



**JUNIOR  
INTER-REGIONAL  
REGATTA**

**Competition Safety Plan & Safety Rules**

**Junior Inter-Regional Regatta  
National Water Sports Centre, Holme Pierrepont  
Saturday 26 April 2025**

## Table of Contents

1. Summary.....	3
2. Introduction.....	3
3. Communications.....	4
3.1 Prior to the competition.....	4
3.2 At the start of the competition.....	4
3.3 During the event.....	4
3.4 Post event.....	5
4. Competition site.....	5
4.1.1 Outline site plan.....	5
4.2 Vehicles and trailers.....	5
4.3 Cycling, Scooting, Skating, Rollerblading & Pedestrians.....	5
4.4 Boat storage.....	6
5. The course and circulation pattern.....	6
6. Safety checks and monitors.....	6
6.1 Control Commission.....	6
6.2 Race Marshals, Monitors and Umpires (RMMU).....	7
7. Safe behaviour.....	7
7.1 Dressing appropriately.....	7
7.2 Jumping in/throwing coxes.....	7
7.3 At the end of the race.....	7
8. Adaptive/Para competitors.....	7
9. Alteration, Suspension and Abandonment of competition.....	7
9.1 Lightning.....	8
10. Competition Emergency Response Plan.....	8
10.1 Communicating an incident.....	8
10.2 Controlling authority.....	8
10.3 On-water safety provision.....	8
10.4 First Aid provision and movements.....	9
10.5 Crew in distress/unable to race.....	10
10.6 Capsized crew.....	10
10.7 Emergency telephones and contacts.....	10
10.8 Emergency access points.....	11
10.9 Fire.....	12
10.10 Evacuation of NWSC and/or competition site.....	12

11. Failure of safety arrangements.....	12
12. Incident reporting.....	12
Appendix A – Circulation Pattern.....	13
Cool Down.....	13
Warm Up.....	13
Appendix B – RMMU positions.....	14
Appendix C – Marshalling Instructions.....	15

# Competition Safety Plan & Safety Rules

**The following information defines key rules, procedures and guidelines, which must be fully adhered to by all crews and officials. It is a condition of racing that coaches must go through this Safety Plan with every crew – and especially their coxes – before boating.**

## I. Summary

Whilst on site at the National Water Sports Centre (NWSC) and on the water, all competitors are under the authority of the competition and must follow all the instructions given by officials, especially in emergency situations.

The competition is run taking into consideration the British Rowing [RowSafe](#) guidance, the NWSC emergency plans and the [British Rowing Rules of Racing](#). The competition will endeavour to provide a safe environment in accordance with the guidance in [RowSafe](#), but competitors, coaches and clubs are specifically reminded that every person attending the event, including those competing or officiating, do so entirely at their own risk and are responsible for:

- i. their own safety;
- ii. ensuring that their boats are safe and are prepared to the guidance in [RowSafe](#) and the [British Rowing Rules of Racing](#);
- iii. the strict observance of the circulation pattern and guidance in [RowSafe](#);
- iv. deciding whether or not they are competent and able to compete safely in the prevailing weather and water conditions.

The organising committee reserves the right to exclude any crew from further participation in an event if it does not show sufficient competence on the way to the start, attaching to the stakeboats, or progressing down the course during a race. This rule will be applied in the interests of safety and fairness to other competitors.

The course, circulation pattern and on-water instructions are shown in [Appendix A](#).

During racing, three safety boats will be stationed on the water:

1. Close to the start (“Safety Start”)
2. Halfway along the course (“Safety Middle”)
3. Close to the finish (“Safety Finish”)

All first aiders, marshals and safety boats must be in position before crews boat in advance of any racing. Approval to go afloat and for racing to commence will be given by Race Control.

Race Control, located on the top floor of the NWSC building, will co-ordinate all safety incidents, including rescue and medical response on the water and on land.

The Competition Rowing Safety Adviser (Acting) is Luke Dillon.



## 2. Introduction

**2.1** The British Rowing Junior Inter Regional Regatta (JIRR) is a national competition for Junior competitors which is run on Saturday 26 April 2025 at the NWSC, Holme Pierrepont, Nottingham.

**2.2** The NWSC has a purpose built, buoyed 2000m lake within Holme Pierrepont Country Park, managed by Holme Pierrepont Leisure Trust in partnership with Nottingham City Council.

**2.3** Known hazards are the pontoons (including the medal pontoon), the proximity of transit and racing lanes, the stake boat cable and an outflow on the line of the stakeboats at the 2000m course start

**2.4** Time trials will be conducted on a 1000m course. Side-by-side racing for all events except adaptive events will be raced over 1500m; adaptive events will be raced over 1000m with a free start.

**2.5** Events are offered for Junior Competitors from in a variety of boat classes including an adaptive class. Competence of crews varies between competitors and is based on regional selection to choose the appropriate representative.

**2.6** This Competition Safety Plan takes into consideration the guidance within *RowSafe*.

**2.7** This Competition Safety Plan describes how officials, participants and others should act in order to ensure a safe competition. The Plans and Rules are derived from the barriers and controls within the Competition Risk Assessment.

