

# York Autumn Sculls – Sunday 29<sup>th</sup> September 2019

## COMPETITOR INSTRUCTIONS

### PLEASE READ CAREFULLY

The race is held under the British Rowing Rules of Racing, Guide to Safe Practice in Rowing, these instructions, 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 (Row Safe).

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.

Competitors' attention is drawn to the Event Licence issued by the Canal & River Trust and the conditions contained in the licence. All Competitors and spectators are requested to comply with the licence conditions. A copy of the Event Licence is available at [www.ycrc.co.uk](http://www.ycrc.co.uk).

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 via the arch under the approach to Lendal Bridge, clearance is adequate for standard height boat trailers.

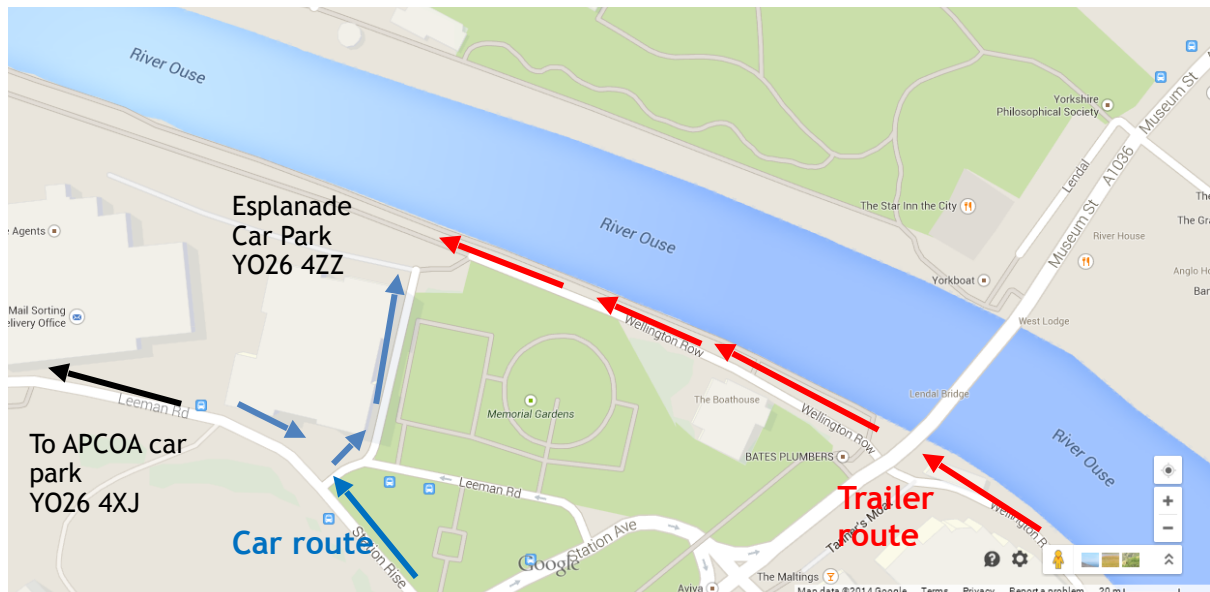
For sat navs use post code YO1 6FZ for the boathouse. Trailers are **not** permitted to reverse along the Esplanade and should be parked on the south side of the Esplanade alongside the car park

#### Cars

Vehicles BUT NOT TRAILERS may be parked on the Esplanade Car Park (access via Leeman Road, postcode YO26 4ZP) that the York City Council has agreed to close 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, tickets can be booked online <https://www.apcoa.co.uk/parking-in/york/york-commuter/>. The location is at YO26 4XJ. Access is by Leeman Road, under the railway and on the left.

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



### TRESTLING OF BOATS

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. BOATS MUST NOT BE ASSEMBLED OR TRESTLED IN THE CAR PARK, NOR ON THE LOWER TOWPATH.

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. Boats may not be trestled on the lower tow path

### 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. Long hair should be tied up so that the number is not obscured.
- The plastic number will require an Empacher slot on the boat

**If your number is not visible you will not be timed. Empacher numbers must be returned to registration after your race.**

To make crews more conspicuous before, during and after racing, single scullers and persons rowing at bow in crewed boats are urged to wear light coloured, day-glo or high - visibility clothing over their club kit

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.

## WEIGHING

Coxes should report to registration before boating in order to be weighed. Weight slips will be provided.

## 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.

Crews should be aware that boating will be from steps, 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 DIVISIONS 1 and 2 (Long Course)

The start is approximately 5,100m upstream from York City Rowing Club. Normal navigation rules apply, ie proceed upstream close to the bowside (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. Crews must not stop under any bridge.

**Once boated crews must proceed continuously upstream to the start.** Attempts to hold back or stop can cause blockages for other crews and unsafe situations. If in difficulty, do not attempt to row back down the course, contact a Monitor for assistance.

## RULE OF THE RIVER - IN THE EVENT OF MEETING ONCOMING RIVER CRAFT - MOVE TO STARBOARD (BOWSIDE) I.E. MINSTER SIDE GOING UPSTREAM TO THE START - YORK CITY RC SIDE WHEN RACING DOWNSTREAM

All competitors should note that there may be powered leisure craft on the course during the event. When a powered craft intends to change course, it should indicate its intention by sounding the craft's horn.

- |                 |                                       |
|-----------------|---------------------------------------|
| 1 short blast   | - I'm turning to starboard.           |
| 2 short blasts  | - I'm turning to port.                |
| 3 short blasts  | - My engines are going astern.        |
| 5+ short blasts | - I don't understand your intentions. |

All crews must be upstream of the following points by the times indicated below:

|            | Clifton Bridge | Start Line | Race Starts |
|------------|----------------|------------|-------------|
| Division 1 | 10.20          | 10.55      | 11.00       |
| Division 2 | 13.20          | 13.55      | 14.00       |

**LATECOMERS AT CLIFTON BRIDGE MAY BE TURNED BACK AND NOT ALLOWED TO RACE THAT DAY.**

**CREWS ARRIVING AT THE START AFTER THE ABOVE TIMES WILL RECEIVE A 10 SECOND TIME PENALTY.** (local rule 1)

## 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. (local rule 2)

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.

Competitors should use the station side span of Clifton Bridge. (local rule 3)

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 to paddle downstream in the centre of the river, through the station side span of Scarborough Bridge and continue down through Lendal Bridge before turning and landing with bows pointing upstream. Those crews returning to St Peters Boathouse should wait below Scarborough Bridge until that division has finished racing and wait for the permission of a Marshal before rowing back up to St Peters on the bowside (Minster side).

## **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

### **“1/2 mile head”**

Please see supplementary instructions which apply to the “1/2 mile head” division in addition to these event instructions.

## **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 PRIZE GIVING**

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.

Version 3

Date 7th September, 2019