

York Time Trial 26th September, 2020

COMPETITOR INSTRUCTIONS

PLEASE READ CAREFULLY

COVID-19

The COVID-19 officer for this event is Chris Polack telephone 07851 019274.

He will maintain a list of participants' name and contact details for a period of 21 days after the event. By participating in this event you consent to your contact details being held and, if requested, passed to the NHS test and trace organisation.

Any participant who::

- has COVID-19 symptoms;
- has been advised to self isolate;
- has returned from a country on the quarantine list;
- is in a household with someone who has developed symptoms;
- has tested positive;

should notify the COVID-19 officer immediately and not come to the club.

If a participant develops symptoms on the day they, and all members of their household, should leave immediately and inform the COVID-19 officer.

Anyone who develops symptoms within 7 days of the event, or is in a household with someone who develops symptoms within 7 days of the event, should inform the COVID-19 officer.

All club protocols for social distancing and cleaning apply to this event.

Participants are reminded to:

- bring hand sanitiser;
- wash hands frequently;
- clean mobile 'phones frequently;
- bring any tools you require and not to lend/borrow tools;
- coxes in stern loaders must wear a face mask and glasses.

Participants should arrive in their rowing kit, and upon returning home should immediately shower and wash all your kit.

GENERAL

The time trial is held under the provisions of British Rowing Row Safe, these instructions, Marshals instructions and any other instructions issued by the Committee.

SAFETY

All participants, coaches and those charged with the welfare of those participating should ensure the following instructions are read, understood and communicated to all participants. Squad co-ordinators must ensure that they only enter competent crews and that their crews

are properly prepared for the time trial. **INEXPERIENCED CREWS SHOULD HAVE EXPERIENCED COXES.**

Captains must ensure that their crews follow the standards for safety set out in 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 time trial to keep it dry.

Participants' attention is drawn to the Event Licence issued by the Canal & River Trust and the conditions contained in the licence. All participants are requested to comply with the licence conditions. A copy of the Event Licence is available at www.ycrc.co.uk.

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

ACCESS AND PARKING

Cars

To minimise congestion outside the boat house the club car park is not available for the use of participants. Public parking (fee payable) is available in the York City Council Esplanade CP and NCP Leeman Road CP..

TIME TRIAL NUMBERS

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

- 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 time trial.

To make crews more conspicuous before, during and after racing, single scullers and persons rowing at bow in crewed boats are **required** to wear light coloured, day-glo or high - visibility clothing. (Standard club requirement.)

Participants are not required to wear club kit.

Scratching on the day of the time trial should be made known to the Event controller as soon as the intention to withdraw is known. This is an important safety and COVID-19 requirement.

BOATING

Ensure you comply with the individual boating times published with the draw. Do not arrive before the start of your boating slot. You will have 15 minutes to:

- arrive
- get out your boat and blades
- put the boat on the water and push off

the club's covid distancing and cleaning requirement should be followed at all times.

Boat with the bows pointing upstream. Ensure you have sufficient kit and water. If necessary make adjustments to stretchers after you have pushed off.

The Course

Start Maddies

Finish Regatta Finish, West Esplanade

GETTING TO THE START

The start is approximately 3,500m 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.

RULES 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 participants 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	time trial Starts
Division 1	09:40	09:55	10.00
Division 2	12:40	12.55	13.00

START MARSHALLING

Assemble above the start on the Minster Side, bows upstream, in number order, lowest number downstream.. There will not be marshals on the bank. Make sure you have de-kitted and are ready to race before turning. You will be told when to start racing.

DURING THE TIME TRIAL

IN THE EVENT OF AN INCIDENT SUCH AS A COLLISION OR CAPSIZE PARTICIPANTS SHOULD **STOP RACING** IMMEDIATELY TO GIVE ASSISTANCE TO ANY CASUALTIES, AND TO WARN OTHER CREWS. A FOLLOWING CREW SHOULD BE SENT DOWN THE COURSE TO ALERT THE NEXT SAFETY LAUNCH.

Normal navigation rules apply.

In the time trial, slower crews being overtaken must move over to bowside / Station side of the river to allow the faster crew to overtake.

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

AT THE FINISH

After the Finish ALL CREWS should continue to paddle downstream through Lendal Bridge before turning and landing with bows pointing upstream. Crews must be prepared to wait to land so that we keep within the "12 persons at a time in the building and on the steps" limit.

Once you have landed please clean and put away all equipment quickly and then LEAVE. Until you leave other participants will not be able to land.

SPECTATING

Spectating is not permitted between the finish and the Perky Peacock. When spectating elsewhere please follow the current government requirements on social distancing and group sizes.

REFRESHMENTS

Refreshments will not be available at the club.

TOILETS AND SHOWERS

There are 2 toilets available upstairs at York City Boathouse, follow the one way system to access these. However, due to the limited time available to boat and land please plan to use a toilet before you arrive or after you have left.

A shower is available for emergency use only, access will be given by the event controller if justified.

RESULTS

Will be posted on the club website.

Version 2
Date 20th September, 2020