**2.8** The competition will be run in accordance with the British Rowing Rules of Racing.

## 3. Communications

Competitors, race officials, umpires, launch drivers, safety boat crews, first aiders and other competition personnel shall be made aware of the safety arrangements in place before and during the competition in order to prevent incidents, and to enable incidents to be dealt with efficiently if they do occur. The following actions should be undertaken to ensure effective communication between all parties:

### 3.1 Prior to the competition

The following documentation will be made available on the British Rowing competition webpage <https://www.britishrowing.org/events/events-calendar/junior-inter-regional-regatta/> before the competition, with the link sent to all participants and others expected to attend;

- How to get to NWSC
- Competitor Instructions
- Circulation Pattern (on and off the water)
- Competition Safety Plan, including Safety Rules.

It is the responsibility of all participating clubs to make sure their crews are made aware of the content of these documents.

### 3.2 At the start of the competition

- A safety briefing for race officials, umpires and marshals will be given at the start of the day, highlighting significant points of the Safety Plan and detailing any differences from the published documentation. This will be communicated to Team Managers/coaches as required.
- Copies of all safety & welfare documentation will be available to view at Registration and will also be available online on the British Rowing competition webpage

<https://www.britishrowing.org/events/events-calendar/junior-inter-regional-regatta/> during the competition period.

- Members of the Competition Organising Committee will be available to discuss any matters.
- Each Safety Launch will be provided with an aide memoire detailing what to do in an emergency.
- The First Aid provider will be briefed by the Competition Rowing Safety Adviser.
- Before any crews boat and before racing begins, the Chair of the Race Committee and the Competition Rowing Safety Adviser will assess the water and weather conditions and must agree unanimously that the course can open and that racing may start.

### **3.3 During the event**

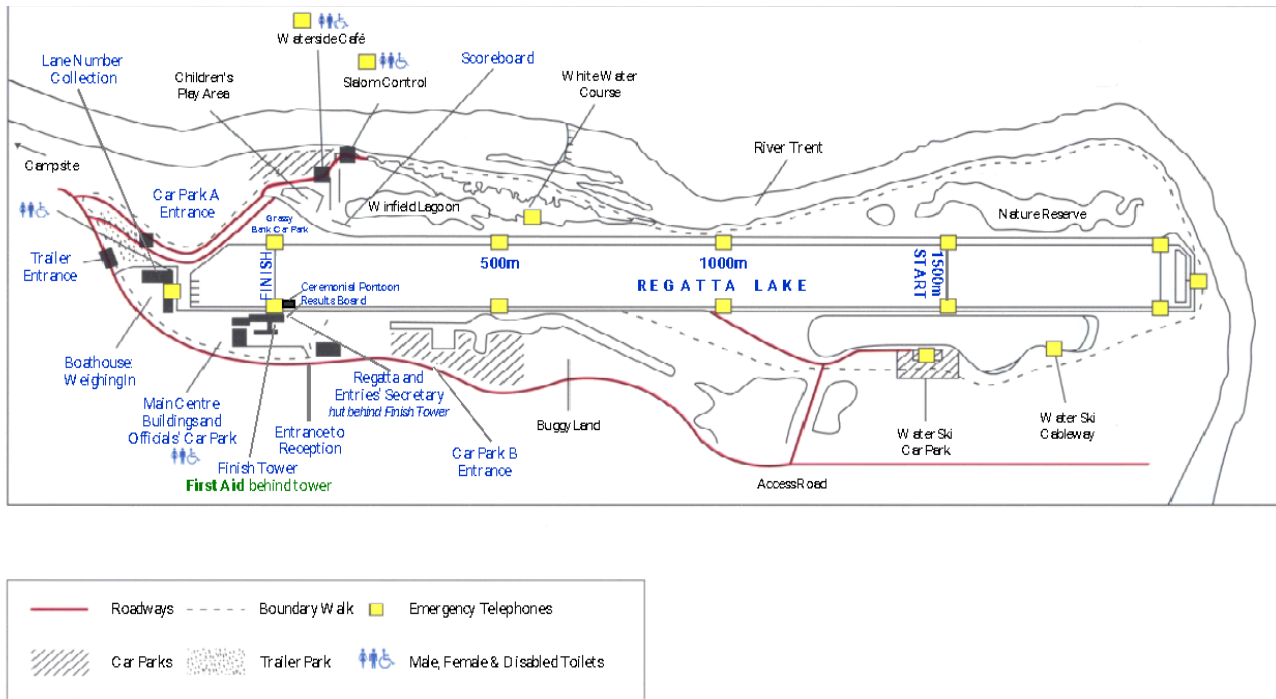
- Announcements will be made using the public address (PA) system if important information needs to be communicated to clubs, crews, coaches and spectators. Information may also be communicated by email, messaging services or social media if applicable.
- Communication between regatta officials will be primarily via radios (provided by the competition) under the control of the Regatta Controller (callsign “Race Control”).
- Radios will be issued to Organising Committee members, officials, marshals, umpires, safety boat crews and first aiders. Spares will be held at Race Control.
- Race Control will maintain an up to date list of who radios have been issued to, will monitor all communications and will direct the safety/medical response in the event of an incident.
- Instructions on how to use radios, radio discipline and protocol shall be provided to all competition officials in advance of the competition.
- Safety boat crews and First Aid will be on a separate radio channel.
- A separate discrete radio channel may be used for an emergency or other situation, under instruction of Race Control.
- The Competition Rowing Safety Adviser will carry out audits throughout the competition. Any corrective actions will be taken where necessary.

