



ENGLAND
ROWING

Trials Event

Instructions to Competitors

Home International Rowing Regatta Team
Sunday 13th July 2025

TEAMWORK | OPEN TO ALL | COMMITMENT

1. Scope

These instructions apply to all competitors, both on land and on water.

Information on the Welfare and Safeguarding is covered by the [British Rowing safeguarding guidance](#).

Spectators for this event will be limited to those responsible for delivery of athletes to the event (see [Spectator Access](#) section). Note that vocal support for crews / athletes during races is not permitted at this event.

It is noted however that the Royal Albert Docks (RADT) is a public venue and as such members of the public are likely to be present on site whilst the trials are taking place.

Date of the event: Sunday 13 July 2025

These instructions should be read in conjunction with British Rowing Row Safe documentation.

2. Safety Structure

Event Organiser / Safety Officer: Chris McManus – 07703 201 023

England Safeguarding Officer: Lucy McNulty – 07903 355177

Location: The England Rowing Team trials event takes place at the [Royal Albert Docks, Dockside Rd, London E16 2QT](#).

3. Home International Rowing Regatta (HIRR)

Name	Position	Contact Phone Number
Chris McManus	Team Manager	07703 201 023
Lucy McNulty	Team Welfare Officer	07903 355 177
Ellie Stevens	Assistant Team Manager	07523 856 613
Emil Ghattas	Lead Coach (Seniors)	0753 4595 422
Martin Gough	Lead Coach (Juniors)	07971 447 601
Eira Parry	England representative to GMC	
James Andrews	England Pathway Manager - British Rowing	07818 576 142

Trials will take the form of a 1500m time trial. Should crews be separated by less than one second, they may be asked to race off, side by side over 1500m. Race-offs may be used in other circumstances to determine selection as defined within the selection policy.

4. Rules Applying to the Event

The Trials are run in accordance with the British Rowing Rules of Racing and the Row Safe guide to good practice in rowing.

All crews must be made aware of the event rules set out in the instructions to crews. These rules have been designed as an addition to the above in order to facilitate the smooth running of the trials and to ensure the safety of competitors, spectators and the general public.

5. Vehicles and Trailer Access

Parent/guardian cars will be allowed to stay on site and must remain in designated parking areas. Please note that local parking charges apply at and in the vicinity of the Royal Albert Dock. The site will open at 0645.

All drivers must observe the posted speed limits and ensure that extreme care is taken in pedestrian areas.

6. Spectator Access

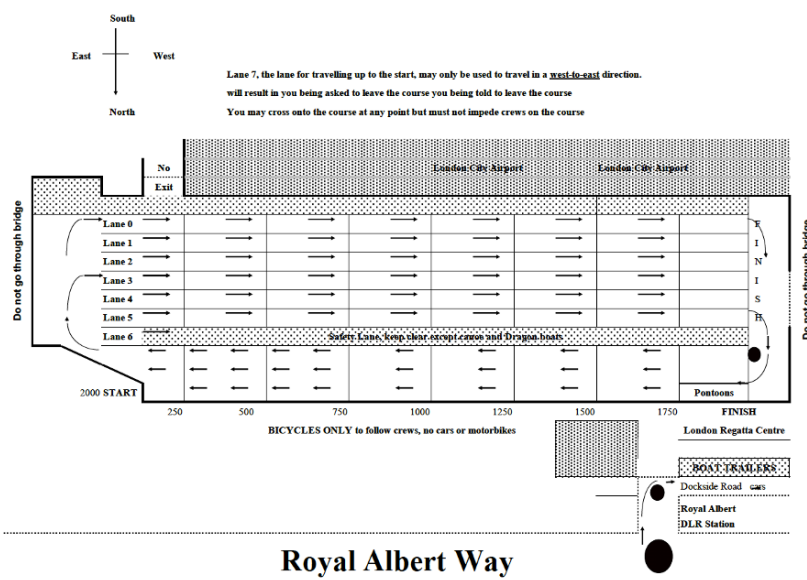
The Royal Albert Docks are a public site with open access for both spectators and members of the public. Spectators should note that it will not be possible to follow races by bicycle or vehicle. Local parking is available, please park carefully and ensure any local charges / tariffs are paid. The event takes no responsibility for parking infringements and fines incurred for failing to observe local restrictions.

7. Event Circulation Pattern

Event Circulation Pattern

The following circulation pattern will be used for both time trials and any side-by-side race offs that are required. This will be made available on the England Rowing Trials website, and a copy will be displayed at registration.

A copy of the circulation pattern is posted on the gate of the embarkation raft and is on the next page of this document. Scullers / steers should familiarise themselves with it. This is a **MANDATORY CIRCULATION PATTERN FOR ALL WATER USERS** so please review carefully.



