*The Organising Committee wish the event to be –*

**SAFE**

**FAIR**

**ENJOYABLE**

*Please help us to do this by carefully reading and following these instructions.*

*If you have any questions or issues please report to the race control upstairs in Doncaster boathouse, or to any official.*

The event is held under the British Rules of Racing and the Guide to Safe Practice in Rowing. It is the responsibility of each club taking part to do their utmost to follow these rules and guidance. The Organising Committee, Race Committee, Marshals and monitors are there to judge competitors who are racing and have the authority to impose penalties including removal from competition, disqualification and time penalties.

SAFETY

The first duty for everyone is to ensure the safety of themselves and others.

Club Captains should ensure that crews and personnel attending the event have been made aware of the likely conditions and risk associated with a head in winter. They must ensure that crews are competent and are given training and resources to keep them safe. Crews need to be able to deal with a 10 kilometre outing and may be on the water for up to 2 ½ hours.

In view of the time of year the boating marshals will be instructed to refuse access to the water for competitors they deem to be inadequately dressed or prepared for the race.

Individuals should prepare themselves for the conditions and have suitable clothing and change of clothing available. A plastic bag is useful for keeping kit dry during racing. Changing and warm facilities are available in Doncaster boathouse.

All equipment should be carefully checked by competitors. It is their responsibility to ensure that the equipment they are using will perform adequately during the time on the river. The Control Commission may carry out random checks of equipment, but by their nature these are cursory checks only and will not necessarily pick up faults which could prove disastrous.

Be aware that there may be debris floating on the course. The marshalling boats will remove all that is visible prior to start of racing, but any remaining debris should be reported to a boat marshal who will arrange for this to be removed.

All competitors must follow marshals and monitors instructions at all times.

ACCESS AND PARKING

The event is held at Doncaster boathouse in Hexthorpe Park, with access off Greenfield Lane. All crews will boat from this location.

Trailers and vehicles carrying boats or heavy equipment will be allowed to enter the main gates of the park. Parking marshals will be in place between 07.00 and 10.00 to assist in parking trailers. After this any crews arriving should contact Race Control on 07394 174899 who will advise on parking arrangements.

Trailers will be parked on the main access road through the park. This road must be kept clear for emergency and other public access and should not be used for rigging boats etc, which should be carried 0ut on the adjacent grassed areas.

Cars and other vehicles will be directed to a small car park adjacent or to alternative sites.

Please note that parking is free, and we can park o adjacent streets, but these are busy, and you should be considerate where you park.

On arrival all crews / clubs should report to Race Control to check in and collect race numbers. Note that any crew who has not checked in one hour before the advertised start time of their race will be deemed to have scratched, and risk losing their entry fee. In event of any issue or concern please contact Race Control on07394 174899.

Crews will be issued with a plastic number to fit Empacher slot and a paper number to be attached to the back of the bow person’s racing vest. If these numbers cannot be seen there is a high risk that you will not be timed.

BOATING

Crews should report to the Doncaster Rowing Club with all their racing equipment ready at the boating times allotted. Please follow marshals’ instructions when boating and make any adjustments prior to arrival in the boating area or on the water away from the stages.

Please note that the river is not closed to other users and all boats should keep a lookout for themselves and for others.

GETTING TO THE START

The start is approximately 2 kilometres downstream from Doncaster Rowing Club. Please keep as far as practicable to the right hand (starboard) / Doncaster Boat Club bank. Overtake if necessary by moving to the middle of the river, before returning toa course near the bank when it is safe to do so.

When you arrive at the start marshals will be in position to direct you to a holding position while all crews arrive. Please follow any instructions given to the best of your ability. Where the race starts there is little, or no stream and it is fairly sheltered from wind. Please try to maintain your position as instructed and keep boats in the order allotted by marshals.

START

Two minutes before the start there will be an announcement made that the race is about to start. Crews must be ready to start when instructed.

The Marshals will instruct you when to start moving. Please keep around three boat lengths of clear water between boats.

Around 50 metres before the start line the Marshal will instruct you to “go”. You should then build up to race rate and pressure.

On the start line the Starter will say “Crew……, Go!”. Timing will start on the Starter’s “Go”.

DURING THE RACE

Crews should steer as they see fit for the conditions but must do so in a manner that maintains safety for themselves and others.

You MUST follow any instructions given by a marshal or monitor. Crews will be penalised for unsportsmanlike behaviour, and any safety breaches will be dealt with severely.

The course is upstream and consequently the centre of the river, with nominally the faster stream is to be avoided. You must not impede a faster crew and crews being overtaken should move to the centre of the river and allow space for crews to get past. Be aware of all boats around you and coxed crews should advise their coxes if they are about to be overtaken by faster crews.

In event of serious incident, it is the duty of every crew to provide what assistance they can to help.

FINISH

The finish team will sound an air horn as crews pass the finish line.

You must continue rowing and do not stop within 100 metres of the finish line.

Continue upstream and follow marshals’ instructions. Boats should be stopped in the order of finishing close to Sprotborough lock until all crews have finished racing.

Marshals will then instruct the boats to turn and return to the boathouse with the last finishers leading. This is to keep time spent on the water roughly the same for everyone and not have those who boated early on the water any longer than necessary. The marshals / monitors have been instructed to note anyone flouting this arrangement and may award time penalties to those crews.

BACK AT THE BOATHOUSE

Please be as quick as possible when landing. If you require assistance please ask the stage marshals who are there to help.

PROBLEMS AND DISPUTES

In the first instance report any problems or disputes to Race Control in the Doncaster Boathouse (Tel 07394 174899).

Any racing disputes should be reported as soon as you have safely got your boat off the water. In any event any racing dispute should be reported within 30 minutes of the last boat from that racing division returning to the boathouse.

Please let us know if you have any problems or issues we could help with.

We hope that you have a safe and enjoyable day

Organising Committee