### **3.4 Post event**

- Feedback and comments on any aspects of the competition will be collected via a post-event survey, or can be communicated directly with one of the Organising Committee members shown above. Organising Committee members will note any points raised to discuss at the wash-up meeting.
- A wash-up meeting will be held after the competition to review the running of the competition, and any lessons or learning that can be used to improve the safe and fair running of the competition in the future.

## 4. Competition site

### 4.1.1 Outline site plan



## 4.2 Cycling, Scooting, Skating, Rollerblading & Pedestrians

Cycling, scooting, skating, rollerblading etc. is prohibited in the boating area. Cycling and scooting is not allowed in front of the Main Block and associated buildings, and next to the Presentation raft. These areas will be monitored by marshals and umpires. Wilful breaches will be reported to the Chair of the Organising Committee for further action.

Pedestrians, cyclists and non-authorised users are strongly discouraged from using the south side road along the course. Regatta vehicles will use this road and will drive on the right hand side.

Pedestrians that are not involved with the movement of boats should keep vigilant at all times and listen for instructions to move out of the way.

## 4.3 Boat storage

Boat racks will be available on the boathouse forecourt for competitors use. Boats may also be stored on trestles on the grass bank by the trailers. Boats should be tied down or stored in such a way as to prevent damage or danger during windy conditions.

## 5. The course and circulation pattern

**5.1** The Course and Circulation Pattern is shown in [Appendix A](#), and will also be displayed at Registration. It is the responsibility of all attending clubs to make their crews aware of the course and the circulation pattern. Any changes will be briefed as required.

**5.2** Umpires may issue an official warning or disqualify any crews failing to follow the Circulation Pattern or failing to obey Officials' instructions.

**5.3** The course will be opened in good time for the first race. No crews shall boat until the course is opened and the 'no entry' signs have been removed from the pontoons.

**5.4** Crews shall not boat more than 40 minutes prior to their race time, unless permission has been granted by the Head of Control Commission.

**5.5** There is no formally arranged practice session on the Friday evening before the regatta though individual crews may make their own arrangements with the NWSC. There are no training sessions before racing commences.

**5.6** Crews using the River Trent for training during the race weekend do so entirely at their own risk and must make their own safety arrangements. They must ensure their boat is licensed to be on the river and they must follow the river circulation pattern.

**5.7** There are six pontoons available for launchings and landings (E1, E2, CP, D1, D2, P – all as marked on the circulation pattern in Appendix A). Launching will be from the two pontoons (E1 & E2) furthest from the National Watersports Centre building and the Country Park pontoon (CP), with bowballs pointing towards the start. Landing will be at the two pontoons (D1 & D2) nearest to the National Watersports Centre building. Only para/adaptive crews may use the Para pontoon (P). Pontoon Marshals or Umpires will co-ordinate use of the pontoons.

**5.8** No racing starts or high-speed bursts may take place in the marshalling area.

## **6. Safety checks and monitors**

### **6.1 Control Commission**

Control Commission may check any boat going afloat. It is the responsibility of the clubs, coaches and crews to ensure their equipment is safe and is prepared in accordance with the guidance in [RowSafe](#) and the [British Rowing Rules of Racing](#). The equipment should also be suitable for the crew and conditions in which it is to be used before going afloat.

Where a check is undertaken by Control Commission, the following may be checked by way of a request to a member of the crew:

- bow balls
- condition and general maintenance of the boat, including the integrity of any buoyancy compartments
- foot release/heel restraints
- buoyancy
- cox's lifejacket and appropriate clothing
- ability of the cox to escape from front-loader boats

For crews entered into adaptive or para events, the following (if present) should be checked by Control Commission:

- fixed seat(s)
- foot stretchers and strapping
- safety of body strapping
- correct fixing of pontoons/stabilisers

Boats/crews that fail the Control Commission check will not be allowed to boat until all issues are resolved.

## 6.2 Race Marshals, Monitors and Umpires (RMMU)

Race Marshals, Monitors and Umpires (RMMU) will be located all the way down the course to provide visual surveillance for safety and racing infringements. Each RMMU will have specific roles, but the overriding responsibility is safety and fairness. Failure to follow the instructions of an RMMU may result in the offending crew receiving a penalty. RMMUs shall inform the Organising Committee of any incidents or safety concerns.

A list of RMMU positions is provided ([Appendix B](#)) with brief descriptions of responsibilities to cover the key areas on and off the water.

Marshalling Instructions are provided in [Appendix C](#).

## 7. Safe behaviour

The competition will endeavour to provide a safe environment in accordance with the guidance in [RowSafe](#), but competitors, coaches and clubs are specifically reminded that every person attending the event, including those competing or officiating, do so entirely at their own risk and are solely responsible for:

- their own safety;
- ensuring that their boats are safe and are prepared to the guidance in [RowSafe](#) and the [British Rowing Rules of Racing](#);
- the strict observance of the circulation pattern and guidance in [RowSafe](#);
- deciding whether or not they are competent and able to compete safely in the prevailing weather and water conditions.

