

# York Small Boats Head Sunday 20 November 2016

## 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 rules 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. All coxes must be sufficiently competent and 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 in November can 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

All crews not based in York are to boat from York City Rowing Club unless indicated on the start list as: Marygate or St Peters

### Trailers

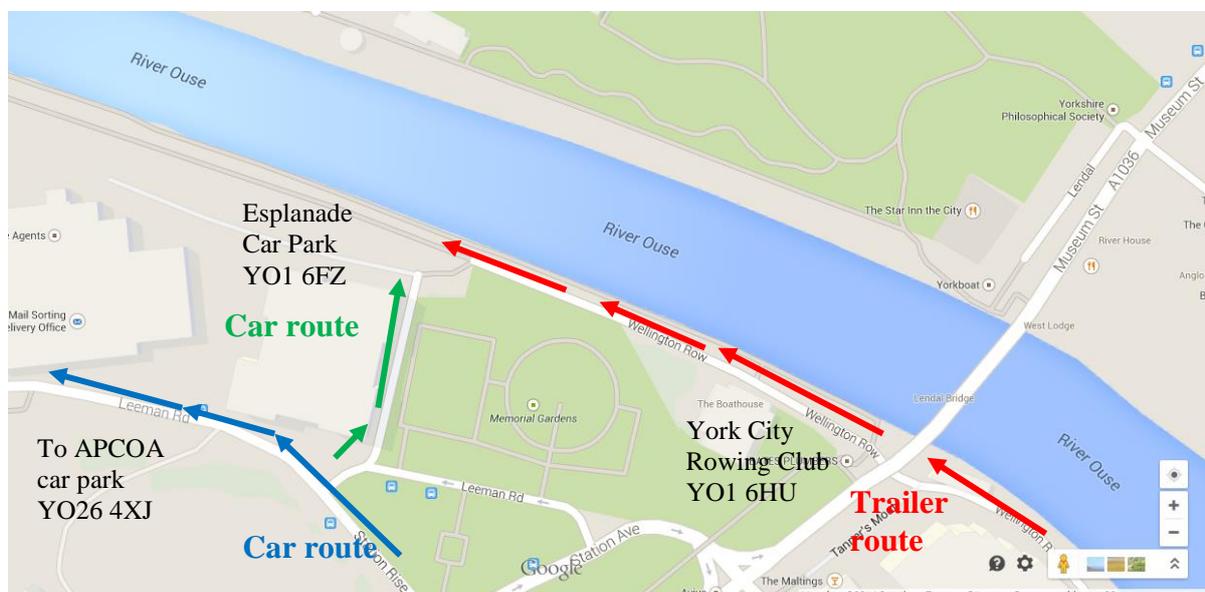
Trailer access to the regatta is via the Esplanade Car Park. Follow the route on the map below. Trailers should be parked along the Esplanade on the south side alongside the car park BOATS MUST NOT BE ASSEMBLED OR TRESTLED IN THE CAR PARK.

### Cars

Vehicles BUT NOT TRAILERS may be parked on the Esplanade Car Park (access via Leeman Road, postcode YO1 6FZ) that the York City Council have 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 £4.50 per day on Sundays. Payment can be in advance on APCOA 08451 228 008. The location is at YO26 4XJ. Access is by Leeman Road, under the railway and on the left.

**York will be very busy, allow plenty of time**



The Committee is reliant on the goodwill and assistance of the local Authorities if the Race 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, crews boating from St. Peters School and Marygate should also maintain clear access to public rights of way. This is an important safety requirement.

## **REGISTRATION AND 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**

**Both numbers should be returned at the end of the day. Clubs will be charged for plastic numbers not returned (£5/number).**

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 DOWNSTREAM. 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.

**Crews must not stop under bridges at any point**

## **GETTING TO THE START**

The start is approximately 4,500m downstream from York City Rowing Club. Normal navigation rules apply ie proceed downstream close to the bowside (Station) 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 below the start, bows pointing downstream. 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, crews being overtaken must move over to give the faster crew the better racing line. On the straights the slower crew being overtaken should move to the centre of the river (strokeside) and on the bends to the outside. 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. Crews in bow-coxed boats have a special responsibility to make their cox aware of any overtaking crew.

Crews must keep to the outside of the buoys between Millenium Bridge and the bend at Blue Bridge.

Crews must proceed through the centre arch of Skeldergate Bridge and Ouse bridges

The principle is always that the overtaking crew should be given the clearest run down the course. However the faster boat does have a responsibility not to force the slower boat into the bank. Marshals will give instructions to help overtaking.

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 upstream

## TIME PENALTIES & DISQUALIFICATION

Please ensure that you boat by the latest time on the start list. Divisions must start on time due to the early onset of darkness. Marshals in launches will turn back crews who are not boated in time to reach the marshalling area in time. TIME PENALTIES WILL BE IMPOSED ON LATE CREWS.

You may be given time penalties for the following:-

A 10 second penalty will be imposed for the following:

- Failure to appear below the start 5 minutes before the start time

A 20 second penalty will be imposed for the following:

- Not being below the start line at the race start time, if they are not sent back
- Impeding another racing crew/s
- Failing to give way to a faster overtaking boat
- Unsportsmanlike behaviour (including foul language & gestures)
- Failure to follow marshal's instructions
- Cutting the corner **on the wrong side of the buoys** between Millenium Bridge and the bend at Blue Bridge

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

**In the event of gross breech of the above and failure to obey or observe the rules crews will be disqualified**

## 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 third division results have been published



Ouse Bridge

Finish

ate

Holgate Rd

Nunnery Ln

Skeldergate Bridge

Lawrence St

Scarcroft Rd

Millenium Bridge

Tadcaster Rd

Fulford Rd

York Uni Boathouse

Start

ouses

ford

Main St

ft

A64