



**OFFSHORE  
CHAMPIONSHIPS**

# Captains' Pack

## British Rowing Offshore Championships 2023

Information for participants prior to the event

Version as of 21 July 2023

**TEAMWORK | OPEN TO ALL | COMMITMENT**



**OFFSHORE**  
CHAMPIONSHIPS

## Welcome!

In preparation for the 2023 British Rowing Offshore Championships, we expect all participants and officials to have read the following information before arriving in Exmouth. We want you to be equipped to enjoy the racing and to cope with all weather conditions.

## GENERAL INFORMATION

### TRAILER ARRIVAL & DEPARTURE

Thank you for providing details of you expected trailer movements to us. If your plans change, please let Roy Prosser know in advance ([rlprosser@btinternet.com](mailto:rlprosser@btinternet.com) / 07793 018633).

If you are arriving on Thursday 27th July, we recommend that trailers are parked in the Maer Road Long Stay Car Park, EX8 2DB. Roy will be there from 13:00-19:00. It is £6 per day and can be paid for on the RingGo app, location 42940. The car park will not be locked during our event.

There will then be a timetabled movement of trailers to the beach area on Friday morning where boats must be unloaded quickly and trailers returned to a car park. Overnight security for the boats on the beach has been arranged for Friday and Saturday nights.

### PLEASE TAKE CARE WHEN CROSSING THE ROAD WITH BOATS

Exmouth beach front is a busy area and we therefore need to ensure all boats are unloaded and trailers removed by 10am, on Friday 28th July.

### 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 at the RNLI building and by the "Hangtime Café" on Queens Drive.

### TRAVEL

Please consider your carbon footprint when travelling to the event and travel by train or car share if at all possible. We should, however, draw your attention to a rail strike on Saturday 29 July.

There are various places to park in Exmouth and prices vary. The cheapest is at the Long Stay Car Park on Maer Road (EX8 2DB) with c. 220 spaces close to the RNLI building at £6 per day. It uses the RingGo app location 42940.

### CATERING

There are a number of food outlets along Queens Drive with varying opening times. However, it is unlikely that they will be open 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

Budgens supermarket with everything you might need, including Costa Coffee, next door to Exmouth Rowing Club. Budgens is open from 7am until 10pm.

## DOGS

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

## PARKING, TOILETS AND DRINKING WATER MAP



## RECYCLING POINTS

Please find below approximate locations of recycling points.



DON'T FORGET . . .

**You must bring your own oars and lifejackets.**

## TIMETABLE

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 contact on BROE is up to date**

Friday, 28 July 2023

Race	Time	Distance	Event	Round	Crews	Progression
	10:00	On Beach	Captains briefing			
1	11:00	4 Km	CO 1x	Elim 1	9	1st 4 to Final
2	11:05	4 Km	CW 1x	Elim 1	8	1st 4 to Final
3	12:00	4 Km	CO 1x	Elim 2	8	1st 4 to Final
4	12:05	4 Km	CW 1x	Elim 2	8	1st 4 to Final
5	12:10	4 Km	CMx Abil 4x+	Final	3	
6	13:00	6 Km	CO 2x	Final	8	
7	13:05	6 Km	CW 4x+	Final	7	
8	14:00	6 Km	CMx 2x	Final	9	
9	15:00	6 Km	CMx 4x+	Final	4	
10	16:00	6 Km	CWMas 4x+	Final	3	

Saturday, 29 July 2023

Race	Time	Distance	Event	Round	Crews	Progression
	08:00	On Beach	<i>Captains briefing</i>			
11	09:00	6 Km	CMxMas 4x+	Final	3	
12	10:00	6 Km	CO 1x	Final	8	
13	10:05	6 Km	CW 2x	Final	9	
14	11:00	6 Km	CW 1x	Final	8	
15	11:05	6 Km	CO 4x+	Final	4	
16	12:00	6 Km	COMas 4x+	Final	3	

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 hour before the first race of 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 aids 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 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.
- Keep a good look out in training and racing. Boats being overtaken must hold and 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 Maer Rocks near 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 the 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 you must return to the start area following the circulation pattern. *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.
- 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 cannot be run, a floating start 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, on Queen's Drive.
- 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](mailto: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 RNLI building – 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 (not automatic);
- Your blades;
- Your racing uniform;
- Bootees or water shoes as the sand can be pebbly/shingle;
- Any other safety equipment that you think that you will need (VHF radios are allowed).