All clubs must ensure that they have a representative at the competition to accompany their crews, and that this representative's contact details are known to the Organising Committee.

### 7.1 Dressing appropriately

Competitors and officials are advised to dress appropriately for the prevailing weather conditions. The weather can be changeable - keep warm and dry, as well as being mindful of the dangers of sunburn, heat stroke and exhaustion. Personnel are advised to cover up, apply sun block and increase water intake where appropriate.

### 7.2 Jumping in/throwing coxes

Entering the water by jumping in, or throwing people into the water, risks collision with an unseen underwater object or with a boat on the water, or illness from waterborne diseases. Crews are strongly discouraged from jumping into, or throwing others into, the water.

### 7.3 At the end of the race

Competitors must not lie back in the boat at the end of a race unless they require urgent medical attention.

## 8. Adaptive/Para competitors

Para and adaptive crews may use the Para pontoon to get on and off the water.

There is level access throughout the majority of the site, with the pontoons accessible by ramp. It is expected that teams will provide the necessary support for launching and landing, but Pontoon Marshals/Control Commission will also be available to assist if required. Any specific requests for further assistance should be notified to the Entries Secretary via the Team Manager in advance of the competition.

## 9. Alteration, Suspension and Abandonment of competition

Sometimes the conditions at a competition are such that it cannot safely continue as planned. It may then be appropriate to abandon or suspend the competition or make other alternative arrangements.

The competition's Alternative Arrangement Plan outlines the criteria that will cause the competition to be abandoned, suspended, or altered, how any decision will be taken, who will take that decision and how any decision will be communicated to participants and officials.

### 9.1 Lightning

In the event of a nearby lightning storm, the [RoSPA 30/30 rule](#) shall be followed:

- Seek shelter if the flash to bang period is 30 seconds in length or less;
- Stay inside this shelter until 30 minutes have passed since the last clap of thunder.

Crews will be required to clear the course as quickly as possible, which may include some crews being given permission to race. All crews should follow the instructions of marshals and umpires. Crews may use all pontoons in order to clear the water swiftly.

All others in attendance at the event, including volunteers and officials, should seek shelter in a building or vehicle. The PA will be used to communicate these arrangements with competitors and spectators. Competition officials will be informed by Race Control by radio.

Where the risk is deemed to be sufficiently high to prevent those on the water from returning to the disembarkation point safely, crews will be instructed by Umpires and officials to disembark on the nearest bank. Race Control will arrange transportation to appropriate shelter as required.

## 10. Competition Emergency Response Plan

### 10.1 Communicating an incident

For any incident where assistance is required, those reporting the incident should use the PLANS mnemonic to communicate details to Race Control:

<b>P</b>	Problem
<b>L</b>	Location
<b>A</b>	Assistance Required
<b>N</b>	Number of Casualties
<b>S</b>	Severity

Safety boat crews and first aid provision will be on a separate radio channel to that used by competition officials. Race Control will contact the appropriate safety resources on that channel and therefore officials may not hear these communications.

### 10.2 Controlling authority

If a safety or medical incident occurs, the nearest competition official should immediately report the details to Race Control using the PLANS mnemonic, and with further details as requested. Once Race Control has



been informed of the incident, Race Control is the controlling authority and will make all other necessary decisions, including dispatching safety and medical assistance.

### 10.3 On-water safety provision

Three safety boats are provided by a third party, contracted by the Organising Committee. The boats will be crewed by two persons with the helm qualified to at least RYA2 level (or equivalent). They will be positioned at the start, middle and end of the course. The Safety Boats will carry first aid kits as specified in RowSafe and will be contactable by radio, using callsigns “Safety Start”, “Safety Middle” and “Safety Finish”. Safety boats are to be used for the provision of safety support to rowers and water users only, and shall not be used for any other purpose.

If a safety boat is required to attend an incident, any official or umpire shall contact Race Control. Race Control will dispatch the most appropriate safety boat on the dedicated safety radio channel.

Any crew in trouble is to stay with its boat and follow the instructions given to them by officials, umpires and safety boat crews.

Umpire launches will be driven by a person who is qualified to at least RYA2 (or equivalent). Umpires launches will be provided with the equipment detailed in [RowSafe](#) and the [British Rowing Rules of Racing](#), and will also carry spare buoyancy aids. In the case of a water-based incident, they may provide assistance until safety boat crews arrive.

Umpiring launches are located along the course. The first and second launches are at the Start, with the remaining launches located along the course providing *suppléant*, slowly moving towards the start as each race passes.

### 10.4 First Aid provision and movements

First Aid cover will be present for the duration of the competition. First Aiders will be located at the cabin at the base of the Finish Tower, as indicated below. The competition First Aid provision includes an ambulance with paramedic.



