



**INDOOR  
CHAMPIONSHIPS**

# **COMPETITOR HANDBOOK 2024**

**Version 1.0, 29 November 2024**



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## **WELCOME TO BRIC 2024!**

British Rowing is very pleased to once again be joining forces with FitFest to stage our Indoor Rowing Championships at the NEC, Birmingham on Saturday, 7 December. We're excited to have you back racing with us!

This year, BRIC has attracted almost 1,800 competitors from around the world including our largest ever adaptive entry. With the addition of *Super Sprint Sunday* for the first time ever, it is shaping up to be an action-packed weekend of competition.

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 NEC to help you find your way; they will be more than happy to help answer any questions.

We look forward to seeing you at the NEC!

## **WITH THANKS TO OUR EVENT PARTNERS:**



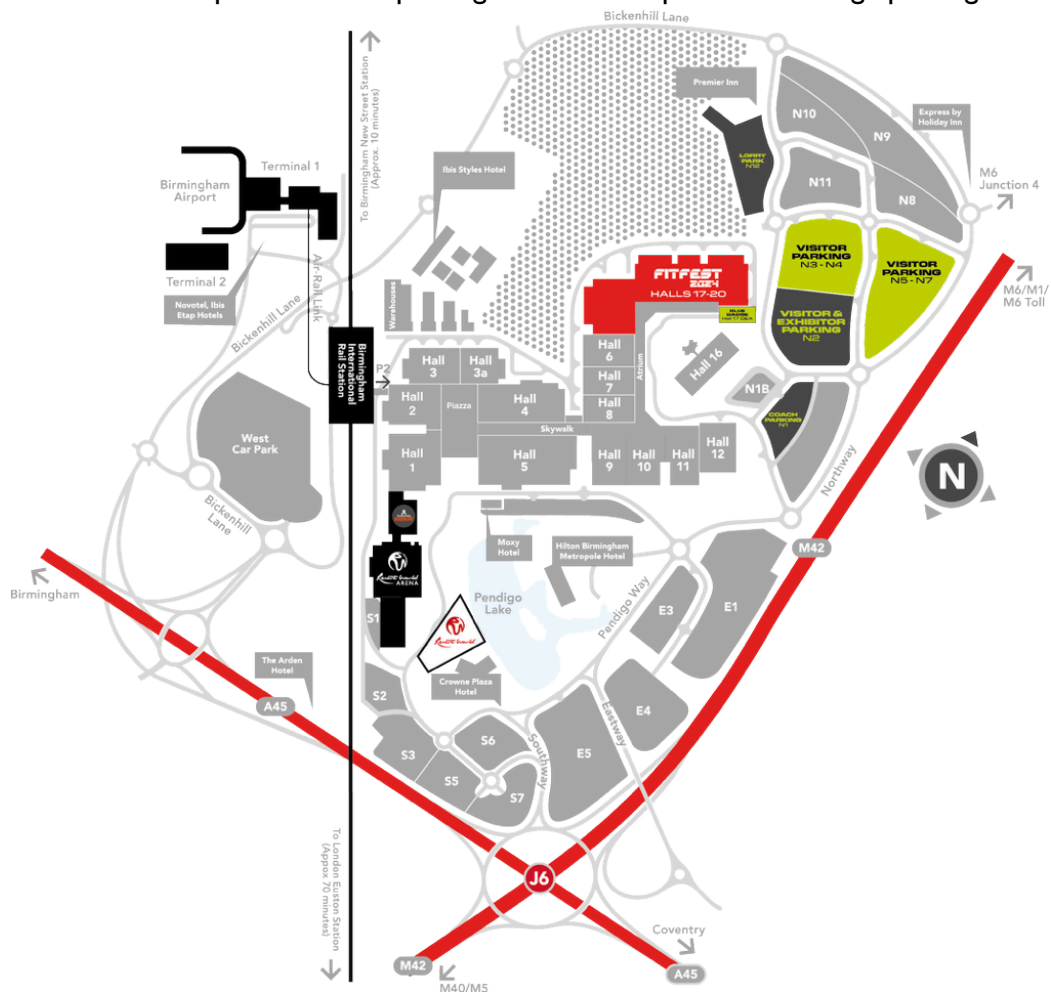
## GETTING TO THE NEC

BRIC 2024 is being held at the National Exhibition Centre (NEC), Pendigo Way, Marston Green, Birmingham, B40 INT.

Full Information on how to get to the NEC, Birmingham can be found on the [venue website here](#). **Please note a planned diversion on the M42 during the event, details [here](#).** We recommend you use the good public transport connections to get to the NEC.

