



**ENGLAND**  
**ROWING**

# **Trials Event**

## **Instructions to Competitors**

**Home International Rowing Regatta Team**  
**Saturday 11<sup>th</sup> July 2026**

**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](#) and the [England Rowing Trials Welfare Policy](#).

Parents, coaches, and supporters are not permitted to accompany their athletes over the course or access the lake side road on the scoreboard side without permission from the organisers. Anybody who is found to do either risks sanctions being applied to the athletes with whom they are associated.

Spectators are permitted on the scoreboard side of the course only (see [Spectator Access](#) section). Note that vocal support for crews/athletes during races is not permitted at this event.

It is noted that the National Water Sports Centre (NWSC) 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:** Saturday, 11 July 2026.

These instructions should be read in conjunction with [British Rowing Row Safe documentation](#).

## 2. Safety Structure

**Event Organiser:** Chris Callow – 07768 273645

**Event Safety Officer:** James Andrews – 07818 576 142

**England Safeguarding Officer(s):** Lucy McNulty – 07903 055177

Beth Fairfax – 07964 450 818

**Location:** The England Rowing Team trials event takes place at the National Water Sports Centre, Adbolton Ln, Holme Pierrepont, Nottingham NG12 2LU (OS Grid SK 62407 39238).

## 3. Organising Committee / Team Management

Name	Position	Contact Phone Number
Chris Callow	Team Manager	07768 273 645
Lucy McNulty	Team Welfare Officer (Outgoing)	07903 055 177
Beth Fairfax	Team Welfare Officer (Incoming)	07964 450 818
Jane Day	Assistant Team Manager	07767 222 739
Emil Ghattas	Lead Coach (Seniors)	07534 595 422
Isobell Sellers	Lead Coach (Juniors)	07885 595 406

James Andrews	England Pathway Manager - British Rowing and England Representative to GMC	07818 576 142
Jono Cheesman	Equipment Manager	07576 612735

Trials will take the form of a 1500m time trial. Should multiple crews be separated by less than one second, they may be asked to race off, side by side should circumstances allow, 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.**

The event takes no responsibility for parking infringements and fines incurred for failing to observe local restrictions.

The site will open at 06:45hrs.

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

#### 6. Spectator Access

Spectators are permitted on the scoreboard side of the course only.

NWSC buildings on the opposite side of the course to the scoreboard are out of bounds to all spectators.

The site will open at 06:45hrs.

## 7. Event Circulation Pattern

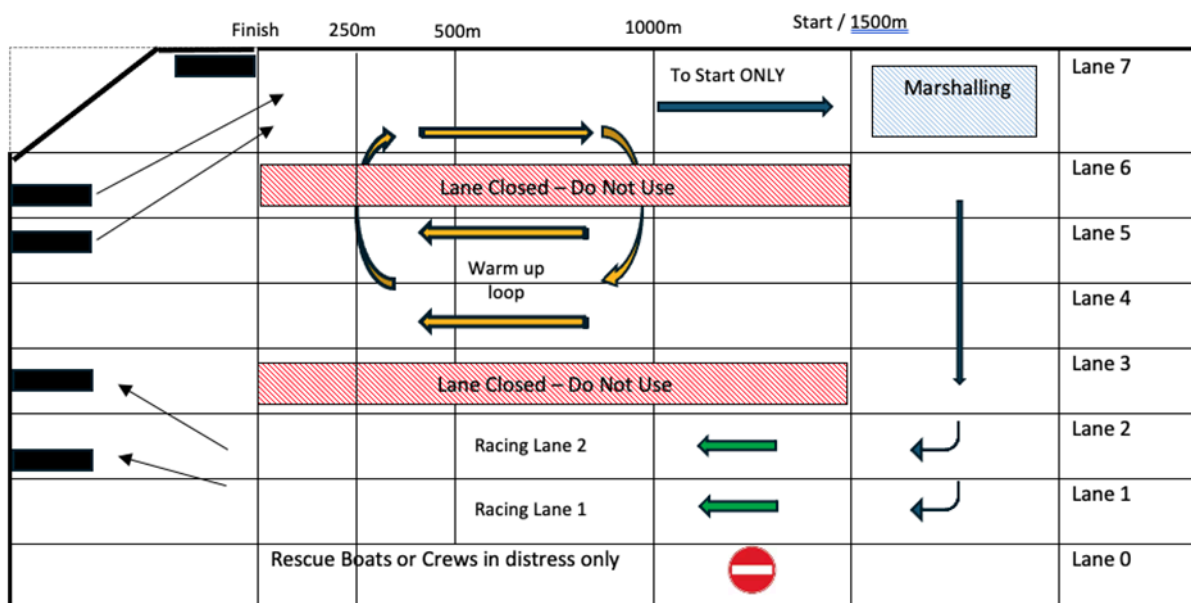
### Event Circulation Pattern

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.