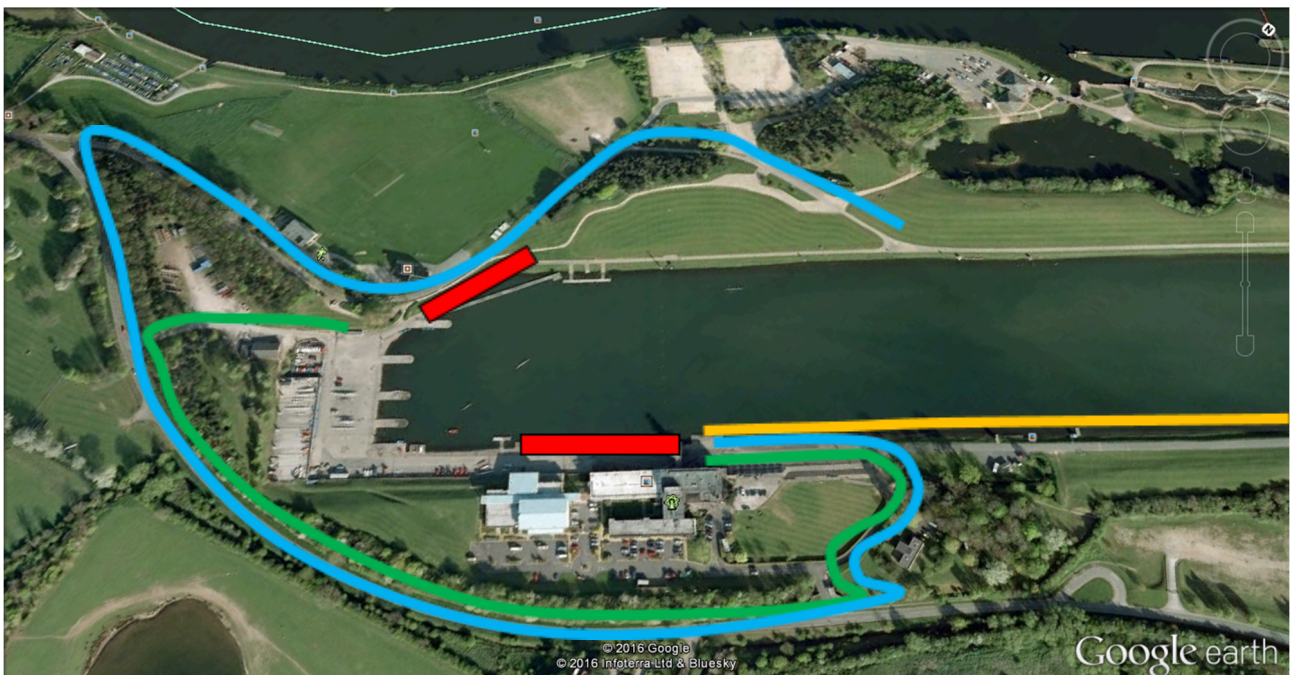
Defibrillators are located at:

- In the ambulance as part of competition First Aid provision
- NWSC Reception ///steep.bring.arch

If the on-site ambulance is required to attend an incident, Race Control will advise which of the following routes is to be used. If First Aid are contacted about the incident first, they shall inform Race Control that they will be responding to an incident, and Race Control will advise the route to be used. The routes are shown below:

- The green route allows access to the main landing stages without passing through crowded area in front of the boathouse.
- The blue route allows access to the north side of the course and the Country Park landing stage area.
- The orange route allows access to the south side of the course.

The ambulance shall not pass through the red areas unless the incident makes it necessary. If the red areas are required to be used, a path shall be cleared to allow the ambulance to move through the area at walking pace.



### 10.5 Crew in distress/unable to race

In the event of equipment failure or other incident that prevents a crew from racing or completing a race, but where the crew is able return to the boating area, the nearest umpire or marshal will inform Race Control and all other race officials that the crew is returning along the course in Lane 0, but is not racing while it does so. Crews will be reminded about the presence of obstacles in Lane 0, including the presentation pontoon close to the finish.

In the event of equipment failure or other incident that renders the boat un-rowable, the crew will be instructed by the nearest umpire or marshal to disembark onto the north or south bank as appropriate. The umpire/marshal will contact Race Control, and assistance will be organised to transport the boat back



to the boating area. All officials in the vicinity shall warn approaching crews of the incident, instructing them to stop if necessary to maintain safety.

### 10.6 Capsized crew

In the event of a capsize, the nearest umpire/marshal will radio Race Control and all other stations to stop racing and pass the details of the incident using the PLANS mnemonic ([Communicating an incident](#)). Race Control will direct the appropriate safety boat to the capsize location.

The nearest umpire/marshal shall instruct the competitors to hold onto the boat and await the arrival of the safety launch. The nearest waterborne umpire may deploy a throw line if necessary. Any incident on the water requiring the attendance of a safety or medical asset should automatically result in a pause in further races being started until Race Control deems that is no longer necessary.

Following the arrival of the safety boat, the waterborne umpire and launch driver should assist the safety boat crew as requested. Any competitors that have been in the water shall be taken to the landing stage adjacent to the Finish Tower. The boat and blades may be recovered to the nearest point on the south bank and await the arrival of club members to recover the equipment if necessary.

In the event of a capsize when crews are marshalling or rowing to the start, Race Control may inform Control Commission and/or embarkation marshals to suspend boating if necessary.

Race Control will advise all officials when racing can restart.

### 10.7 Emergency telephones and contacts

Any Emergency Services called shall be asked to enter the site by the one of the access points identified below ([Emergency Access Points](#)), and a designated person will meet and direct them appropriately.

Emergency telephones are situated at:

- Start Tower at 2000m
- At the 1500m marker on each side of the course
- At 1000m on each side of the course
- Main Reception in the Water Sports Centre
- Waterman's Office
- All manned huts.