In simple terms - the circulation pattern is clockwise, or WEST to EAST (when travelling to the start)

- Stay close to the north wall until entering the start zone.
- Only move into the start zone when required to move onto the rowing course
- Enter the Start Zone travelling in an easterly direction
- Beyond the 250m is a shared water with dragon boats/kayaks/canoes, proceed with caution and expect other boats to be traveling in a westerly direction
- Stay close to the north wall
- Do not cross over until beyond the 250m mark
- No overtaking beyond 250m, forming an orderly queue.

When instructed, proceed in rowing lanes or stay close to the south wall.

Going Afloat

- On leaving the pontoons, head directly to the start on the North side of the dock (opposite side to London City Airport)
- Crews should allow adequate time to reach the start for each division; listen for announcements from boat marshals in the boating areas.
- Crews must be on the water and away from the pontoons 15 minutes before division start time
- No crews will be allowed to go afloat after these times and may be disqualified.
- ** Note the organisers may need to amend start times on the day so be sure that you confirm your division start time when registering
- Crews must proceed onto the landing stage BOW first and boat quickly (i.e. adjust when afloat) then proceed immediately Eastwards, keeping to the Northside of the dock, along the Royal Albert Quay to a position beyond the start before turning

The Course

- Crews will paddle to the 250m marker
- All crews should familiarise themselves with the course by checking the course plan displayed at registration and on the boathouse notice board.
- The 1,500 metre course runs EAST to WEST. The course start line is at 500m and runs straight to the finish line which is at the 2,000m point before the Connaught Road Bridge as shown on the map.
- Dependent on prevailing weather conditions on the day, the organisers will advise which lanes will be used for the time trial at the briefings on race day

Start area

- Crews should not enter the racing lanes until told to do so by the start marshal
- Marshal will release crews in bow number order
- Crews should then get ready to race without delay. Crews will be released in the racing lane from the 2,000m start in approximately 30 second intervals. Crews should then build speed so that they cross the Start line at race pace.

In the event a crew experiences any equipment failure when on the water, they should either report to the nearest water- or land-based marshal or phone the emergency number and return to the landing stages safely, keeping a good look out for any other crews.

Finish

- The finish marshal will sound a signal as each crew passes the finish line. Note aircraft noise may make it hard to hear the finish signal, so crews should be aware of where the finish line is.
- At the Finish line continue on to the end of the dock towards Connaught Bridge and follow circulation pattern to return to the incoming pontoon
- Crews which have finished racing must move towards the centre of the dock, to avoid collision with the pontoon at the finish line on the airport wall. Then continue rowing to the end of the course and turn at the end of the dock, following the circulation plan, and return to the incoming pontoon.
- Crews must return to the pontoon after each race approaching from the WEST. Keep the areas immediately after the finish line clear, turning the boat before the road bridge. Crews should take careful account of prevailing wind direction when turning
- Crews **MUST NOT** pass under the Connaught Road Bridge after finishing the race

Coaches

Motorised vehicles / bicycles **MUST NOT** be used to follow races.

Cyclists

Cyclists are **NOT PERMITTED** to follow racing.

Radios

Under the British Rowing Rules of Racing, it is not permitted to communicate with crews on the water by any electronic means, use of devices for this purpose will result in disqualification of the crew concerned unless athlete safety dictates a need.

8. Water Borne and Infectious Diseases

General Advice

Competitors should take the following action in order to reduce the risks of infection from water- borne disease:

- Do not drink water from the lake.
- Only drink from your own water bottle.
- Wash hands thoroughly and shower, if necessary, before eating or drinking.
- Avoid immersion in the water.
- Cover cuts and abrasions (including blisters) with waterproof dressings.
- Do not splash water from the lake onto your face or body in order to cool down.
- Shower after contact with the water.
- Wear footwear to avoid cuts and protect feet when paddling in the water (launching a boat).
- Avoid contact with Algal scum.

Leptospirosis (Weil's Disease)

The risk of contracting Leptospirosis from recreational water is small, however the serious nature of the disease is such that everyone must be aware of the dangers and should take the simple precautions outlined above to reduce the risk of infection.

If 'flu-like' symptoms develop shortly after contact with the water (1-3 weeks) then your doctor should be contacted and advised of the circumstances of exposure.

9. Information for Competitors

Race-offs

All competitors please note that should you be invited to race off in a different class of boat to that which you have entered, it would be advantageous to you to have a boat with which you are comfortable. Please consider bringing with you an alternative 2- / 2x / 4- as appropriate.

