.

DOGS

Parts of the beach where we are racing are dog free zones so please ensure that you do not bring your dog onto the beach, ideally leave them at home.

DON'T FORGET . . .

You must bring your own oars!

PARKING AND TOILETS



TIMETABLE

Saturday, 25th June 2022

We are hoping to be able to offer training on the Saturday afternoon between 17:00 and 18:00. This will be confirmed nearer the time.

Sunday, 26th June 2022

*This programme is subject to change **before** and **during** the Regatta - **please check the website for any changes.** In addition, a WhatsApp group will be set up for club contacts to notify competitors of any changes. **Please ensure your on the day competition contact is up to date on BROE***

08:00 - 09:00 Registration Open

*09:30 - Team Manager and Competitor Briefing - **all crews to attend***

10:00 - Time Trial for C1801x and C18W1x (Course 2)

10:00 - Time Trial for MxC2x and C18Mix2x (Course 1)

10:30 - Time Trial for C01x (Course 2)

10:40 - Knockouts for C1801x (Course 1)

11:14 - Time Trial for CW1x (Course 2)

11:26 - Knockouts for C18W1x (Course 1)

12:02 - Knockouts for CMix2x (Course 1)

12:57 - Knockouts for C18Mix2x (Course 1)

13:10 - Knockouts for C01x (Course C)

14:20 - Knockouts for CW1x (Course C)

15:30 - Medal Ceremonies

Please note that we are operating on multiple courses throughout the day.

REGISTRATION

Crews must register between 08:00 and 09:00 on Sunday, 26th June to confirm their entry.

BRIEFING

All competitors **must** attend the compulsory beach orientation / participant's briefing which will be held at 09:00 on Sunday, 26th June before racing.



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TIMETABLE, PROGRESSION AND DRAW

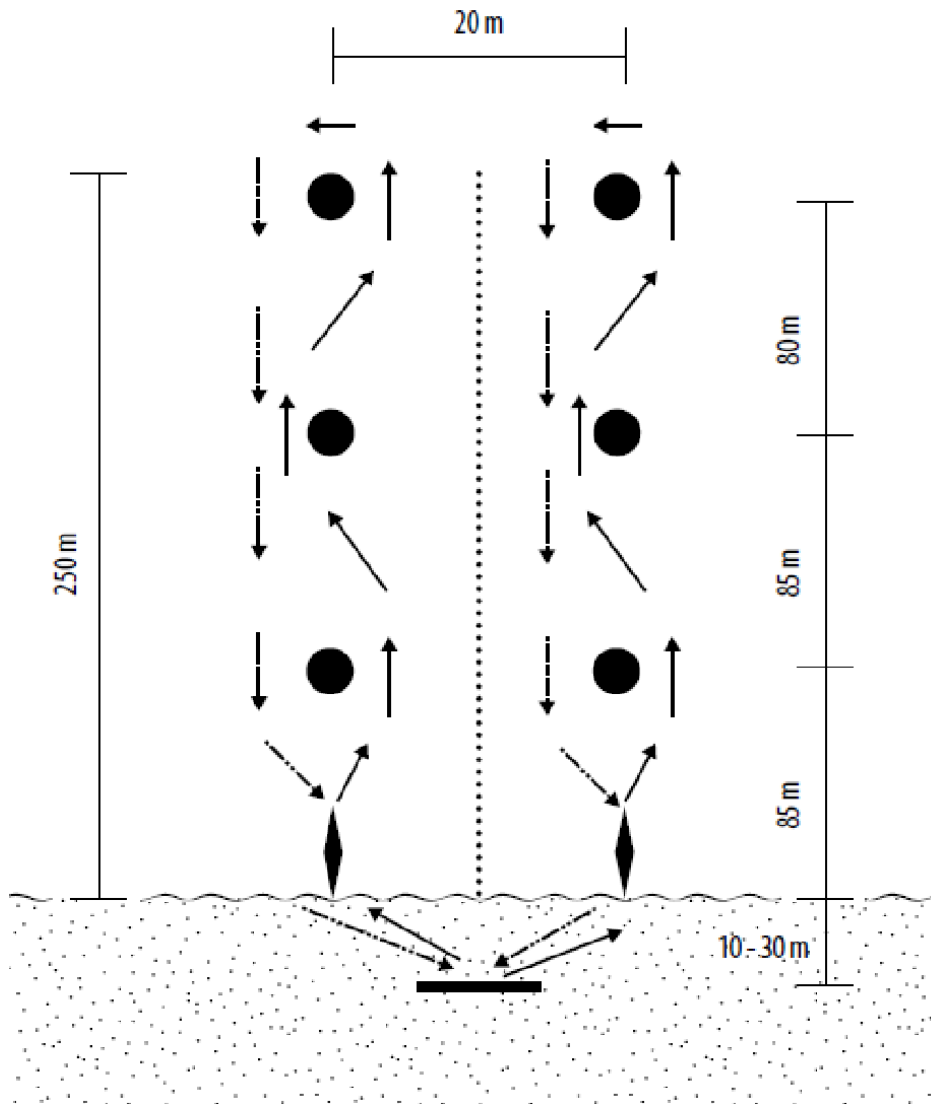
- The Start list will be published after registration closes.
- A provisional timetable will be published on the website and on site. Competitors are expected to monitor the timetable and be ready for changes. This programme is subject to change **before** and **during** the Regatta - **please check the website for any changes**. In addition, a WhatsApp group will be set up for club contacts to notify competitors of any changes.
- The provisional progression system will be published on the website the week after entries close.
- All competitors must attend the briefing at 09:30 on Sunday, 26th June.
- All crews are expected to help move boats at the start and end of the day if required.

SUMMARY OF RACING FORMAT

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

- The race starts with a sprint on the beach of between 10 and 50 m for the rower or one of the rowers. Each crew will be allowed up to two boat handlers. The competitor then enters the boat and the boat slaloms around three buoys over a 250m course, and, for this event, will row straight back to the beach before one of the rowers exits the boat and runs to the finish line.
- The boat handlers shall wear matching uniforms that are 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.

RACE COURSE (QUARTER FINALS, SEMI FINALS and FINALS)



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).
- 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.



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- 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.

NOTICES:

ON THE WATER

- 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 the racing area.
- Circulation patterns detailing training and racing zones are displayed on the notice board, and included below.
- No-go zones and sea marks are 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.
- Take care not to be swept or blown onto the rocks. 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 the water warming up or cooling down is permitted during racing.

ON THE 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 at Saundersfoot Harbour.
- Car parking, public toilets and the race beach are indicated on the map.



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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.

ENDS