Emergency numbers:

- Emergency Services - 999
- NHS, non-emergency - 111
- Police, non emergency - 101

Nearest A&E unit:

Queens Medical Centre, Derby Rd, Nottingham NG7 2UH -  
0115 924 9924 (approximately 17 minutes away)

NWSC Address:

The National Water Sports Centre  
Adbolton Lane  
Holme Pierrepont

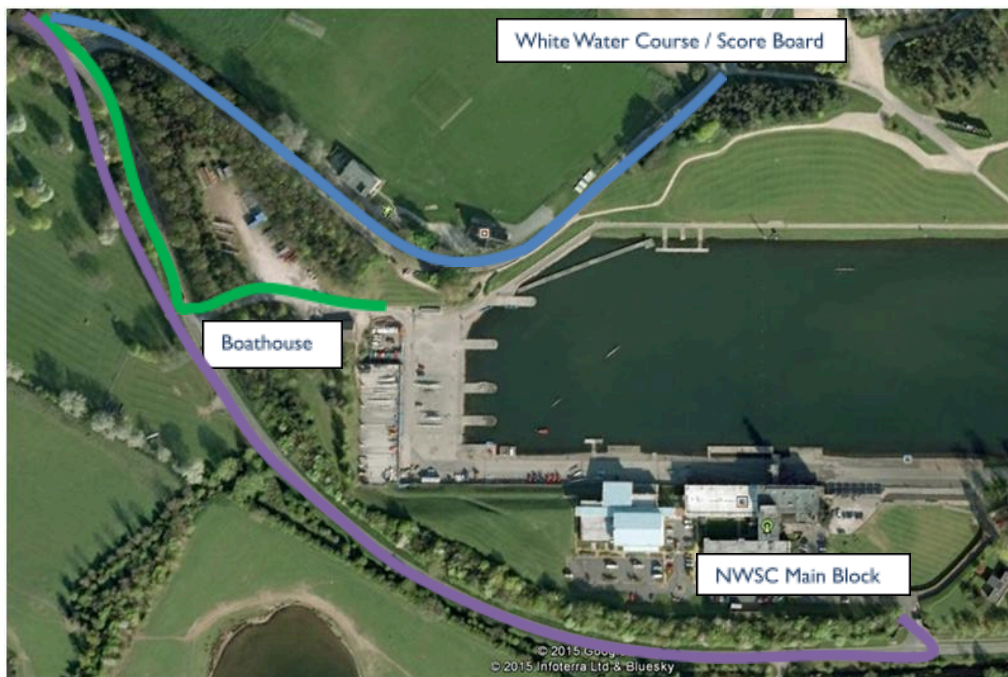
Nottingham  
NG12 2LU

NWSC Reception: 0115 982 1212

### 10.8 Emergency access points

There are three access points:

- White Water Course/Score Board
- Boathouse
- NWSC (National Water Sports Centre) Main Block



Access Points	Latitude	Longitude	OS Reference	W3W
<b>White Water Course / Scoreboard</b>	52°56'27.55"N	01°05'44.11"W	SK 60876 38559	///upon.shirts.sailor
<b>Boathouse</b>	52°56'24.05"N	01°05'47.62"W	SK 60812 38450	///loaf.dent.angel
<b>NWSC Main Block</b>	52°56'28.95"N	001°05'22.84"W	SK 61273 38607	///leaves.closed.oiled

### 10.9 Fire

Fire extinguishers, fire doors, emergency lighting and marked fire exits are present within the buildings on the competition site. In the event of a fire, follow fire escape instructions in the building and instructions given by NWSC staff.

### 10.10 Evacuation of NWSC and/or competition site

The NWSC has its own Emergency Action Plan which will be followed in the case of evacuation of the NWSC Main Block and/or the site.

## 11. Failure of safety arrangements

If one or more elements of safety and/or medical provision is not present, the alternatives below shall apply.

Occurrence	Outcome
Loss of a safety boat	This will be covered by a replacement launch
Loss of safety boats	This will be covered by Umpire Launches and a change to the race programme
Loss of Race Marshals', Monitors' and Umpires'(RMMU) support	This will be covered by extended shifts or other suitably qualified officials and or persons
Loss of the Competition Rowing Safety Adviser	Replacement with James Lee (British Rowing Events Manager)
Loss of medical cover	This will be covered by the provision of a qualified club First Aider. A list of suitably qualified individuals will be collated by Race Control if required. In the event of a serious issue, the emergency services shall be telephoned.
Loss of radio communications	This will be covered by requesting all officials to use mobile phones with all officials being provided with a contact telephone number for Race Control. Confidential lists of mobile numbers will be issued as a matter of urgency if radio communications are lost. There will also be a backup simplex radio channel that would be expected to function in the event of the loss of the repeater on any duplex radio channels.

## 12. Incident reporting

Any incident or accident must be reported to Race Control and/or the Competition Rowing Safety Adviser. The Competition Rowing Safety Adviser will record any incidents and submit them online to British Rowing.

