

York Autumn Sculls – Saturday 16th September 2017

COMPETITOR INSTRUCTIONS

PLEASE READ CAREFULLY

The race is held under the British Rowing Rules of Racing, Guide to Safe Practice in Rowing, these Rules, information published on the event poster, Marshals instructions and any other instructions issued by the Committee. Please read these instructions carefully. In the event of a serious transgression the Committee may disqualify crews.

SAFETY

All competitors, coaches and those charged with the welfare of those racing should ensure the following instructions are read, understood and communicated to all competitors. Captains must ensure that they only enter competent crews and that their crews are properly prepared for the race. INEXPERIENCED CREWS SHOULD HAVE EXPERIENCED COXES.

Captains must ensure that their crews follow the standards for safety set out on the British Rowing Guide to Good Practice in Rowing, and particularly the requirement at section 2.1 to wear personal floatation devices where competitors cannot demonstrate the ability to meet the swimming standard or there is a medical problem which presents a risk that the competitor may become unconscious or immobile.

Crews should be capable of completing a FIVE mile outing and may be on the water for in excess of TWO hours. The weather could be wet and cold. Hypothermia is a real danger. Crews should take sufficient warm clothing, gloves/hats on the water with them. A plastic bag is useful for placing clothing in during the course of the race to keep it dry.

The Committee does not accept any liability for crews or their equipment.

ACCESS AND PARKING

Trailers

Trailer access to the regatta is from North Street and Wellington Row. For sat navs use post code YO1 6HU for the boathouse. Trailers should be parked along the Esplanade on the south side alongside the car park BOATS MUST NOT BE ASSEMBLED OR TRESTLED IN THE CAR PARK.

Cars

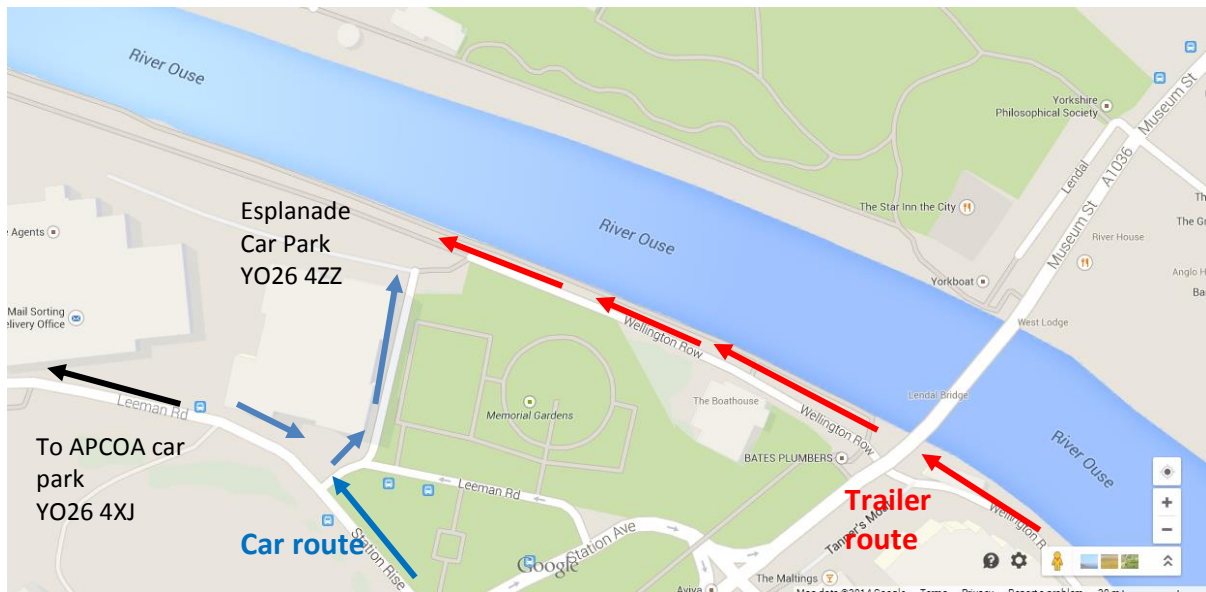
Vehicles BUT NOT TRAILERS may be parked on the Esplanade Car Park (access via Leeman Road, postcode YO26 4ZZ) that the York City Council has kindly closed for our use. Access in the car park for residents of the adjacent Westgate flats must be kept open. The Esplanade in front of the YCRC boathouse must be kept clear.