Scullers/steerspersons should familiarise themselves with it.

This is a **MANDATORY CIRCULATION PATTERN FOR ALL WATER USERS**, so please review carefully.

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



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

- Stay in lane 7 until entering the start marshalling zone.
- Only move into the start marshalling zone when required to move onto the racing course.
- Enter the Start Zone travelling in an easterly direction.
- Do not cross over until beyond the 1750m mark.
- No overtaking beyond 250m, forming an orderly queue.

When instructed, proceed in rowing lanes.

### Going Afloat

- On leaving the outgoing pontoons, head directly to the start in Lane 7.
- 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 the 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 to the start, to a position beyond the start before turning.

### The Course

- Crews will paddle to the 1750m marker.
- All crews should familiarise themselves with the course by checking the course plan displayed at registration and on the boathouse notice board.
- The course start line is at 1500m and runs straight to the finish line, which is at the finish point, 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 1750m start in approximately 30-second intervals. Crews should then build speed so that they cross the Start line at 1500m 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 lookout for any other crews.

### Finish

- The finish marshal will sound a signal as each crew passes the finish line.
- At the Finish line, return to the incoming pontoons.
- Crews which have finished racing must keep the areas immediately after the finish line clear to avoid collision with other crews proceeding to the finish.

### Coaches

Motorised vehicles **MUST NOT** drive alongside the course following crews or races. Only England & GB Rowing Team Staff may drive alongside the course following races. All other persons on site should remain on the scoreboard side of the lake.

### 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; the 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, but 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 (located by embarking pontoons)	10:30
Briefing for both divisions ( <b>ALL</b> coaches and rowers to attend)	11:30

Division 1	TIME TRIAL : (1x / 2-) – Boating from 12:30	From 13:00
Division 2	TIME TRIAL : (2x / 4-) – Boating from 13:30	From 14:00
Team Announcement (including announcing race-offs)		15:15
Briefing for athletes required to race-off		15:30
Team Briefing for selected athletes		15:45
Race-offs (Final timings TBC on the day)		16:30
Final Selections announced		17:00 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., the ability to swim, and awareness of capsize 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 the Summer. Competitors, especially, should ensure that they bring the 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 the Summer; 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**

Currently there is no training session permitted on the lake either on the day preceding or on the morning of the Trial. If this changes, coaches of athletes attending will be updated.

**Practice** - crews may not practice on the 2000m lake after racing, but may boat on the River Trent from the NWSC pontoon if they wish. Circulation on the Trent is to remain on the coxes right hand side at all times (for steersman this is their left). When travelling downstream, all boats should use the centre arches of any bridges.

If crews decide to train on the River Trent, they do this at their own risk. It is recommended for seniors and essential for juniors to have a coach cycling on the bank at all times.

**Warm up** - the circulation pattern details a warm-up loop available to crews – this is between the 1000m mark and 250m from the finish line, using lanes 7 (direction to Start) and lanes 5 and 4 (racing direction). Lanes 6 and 3 are to remain empty at all times, unless a crew is crossing to access / leave the warm-up lanes.

**Cool down** - 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

NWSC buildings on the opposite side of the course to the scoreboard are out of bounds to all participants, with the exception of athlete changing, where a general changing room will be available for trialling athletes. All shared / communal areas aside from this are not available to trialling crews or their support staff.

## 10. Coaches Jobs List

For the trial to run safely and successfully, **ALL coaches are required to fulfil roles on the day.**

Specific roles will be allocated to the attending coaches on the day and will be communicated at the Coaches and Athletes Briefing.

We request that you confirm which roles you'll be willing to fulfil by completing the volunteer sign up form (MS Form), which can be found at [Trials - Coaches Volunteer Sign Up Form](#). The link to this form will also be sent to Clubs / Schools for coaches to complete once crews have been entered on BROE, so that details can be collated and roles allocated – note that all 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.

## 11. Start Order and Results

The start order will be available on Friday, 10 July 2026, by 12:00hrs and will be posted on the [England HIRR page of the British Rowing website](#).

Results will be posted once finalised.

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

**Chris Callow**

**England Rowing Team Manager**

**June 2026**