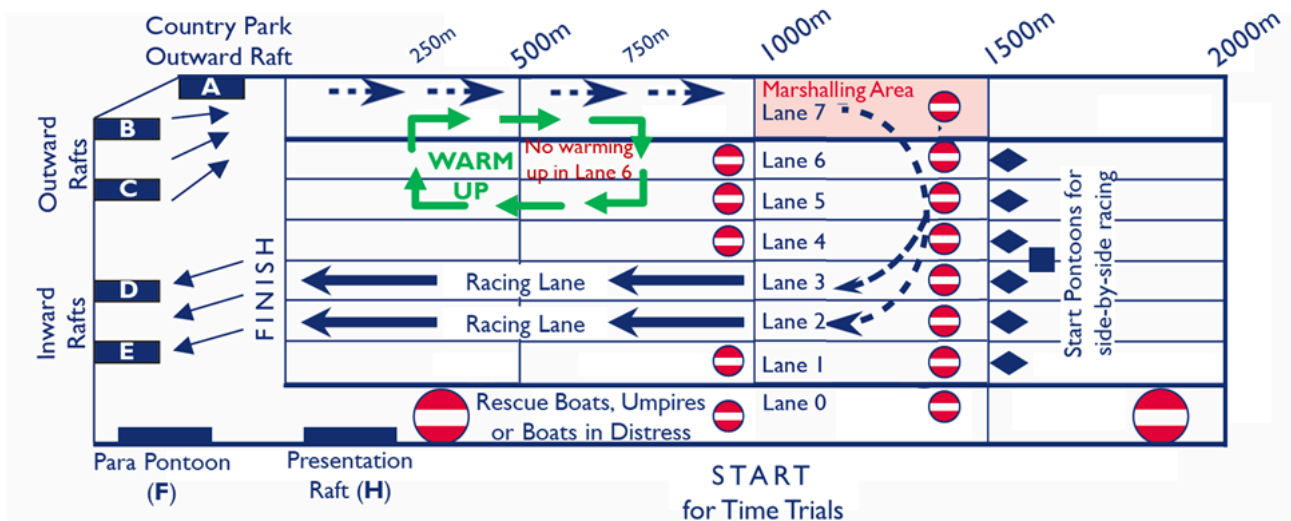
Any competitor, official, coach or spectator is able and encouraged to log any incidents using the British Rowing Incident Report System (<https://incidentreporting.britishrowing.org/>).

## Appendix A – Circulation Pattern

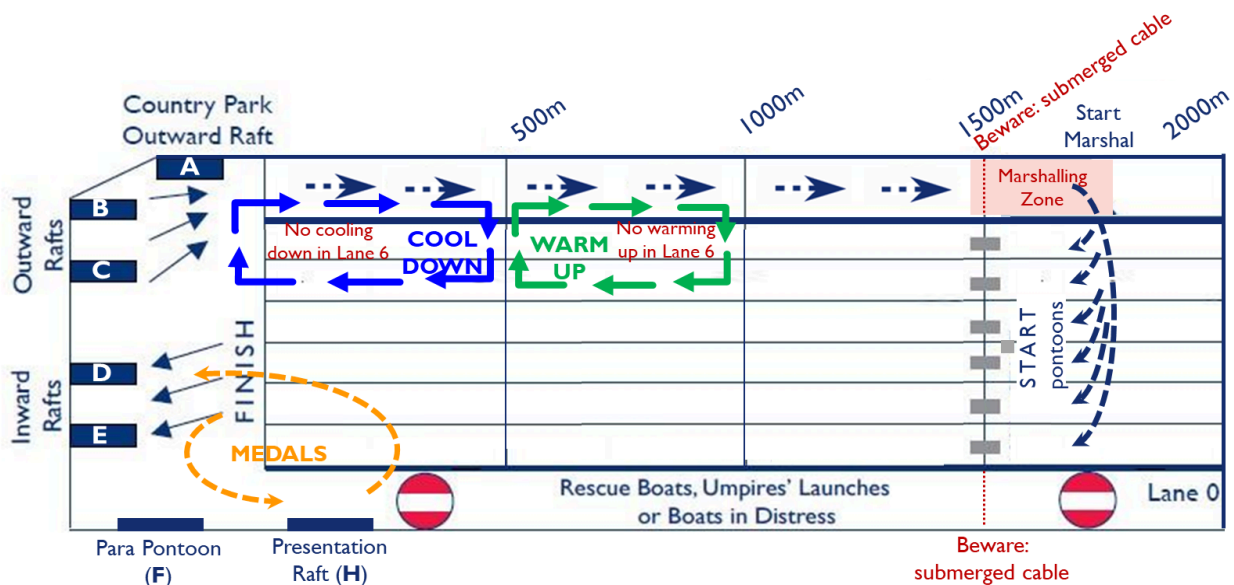
# THERE IS NO PRACTICE BEFORE RACING

*Crews shall not go afloat no earlier than 40 minutes before their race.*

### Time trial circulation:



### Finals circulation:



This pattern applies from 40 minutes before the first final and until the last race has finished and crews have cleared the course. Failure to comply with these rules will lead to the removal of the crew or team from the competition.