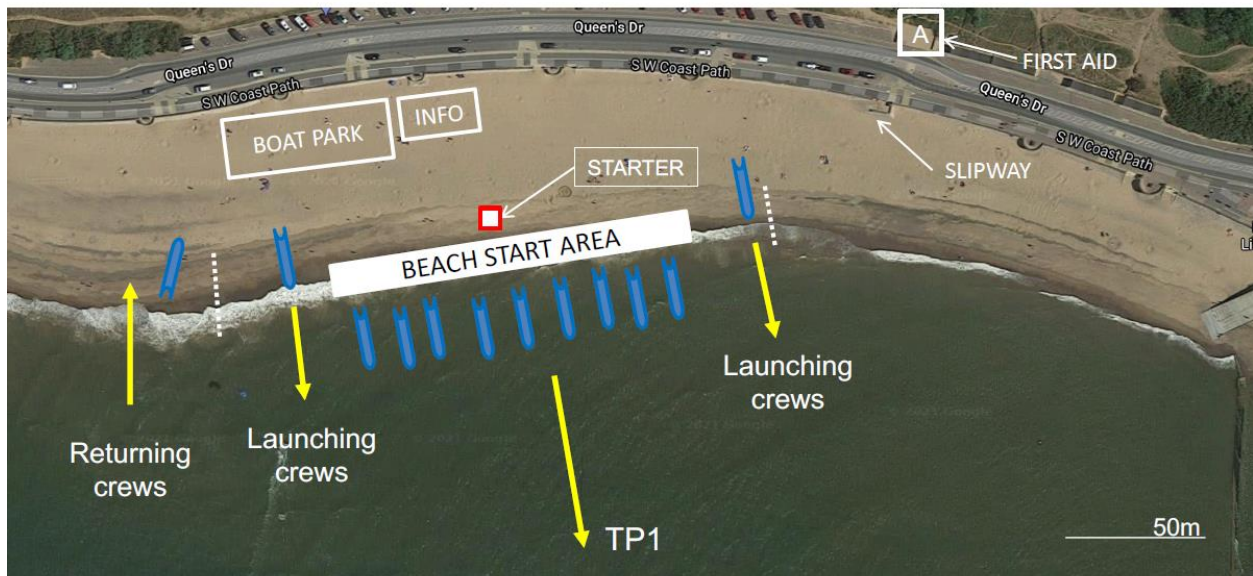
## Circulation Patterns and Courses

There are two courses - 4km for Heats and 6km for the Finals.

The details of these will be released shortly.

### Beach Traffic Pattern

## BEACH TRAFFIC PATTERN



1. Be in your lane 3min before your start time

2. At 1min all crews to be ready on the water..

3. On the GO command the will crews enter their boats.

### The Timetable, Registration, Progression and Draw

- Crews are expected to register between 08:00 and 10 minutes after the last race of the day on Friday 28th July and 08:00 and 09:00 on Saturday 29th July to confirm their entry. A crew representative can do this.
- A provisional timetable will be published on the website. **Competitors are expected to monitor the timetable and be ready for changes, which may also happen on the day.** A WhatsApp group will be set up for club contacts to notify competitors of any changes.
- There are only two events where there are heats (CO1x and CW1x) - please check the timetable for proposed timings and which heat you are in.

## Summary of Racing Format and Conduct

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

- The aim of the progression system is to identify the fastest four 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 considering 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 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.
- Races will be run over 4km for the heats and 6km for the finals (aside from CMxAbl4x+, which is run over 4km). Races will be timetabled with some having gaps of 5 mins for start times. ***Slower crews in races should give way to faster crews in later races.***
- Once a crew has passed the finish line, they will make their way to the beach in a safe and controlled manner, keeping a good look out and having regard for other water users.
- Umpires will issue penalties for crews that are considered 'out of control' during the start and race. Each crew has 2 boat handlers, this may be increased to support crews in the start zone.
- 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 'landing 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 Maer rocks.

END