Event timings

Registration for both divisions opens		09:00
Briefing for both divisions (ALL coaches and rowers to attend)		10:00
Division 1	TIME TRIAL : (1x / 2-) – Boating from 10:30	From 11:15
Division 2	TIME TRIAL : (2x / 4-) – Boating from 12:00	From 12:45
Team Announcement (including announcing race-offs)		14:15
Briefing for athletes required to race-off		14:30
Team Briefing for selected athletes		14:45
Race-offs (Final timings TBC on the day)		15:30
Final Selections announced		16:30 latest

Responsibilities

The Event is run using the recommendations of the British Rowing Row Safe guide to good practice in rowing, and competitors are reminded of their obligations under Row Safe.

- All Competitors and Spectators must follow posted safety notices and obey instructions from Safety Marshals.
- Competitors with significant pre-existing medical issues should inform their coach prior to entering the event.
- Competitors are specifically reminded that persons using the lake do so at their own risk and are solely responsible for:
 - Their own safety and their ability to meet the minimum standards required by Row Safe i.e. ability to swim, awareness of capsized procedures.
 - Ensuring that their boats are safe and are prepared to the standards required by the British Rowing Row Safe guide and the British Rowing Rules of Racing.
 - The strict observance of the circulation pattern and the minimum standards set by Row Safe.
 - Deciding, together with their coaches, whether they are competent to use the lake in the prevailing weather conditions.

- If a competitor falls out of a boat for any reason, the crew must stop and render assistance.

Protection against Weather Conditions

British weather can be varied, especially in spring. Competitors especially should ensure that they bring kit and clothing appropriate for all possibilities.

Cold/Wet Weather

All competitors and spectators should be prepared for cold and/or wet weather by:

- Bringing spare clothes
- Wearing multiple layers of clothes
- Ensure that you have the appropriate kit for the conditions with you in the boat. Don't compromise your own well-being for the sake of carrying a few extra grams of weight.

Hot Weather

The event takes place in spring; warm weather can occur. All competitors and spectators need to be aware of the effects of, heat stroke and heat exhaustion and take appropriate action to limit the risks:

- Take on fluids before, during and after competition, shelter from the sun.

Cold Water Immersion

All competitors should be aware of the actions to take in the event of immersion:

- Stay with the boat and use it to keep you afloat
- Get on top of the boat and attract attention immediately
- If you have to stay in the water, retain warmth by keeping arms and knees tucked into the body
- Stay calm and breathe deeply
- Do not waste energy by trying to right the boat
- Do not swim away from the boat because your swimming ability in cold conditions is dramatically reduced
- Know the emergency procedures to be able to help effectively if you see a capsized
- Keep warm and dry between races.

Incident Reporting

All safety incidents must be reported to the Event Organiser who will submit an incident report to British Rowing.

Practice, Warm-Up and Cool-Down

Any athletes wishing to pre-paddle should contact the event organiser on the day. This will be possible only if launch cover can be provided, so respective coaches can reasonably expect to be required to provide this cover.

The circulation pattern permits a warmup loop available to crews – this is between the 1000m mark and 500m from the finish line, using lanes 5 (direction to Start and nearest to embarkation / disembarking stages) and lane 3 (racing direction). Lanes 1 and 2 will be

used as racing lanes. Crews warming up in lane 3 should stop their boat when racing athletes are passing. Lane 4 is to remain empty at all times, unless a crew is crossing to access / leave the warm-up lanes.

Cooldown is not permitted on the course at any time.

Circulation Pattern

All competitors must familiarise themselves with the Circulation Pattern for crews contained in section 7 of this document.

Security

Please ensure you keep your belongings secure. We can take no responsibility for loss of equipment.

Boat Racking and Storage

It is the responsibility of competitors to ensure that their boats are secured correctly when stored on permanent or temporary racks, trestles, boat trailers or roof racks.

Changing Facilities

RADT buildings at the finish line are available for athlete changing.

10. Jobs List

Specific roles will be allocated to the attending coaches on the day – note that all of these roles are required in order to allow the event to run so coaches should ensure that their athletes are fully self-sufficient in boating / disembarking.

Embarking / Disembarking (1)	
Start Team	
Starter	Emil Ghattas
Spotter (1)	
Starter (1)	
Timing (2)	
Scribe (2)	
Finish Team	
Finish Judge	Martin Gough
Spotter (1)	
Marshall (1)	
Timing (2)	

Scribe (2)	
Launches	
Launch driver (2)	
Launch Support (2)	
Registration (2)	Lucy McNulty, Eira Parry
Results (2)	Ellie Stevens, Chris McManus

11. Start Order and Results

Once published, these will be available on the [England HIRR page of the British rowing website](#).

Start order will be available for close of Friday 11th.

Results will be posted once finalised.