### Points of Danger

1. The pontoons on the side of the course past the Finish Tower and in front of the new boathouses should not be used by any crews.
2. Crews shall not do racing starts or bursts at high speed when close to other crews or when a race is going past.
3. Static crews in Lane 7 must be aware of the potential danger of being blown into the racing Lane 6 if there is a cross wind. Crews stopping in Lane 7 are advised to stay close to the bank.
4. Crews must take particular care of the stake boat mooring cable in Lane 7 beside the intermediate start.
5. Crews must take particular care when crossing the course to get to their allocated lane.
6. Crews must take particular care in the finish area to avoid collisions with other crews that have just finished and have been cooling down.

## Appendix B – RMMU positions

The following Race Marshals, Monitors and Umpires (RMMU) will be present at/near the course:

- Starter: starts races.
- Assistant Starter: starts races and assists Starter in their duties.
- Start Zone Supervisor: monitors conditions at the start and liaises with Race Committee.
- Aligner: aligns crews at the Start.
- Judge at the Start: identifies any false/faulty starts and monitors crew alignment.
- Marshal above Start (MA): located slightly above the start line. Ensures crews move into their racing lane, behind the start pontoon, and that crews do not progress too far towards 2k start area.
- Marshal at the wire (MW): located on the Country Park side between the start line and 100m (into the course). Stops movement of crews across the start line when races are being started. Monitors boat movements across the wire and warns appropriately to avoid damage to fins and rudders.
- Recorder: located close to the finish line. Ensures crews keep moving towards the start. Records each crew that passes that position.
- Race Umpires: monitor races for safety and fairness.
- Finish Judges: determines finish order of crews.
- Presentation Marshal: summons winning crews to the presentation pontoon and warns any approaching crews of collision risk with pontoon.
- Control Commission: carry out safety checks on boats and coxes, weigh coxes and keep a record of crews going afloat.

## Appendix C – Marshalling Instructions

Note that lakeside markers count down from the Start (2000m) to the Finish (0m)

**Boating:** Crews should depart from the 3 outgoing pontoons on the north side of the lake (including the Country Park pontoon).

**Practice:** There is no practice on the course before the start of the racing day and crews may not boat earlier than the times prescribed below for time trials and finals respectively.

### Time Trial instructions:

**Boating:** Crews will be given boating times and must be ready to boat 30 minutes before the scheduled start time of their time trial.

**Proceeding to the start:** Crews should paddle down slowly towards the start in lane 7, furthest away from the main building. Warming up is permitted by turning into lane 5 at 750m and back into lane 7 at the 250m markers. Crews should not turn at any other point. Crew should then follow the Marshals' instructions to paddle round in a continuous semi-circle into lane 2 or 3 as directed.

**Lanes:** 0, 1, 4, 5 & 6 are safety lanes and are not in use for racing. Lane 0 is to be used only for crews in distress. See diagram below. After completing the turn, crews should keep paddling in their allotted lane towards the timing line under the instructions of umpires.

**Start procedure & racing:** The Starter will say 'Go' approximately 100m before the timing line and crews will be timed from the 1,000m marker to the normal Finish. It is the responsibility of crews that are being caught to move across to an empty lane to allow faster crews to overtake.

**The finish:** Crews should be careful in the Finish area and proceed straight to the rafts quickly and safely. **There is no cool down after the time trial.** After racing, crews and coaches are asked to remove bow numbers from boats and place into buckets provided on the pontoon or return them to the registration cabin.

**N.B.** If the time trial needs to be stopped, umpires in launches will use bells, red flags and shout 'stop racing' through megaphones to inform crews. All crews should stop and await instructions from the nearest race official.

### Side-by-side (Finals) instructions:

**Warming up:** Crews may warm-up in lane 7 on the way to the start but shall not do racing starts or bursts at high speed when close to other crews or when a race is going past. Crews may also warm-up in lane 5 between the 1000m and 500m markers by turning carefully into lane 5 at the 1000m marker and then warming up in the racing direction only before turning back into lane 7 at the 500m marker. When warming up in lane 5, crews must keep well clear of any races.

**The start:** Crews will proceed in lane 7 to the 1750 marker. Under the Start Marshal's instructions they will cross into their racing lane and proceed towards the Start in their racing

lane. Crews should assemble behind the Start Tower, close to race time allowing time to be attached 2 minutes before the race. If a crew misses its “slot” it may not be allowed to race. When the Starter calls the race, crews will paddle past the start pontoons in their allotted lane and will then back down onto the start pontoon.

**Cooling down:** Crews may cool down by carefully turning into lane 7 after their race, and then turning into lane 5 at the 500m marker only. Crews must travel in the racing direction only in lane 5 and must take care not to impede any races on the course, or to cross the finish line alongside a race. Crews impeding a race whilst cooling down will be disqualified. **N.B.**

**Cooling down is not permitted during the time trials.**

**Prize winners:** Prize winning crews will be presented with their medals on the raft adjacent to the finish tower. Those receiving medals will be called over at the end of their race and they should pay attention to races coming down the course in making their way to the pontoons in reverse order (i.e. 3<sup>rd</sup>, 2<sup>nd</sup>, 1<sup>st</sup>). Following receipt of medals they will make their way to the disembarkation pontoons in the gaps between races.

**Disembarking:** Use the Inward rafts only when coming ashore after racing. Do not use the Country Park raft or those on the southern shore of the course. Take care in the finish area to avoid collisions as crews merge from racing and from cooling down.