

Regatta Instructions

Code, Conduct & Competence

Staines Amateur Regatta and competing crews will comply with the British Rowing Rules of Racing and the British Rowing RowSafe Guide. Crews and competitors should make themselves familiar with the requirements of these.

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 Coxswains and Steers in particular must be aware of the navigation instructions and course map.

There must be no firm pressure rowing or practice starts in the navigation channel until beyond the start or around the boating area. Umpires may apply official warnings or disqualify crews who fail to observe this safety requirement (Rules of Racing 7-1-3 Violation of Safety Rules).

First Aid & Safety Provisions

Safety Control, Ambulance and First Aid: First Aid based near regatta control tent. In an emergency, contact any Regatta official for assistance.

Medical & Safety Cover: From approx. 30 mins before the first race until the end of racing.

Emergency Telephone: Public phone on Wheatsheaf Lane.

Rescue Boats: 2 fully equipped launches with helm and lifesaver; all umpire launches also have safety kits on board.

Coxes

Coxes' minimum weights (Rules of Racing 7-2-7d)

- 45 kg for J15/WJ15 and younger crews
- 55 kg for all other crews

Coxes must weigh in before the first race of the day. Coxes' weights will not be recorded, only the amount of deadweight they are required to carry (if any). The deadweight may be checked by Regatta Officials on Control Commission before or after racing.

Boating & Marshalling

Report to the Control Commission pen a minimum of 30 minutes before race time. Crews must pair up with their opposition before boating. Be the start marshalling areas with your opposition 10 mins before your race time. Have your number pinned on your back visible to the marshals (numbers must be pinned at all four corners). Inform the start manager or race control of any delays.

British Rowing Racing Licences

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.

Registration & Race Control

Crews to register no later than one hour before the first race in their event. Advise Race Control of any scratchings.

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. Crews wishing to withdraw from the regatta must advise Race Control at least 30 minutes before their scheduled race time.

Doubling Up: where declared on entry form, at least 30 minutes has been allowed between races.

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.

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Equipment Checks (RoR 7-2-8)

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.

- Bow ball is not perished or torn, is FIRMLY attached and does not deflect.
- Heel restraints 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.
- Rudder lines are functioning and in good condition.
- Boats designed with enclosed underseat compartments MUST have ALL hatchcovers and bungs in place.
- Coxes in front (bow) loading boats must only wear manually inflating life jackets (no automatic life jackets or permanent buoyancy aids)

In accordance with the British Rowing Rules of Racing, boats failing to comply with the requirements will be excluded from racing.

Race Reminders

Crews are reminded that they are responsible for their steering during the race. The finish is on a bend and crews must take particular care with their steering in this area. Crews leaving the course and entering the navigation channel are likely to be stopped by the Race Umpire for their own safety.

Flag signals (RoR 7-5-4)

If the Race Umpire needs to warn a crew for its steering, they will raise the white flag vertically, name the crew, and point the flag horizontally in the direction they need to steer. Crews must respond promptly to any warnings or may risk disqualification.

To stop a crew, for example if they are leaving the course and heading into the navigation channel, the Race Umpire will raise their white flag vertically, name the crew and say "stop". The named crew must stop racing immediately, return safely to the course and may continue racing. Failing to stop when instructed is likely to result in disqualification on safety grounds.

To stop the race, the Race Umpire will ring the bell, then wave the red flag above their head and instruct the crews to stop. Both crews must stop racing immediately and wait for the Race Umpire to explain what will happen next.

River Authorities & Boat ID

The Environment Agency 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.

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.