

**STAINES AMATEUR REGATTA 2014**  
**REGATTA DATA SHEET & INSTRUCTIONS TO COMPETITORS**

<b>CODE, CONDUCT &amp; COMPETENCE</b>	<b>REGISTRATION &amp; RACE CONTROL</b>
<p>Staines Amateur Regatta and competing crews will comply with the British Rowing Rules of Racing and the British Rowing Row Safe Guide. Crews and competitors should make themselves familiar with the requirements of these.</p> <p>Local rules and particular navigation arrangements are detailed in these Instructions, the Course Map and Safety Plan specific to this Regatta. All crews must be competent and <b>Coxswains and Steers</b> in particular must be aware of the navigation instructions and course map.</p> <p>There must be <b>no firm pressure rowing or practice starts in the navigation channel</b> until beyond the start or <b>around the boating area</b>. Umpires may apply official warnings or disqualify crews who fail to observe this safety requirement (Rules of Racing 2-2-5).</p>	<p>Crews to register no later than one hour before the first race in their event. Advise Race Control of any scratchings or any change in points that from previous wins after the close of entries.</p> <p>The Regatta reserves the right to re-draw any event where a competitor has scratched if this results in an unbalanced and therefore unfair overall event progression. This will be done by Race Control in the presence of the Chairman of the Race Committee no later than 30 minutes before the time of the first race in that event.</p> <p>Doubling Up: where declared on entry form, at least 30 minutes has been allowed between races.</p> <p>Masters Handicaps: will be pre-declared by the Regatta and available at Registration. Crews should make themselves aware of the handicap times for their race.</p>
<b>FIRST AID &amp; SAFETY PROVISIONS</b>	<b>RADIO NETS</b>
<p><b>Safety Control, Ambulance and First Aid:</b> St John Ambulance based near regatta control tent. In an emergency, contact any Regatta official for assistance.</p> <p><b>Medical &amp; Safety Cover:</b> From approx. 30 mins before the first race until the end of racing.</p> <p><b>Emergency Telephone:</b> Public phone on Wheatsheaf Lane.</p> <p><b>Rescue Boats:</b> 2 fully equipped launches with helm and lifesaver; all umpire launches also have safety kits on board.</p>	<p><b>Ch 1 Umpire / Safety Net: Launch Umpires / Safety Boats / Ambulance</b></p> <p><b>Ch 2 General Net: Commentary</b></p> <p><b>Ch 3 Info / Race Net: Control Commission / Start Manager / Race Control / Judges</b></p> <p>Chairman of Race Committee will have a radio monitoring channel 1 and channel 3.</p>
<b>COXES AND LIGHTWEIGHTS (RoR 2-3-6 and 2-3-7)</b>	<b>EQUIPMENT CHECKS (RoR 2-3-8)</b>
<p>Coxes minimum weights:</p> <ul style="list-style-type: none"> <li>• 55 kg for Senior Open, Masters Men, J18, J17 and J16 events</li> <li>• 50 kg for Senior or Masters Women, WJ18, WJ17 and WJ16</li> <li>• 45 kg for all J15 and younger events</li> </ul> <p>Coxes must provide their own deadweight (if needed) which must not be worn on their person. Coxes MAY be weighed in wearing their lifejacket or buoyancy aid but NOT carrying a cox box (part of boat).</p> <p>Lightweights must weigh-in (wearing racing strip) not less than one hour and not more than two hours before the scheduled start time of the first race that day of the event in which they are entered. A competitor is a Lightweight if their weight does not exceed 72.5 kg (Open), 59 kg (Women).</p> <p>Weight certificates will be issued to all coxes (showing amount and type of deadweight) and lightweights and shall be available for inspection at Control Commission.</p>	<p>Control Commission umpires may check your boat before you are allowed to go afloat. Races will not be delayed for boats that do not comply with the required standard. Please make sure YOU check your boat thoroughly before going afloat.</p> <ul style="list-style-type: none"> <li>• <b>Bow ball</b> is not perished or torn, is FIRMLY attached and does not deflect.</li> <li>• <b>Heel restraints</b> are attached independently, sufficiently short and strong to restrain the heel below the fixed point of the shoe so as to facilitate escape in the event of a capsized.</li> <li>• <b>Rudder lines</b> are functioning and in good condition.</li> <li>• Boats designed with enclosed underseat compartments MUST have ALL <b>hatchcovers and bungs</b> in place.</li> <li>• Coxes in front (bow) loading boats must only wear <b>manually inflating lifejackets</b> (no automatic lifejackets or permanent buoyancy aids)</li> </ul> <p>In accordance with the British Rowing Rules of Racing, boats failing to comply with the requirements will be excluded from racing.</p>
<b>BOATING &amp; MARSHALLING</b>	<b>RIVER AUTHORITIES &amp; BOAT ID</b>
<ul style="list-style-type: none"> <li>• Report to the Control Commission pen a minimum of 30 minutes before race time. Crews must pair up with their opposition before boating.</li> <li>• Be the start marshalling areas with your opposition 10 mins before your race time.</li> <li>• Have your number pinned on your back visible to the marshals (numbers must be pinned at all four corners).</li> <li>• Inform the start manager or race control of any delays.</li> </ul>	<p>The <b>Environment Agency</b> has been notified of the event and navigation boards are erected at each end of the course advising general river traffic of the diverted navigation channel.</p> <p>All boats must have a boat identification number meeting the British Rowing requirements. Boat IDs made up of torn strips of insulating tape or equivalent are not acceptable and are likely to result in an Official Warning.</p>
<b>BRITISH ROWING RACING LICENCES (POINTS CARDS)</b>	<b>PRIZEGIVING</b>
<p>Required in event of substitutions and prior to receipt of prizes. The Regatta reserves the right to withhold prizes from crews who cannot produce their Racing Licenses. Random checks may be made during the event.</p>	<p>At end of day's racing.</p>
<b>KEY RACE OFFICIALS</b>	
Chairman of the Race Committee	Richard Packer (07710 411768)
Event Safety Advisor	Simon Cackett (07917 554465)
Head of Race Control / Entries Secretary	Adam Gill
Umpire Support & Coordination	Alison Gulliver