



THE NATIONAL SCHOOLS' REGATTA 2013

SAFETY AND MARSHALLING INSTRUCTIONS

SAFETY INSTRUCTIONS

This regatta will be run according to the British Rowing's Rules of Racing and *Row Safe: A guide to safe practice in rowing*. Competitors who do not comply with these instructions or the instructions of Regatta officials may be penalised or even disqualified from racing.

The Regatta will endeavour to provide a safe environment within *Row Safe* although competitors and coaches are specifically reminded that persons using the lake and the adjoining river do so entirely at their own risk and are solely responsible for:

- 1 Their own safety
- 2 Ensuring that their boats are safe and are prepared to the standards required by *Row Safe* and the BR Rules of Racing. Any boat that fails to meet the standard shall be excluded. See BR Rule of Racing 2-3-8 for details.
- 3 The strict observance of the circulation pattern (see maps) and *Row Safe*.
- 4 Deciding, together with their coaches, whether or not they are competent to use the lake in the prevailing weather conditions. In the interests of safety and fairness to other competitors, the organising committee reserves the right to exclude any crew or sculler if sufficient competence is not shown either in attaching to the start pontoons or progressing down the course.

Clubs and competitors are also reminded that they must:

- 1 Only go out for practice sessions if there is a safety boat on the course.
- 2 Not practise during racing. Crews will not be allowed to boat until at least 15 minutes after the last race of the day has finished **and permission has been given** by the Rafts Office.
- 3 Ensure that all roadways and access routes are kept clear at all times and that they should not park in the Finish/Presentation Stage area. Crews should be especially vigilant in the boating/boathouse areas
- 4 Supervise juniors with a high degree of vigilance and anticipation. A higher standard is required when acting "in loco parentis"
- 5 Report all accidents to the Regatta Office.

Safety Boats

There are safety boats on the course during racing and practice sessions and the first duty of every waterborne official is to the safety of competitors or any person in difficulty.

Accidents and Emergencies

All accidents and emergencies must be reported to a Regatta Official as soon as is practicable. The Official will summon medical support if necessary and will summon any additional support that may be required. The Official will also ensure that the Safety Adviser and the Race Committee are made aware of the incident. A BR Incident Report Form **MUST** be completed for all accidents, collisions or capsizes. The Regatta Office by the Finish Tower and the Rafts Office hold supplies of these forms.



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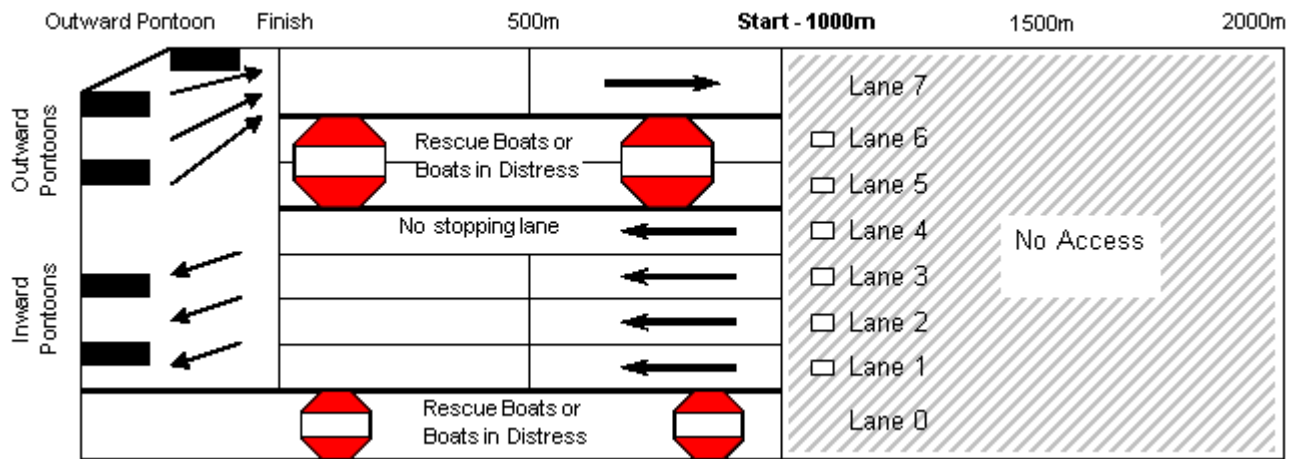
CIRCULATION PATTERNS

Note that lakeside markers count down from the Start (2000m) to the Finish (0m)