The nearest rail station is Birmingham International which is a 5 minute walk from the venue and you won't even need to brave the elements! If you're travelling from further afield you may need to catch a connecting train at Birmingham New Street, which is less than a 15-minute journey away.

If driving to the NEC, we strongly recommend that you **book car parking in advance** to take advantage of savings! Once you've arrived, follow the digital directions to FitFest 2024 for visitor parking North 2 - 7 Car parks / Coach parking North 1 Car park / Blue Badge parking - Hall 17.





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## **WELCOME TO BRIC**

### **Arrival**

Once inside the main NEC Atrium, registration for the rowing competition will be opposite the doors to Hall 17. Registration will be open from **07:00 on Saturday 7 December** and 07:30 on Sunday 8 December.

### **Individuals**

All individual competitors must bring their race card email. You will need this to register to compete. We recommend you also bring your registration email from ActiveWorks as a back-up.

### **Groups**

Competitors who have entered as a group must bring their race card emails. A nominated representative is requested to register on behalf of the whole group.

### **Spectators**

Spectator tickets are available for [Saturday](#), [Sunday](#) and the [Weekend](#), but are limited by venue capacity: we strongly advise you to buy your tickets online in advance to be sure of access. Competitor wristbands allow access to the spectator area.

On arrival, you will need to go to the registration desks opposite the entrance to Hall 17 and present your order confirmation to receive your wristband(s).

**Please note there is no access to the spectator area until 08:30** but you are welcome to enjoy the facilities in the atrium before then.

### **Wristbands**

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

### **Security**

You will be required to pass through a security bag search on the way into the venue. Please be prepared for this.

### **Venue Facilities**

Details on the facilities available at the NEC can be found [here](#). Please note that the venue does not have showers or specific changing rooms.

## COMPETITOR SERVICES

### Race Cards

A race card will be emailed to each competitor before the event. This shows: name, category, race time, race number, and rowing machine number. You need to know your rowing machine number before you race, so you go to the correct rowing machine and your results are correctly recorded. Our Champs Crew will be on hand to direct you if needed.

### Bag Drop

There are cloakroom facilities within the NEC, including next to door 17

In addition, for competitors only, we will be operating a bag drop facility which can be used whilst you are competing (i.e. drop your bag before warming up and collect it after you have raced.) Bag drop will be open throughout the day. Items are left at the competitor's own risk.

### Lightweight Weigh-In

Weigh-in will be situated in room 17.1 which is accessible from the main NEC atrium (**not** from within the hall) - to the left of the main entrance to the halls.

Lightweight competitors must weigh in **no less than one hour and no 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.

### Warming Up

Rowing machines and stretch mats will be available for warm-up. Access will be available from 07:30 on Saturday and 08:00 on Sunday. Machines are limited so should only be used for a short period in advance of your race.

### Marshalling

Competitors should be at the marshalling point by the race floor entrance in good time before their published race time. Race marshals will then gather competitors into their races. A few minutes before your scheduled race time, the marshal team will direct you through on to the race floor.

### Pre-race

Competitors must ensure that they are on the correct race machine: the team of race monitors will help if you have any questions. During the short period before your race start time, you will have the opportunity to set the drag factor on your machine. However please pay attention to the race monitors and the race starters to ensure you are ready to start on time.

## Racing Format

All racing events will be straight finals, i.e. each competitor will only row once. Due to entry numbers, some events may be spread over more than one heat. The times from all heats for a single event will be combined to give an overall ranking. We will attempt to seed the fastest competitors of each event to be in the last heat for each event.

If a competitor misses their race for whatever reason, they may be able to race in a later race if a place is available but will not be eligible to win a medal.

## Start procedure

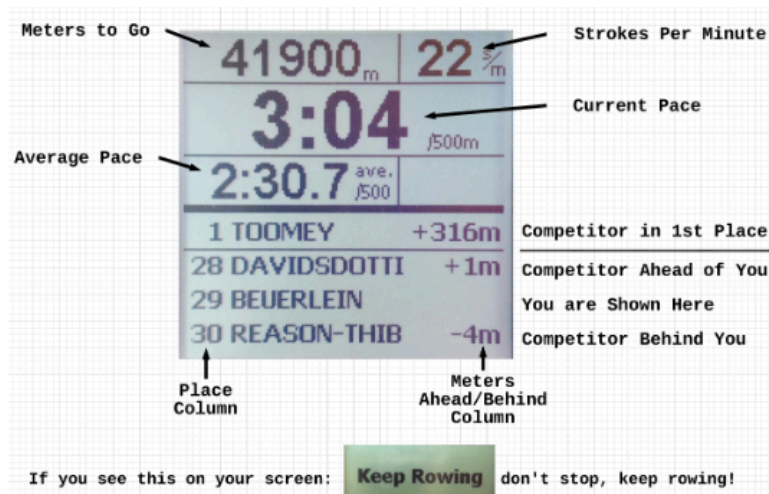
The race start procedure that will be used can be found [here](#). A race starter will be positioned in front of the machines to give further instructions.