If the regatta car park is full, there is a public car park with plenty of space behind York Station. It is a Network Rail site run by APCOA and costs £5 per day. The location is at YO26 4XJ. Access is by Leeman Road, under the railway and on the left.

The Regatta Committee is reliant on the goodwill and assistance of the local Authorities if the Regatta is to continue with the same number of crews. The Police, Traffic Wardens and other Officials must not only be obeyed at all times, but treated with courtesy and respect. The riverside half of the upper tow path, (marked and divided by a permanent solid white line), running from York City Rowing Club, upstream toward, and between, Scarborough Railway Bridge is to be kept clear of boats, trestles and equipment at all times. Similarly, any crews boating from St. Peters School and York St. Johns Boat House should also maintain clear access to public rights of way. This is an important safety requirement.

The Committee does not accept any liability for crews or their equipment.

York and the A64 are very busy on Saturdays, allow plenty of time



REGISTRATION AND RACE NUMBERS

Please collect your numbers from York City Rowing Club on arrival.

- The pin-on number is to be worn on bow's RACING vest
- The plastic number will require an Empacher slot on the boat

If your number is not visible you will not be timed

Scratching on the day of the race should be made known to race control as soon as the intention to withdraw is known. This is an important safety requirement.

BOATING

Ensure you comply with the individual boating times published with the draw. Boat at the appointed landing stage with the bows pointing upstream. Ensure you have sufficient kit and water. Marshals will help you boat in a quick and safe manner, please listen to their instructions. Proceed off the stage to make final adjustments.

GETTING TO THE START

The start is approximately 5,000m upstream from York City Rowing Club. Normal navigation rules apply ie proceed upstream close to the bows side (Minster) bank. The river is not closed to other users during the event, please respect their right to enjoy the river as much as you do.

START MARSHALLING

Assemble above the start, bows upstream. There will be marshals on the bank to help you find your position. Marshals will tell you when to turn and proceed to the start. Make sure you have de-kitted and are ready to race before turning. When approaching the start to race, keep near to the boat in front.

DURING THE RACE

In the race, slower crews being overtaken must move over to bowside / Station side of the river to allow the faster crew to overtake. Marshals may impose penalties on crews not doing so. The onus to maintain a safe line lies with the overtaking crew, however all crews have a responsibility to avoid collision and may be penalised if judged to have contributed to the causes of a collision.

No overtaking is allowed through the arches of Clifton Bridge.

COMPETITORS SHOULD ENSURE THAT AN INCIDENT IS KNOWN TO A LAUNCH OR A MARSHAL. THEY SHOULD **STOP RACING** TO GIVE ASSISTANCE IF SOMEONE IS IN DANGER IN THE WATER AND A LAUNCH IS NOT APPROACHING.

AT THE FINISH

After the Finish all crews should continue downstream on the bowside (Station) side of the river through Scarborough Bridge, Those crews returning to St Peters Boathouse should then turn below the bridge and row back up to St Peters on the bowside (Minster side), ensuring that they do not impede crews still racing.. Those crews returning to York City should continue down to Lendal Bridge before turning and landing with bows pointing upstream.

TIME PENALTIES & DISQUALIFICATION

You may be given time penalties for the following:-

- Failing to comply with marshals' instructions
- Being late at the start
- Overtaking under Clifton Bridge
- Causing interference through poor steering
- Failing to give way to a faster overtaking boat
- Unsportsmanlike behaviour (including foul language & gestures)

In extreme cases you may be disqualified or sent back if you are not going to get to the start on time

REFRESHMENTS

Refreshments will be available all day at York City Boathouse and the bar will be open from mid-day

TOILETS AND SHOWERS

There are toilets and showers available upstairs at York City Boathouse

RESULTS AND PRIZEGIVING

Provisional results will be made available at York City Boathouse about 60 minutes after the last crew has crossed the line. Prizes will be presented in the gym after the second division results have been published.