Thursday evening and Friday morning

Practice Circulation Pattern 1000m Start

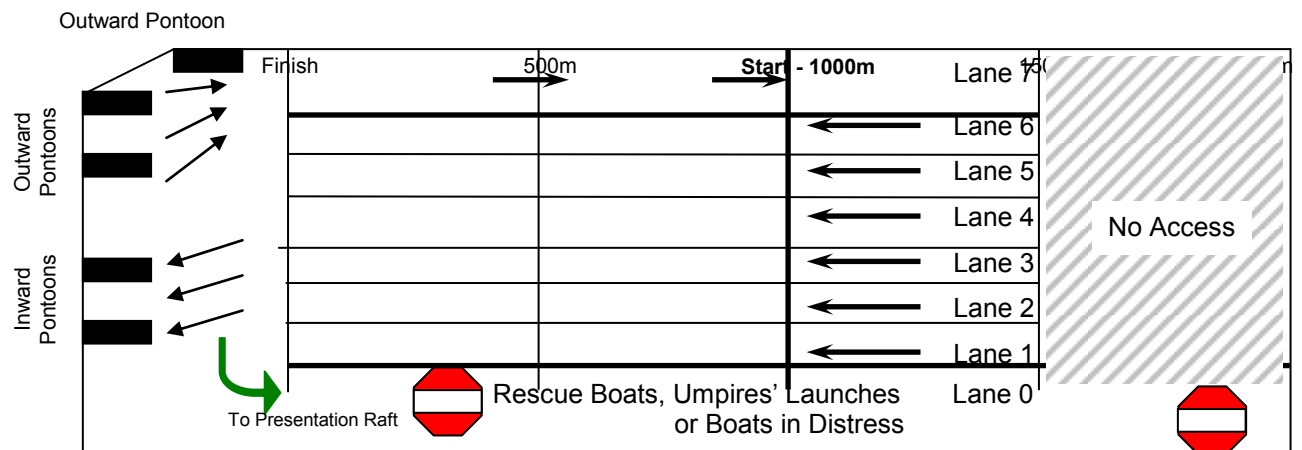
This applies on Thursday from 14:30 to 20:00 and on Friday morning from 07:00 until 30 minutes before racing is due to start.



Friday

Racing Circulation Pattern 1000m Start

This applies from 30 minutes BEFORE the first race, until after the last race has finished on Friday.





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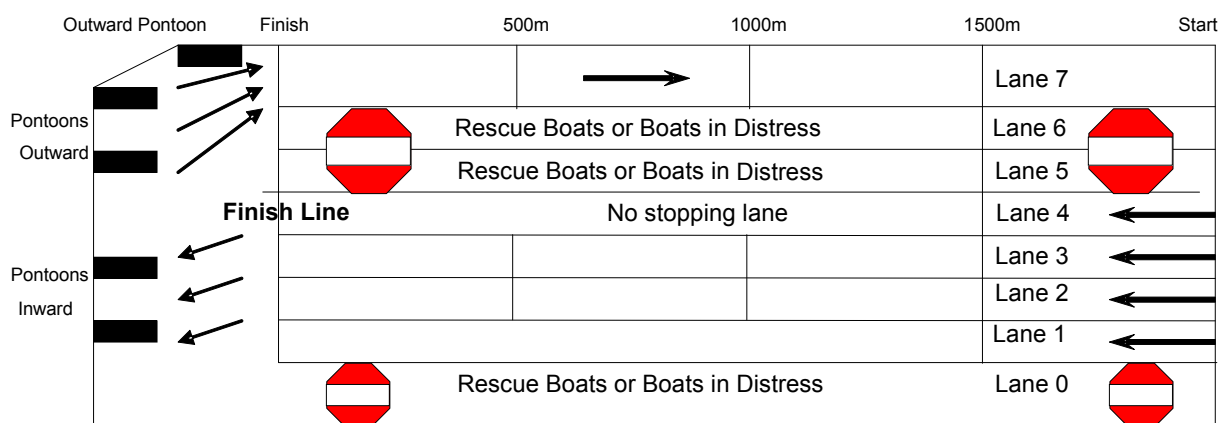
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Friday evening, Saturday and Sunday