If there is a false start, the race system will display “False start” on the indoor rowing machine monitor and the race will be stopped. Competitors will need to put the handle down, wait for the flywheel to stop moving and wait until the start sequence will begin again.

In the instance of one false start, the individual(s) causing the false start will be allowed another chance to start. If there is a second false start, the individual(s) 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 BRIC.**

## Monitor display

During the race, your standard monitor display will be as below:



## Highlighted Races

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

## Sports Presentation

Big screens, added lighting on the race floor, and water-based haze effects may be used during the day. If you have any concerns about the use of any of these effects please email [indoorchamps@britishrowing.org](mailto:indoorchamps@britishrowing.org) before the event.

## Racing Kit

Please make sure you race with your racing kit is fully pulled up and that you keep all kit on after racing until you are in a designated changing area.

## Junior Competitors

Individual junior competitors will receive one free spectator wristband for their responsible adult. All teams with junior competitors receive one such extra wristband per five juniors. Please note this wristband does not permit access to the race floor.

## Adaptive Competitors

Any adaptive entrant with specific needs should **make contact with the event organisers** in advance of the event so that we can ensure you are catered for.

You should bring your own race equipment if you do not use a conventional sliding seat: this includes the slide, seat, straps and clamps.

## Relays

In a change to 2023 **only Relay Team Members** will be permitted on to the Race Floor. No outside assistance is permitted.

## Post-Race

After your race please clear the race floor **promptly**, so we can prepare for the next race. The exit is towards the spectator seating and **not** the entrance you used onto the race floor.

## Results

Throughout the day, results will be published on the [British Rowing website](#).

## Records

If a British or World Record is achieved while taking part in BRIC, all results will be submitted to Concept2, where they will be verified and then submitted onto the C2 Logbook and displayed after the event.

## 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.

## Super Sprint Sunday

Further information on the format of each Challenge for *Super Sprint Sunday* will be shared directly with entrants to those challenges.

## Clean Sport

The British Rowing Indoor Championships are 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 [cleansport@britishrowing.org](mailto:cleansport@britishrowing.org). During the event, there will also be Clean Sport educators from British Rowing on site to provide information and guidance.

## **INSIDE THE VENUE**

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

Within halls 17-20 at the NEC you will find a large number of concession stands and catering outlets 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.

Please note that the NEC is a non-smoking venue.

### **Spectating**

There will be a mixture of seating and standing viewing for the rowing arena. Seats are not allocated and will work on a first come first served basis. Space is limited so we ask you to be mindful of others and encourage you to enjoy all elements of the wider event throughout the day.

### **Food & Drink**

The NEC has a wide selection of outlets within the Atrium. Further details can be found [here](#). In addition, further outlets will be inside the halls where there will also be seating areas for eating.

### **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 NEC staff.

## FURTHER INFORMATION

### Volunteers

A fantastic group of “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

If you lose something at the venue, please head to the Security Office either at the Piazza or Atrium and the NEC staff will do their best to help. Alternatively you can call their lost property department on 0121 676 3383.

### Event Merchandise

Our event merchandise and British Rowing merchandise will be available to purchase on site throughout the day next to the rowing arena.

### 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. Where the responsible adult is not the parent/care-giver of the junior it is expected that they are appropriately vetted and have undertaken safeguarding training.

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.

British Rowing has appointed a dedicated Event Safeguarding & Welfare Adviser. They are the initial point of contact for any safeguarding concerns and may be contacted via any member of the Event Team on the day.

Alternatively any safeguarding concerns can be reported to British Rowing’s safeguarding team directly through the safeguarding reporting form which can be found [here](#)

## **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**

Our official photographers are AllMarkOne. Their photographs will be available for sale on their website [here](#).

These photographs and videos may also be used on websites and social media channels of British Rowing, or shared with the media and British Rowing partners.

Competitors and those responsible for them should be aware that other 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 aware of the above paragraphs.

If you have a concern about this, perhaps for safeguarding reasons, please email [comms@britishrowing.org](mailto:comms@britishrowing.org).