Practice Circulation Pattern 2000m Start

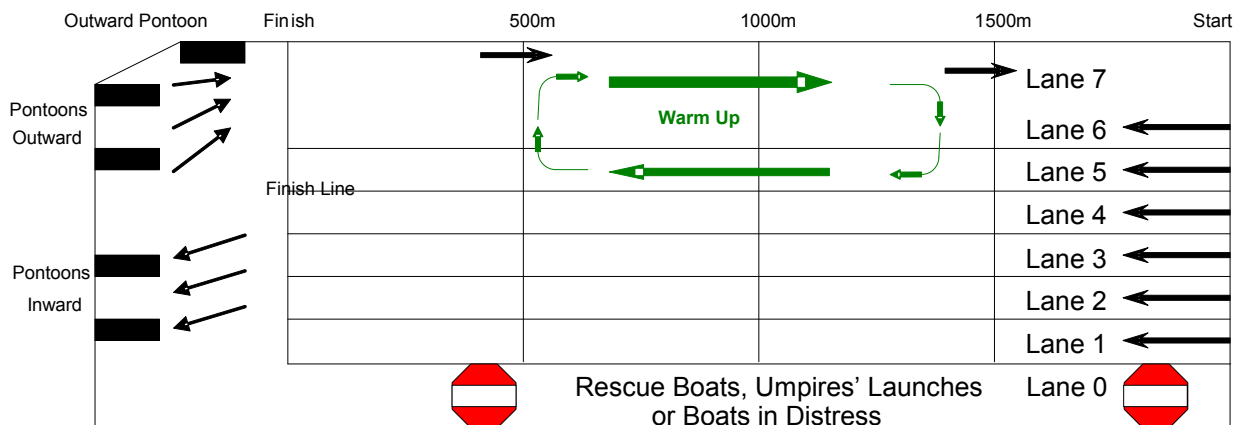
This applies at all times other than during racing, from the end of the last race on Friday. The lake will close at 20:30 on Friday and Saturday. It will open at 07:00 on Saturday and Sunday. The lake must be clear 30 minutes before racing is due to start.

Lanes 0, 5 and 6 will be closed for general use during practice sessions.



Racing Circulation Pattern 2000m Start

This applies from 30 minutes BEFORE the first race, until after the last race has finished on Saturday and Sunday.



Failure to comply with these rules may lead to the removal of the crew or club from the regatta.



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Points of Danger

1. Great care should be taken when using the pontoon on the Country Park shore. Note that this pontoon is for embarkation only.
2. The pontoons on the side of the course past the Finish Tower and in front of the new boathouses should not be used by any crews under any circumstances during the Regatta.
3. Static crews in Lane 7 must be aware of the potential danger of being blown into the racing Lane 6 if there is a cross wind. Crews stopping in Lane 7 are advised to stop close to the bank.
4. At the 2000m start crews must keep into the bank whilst waiting to be called to their race and must stay clear of the 100m Start Zone.
5. Crews must take particular care of the stakeboat mooring cable in Lane 7 beside the intermediate start when the intermediate start is in use.
6. Crews must take particular care when crossing the course to get to their allocated lane.
7. Crews must take particular care in the finish area to avoid collisions with other crews that have just finished or that are returning from the presentation raft.
8. Crews must take care to avoid the intermediate start pontoons which may be 'in place' during practice sessions.
9. The Course Road is out of bounds to all but Regatta Officials and Spectator Buses. The Course Road is on the 'Centre' side, that is the South side, of the course.



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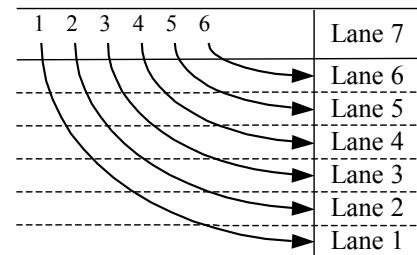
MARSHALLING INSTRUCTIONS

Note that lakeside markers count down from the Start (2000m) to the Finish (0m)

Each crew is responsible for being at the start and ready to race 2 minutes before the scheduled time of their race.

At the Start

Crews will proceed towards the start in Lane 7 as far as 500m from the start where they will be held by a Start Marshal. Under the Start Marshal's instructions a complete race will be called forward in REVERSE Lane Number Order (6, 5, 4, 3, 2, 1) to proceed in that order towards the 100m Start Zone. If a crew misses its "slot" it may not be allowed to race. When the Starter calls the race, crews will paddle across the course together under the direction of the 100m Marshal to their allocated lane (see diagram). Only when in the correct lane will a crew be allowed to turn and back onto the start pontoon.



Intermediate Start

Crews will proceed in lane 7 to 250m beyond the start where they will be held by a Start Marshal. Under the Start Marshal's instructions they will cross into their racing lane and proceed towards the Start. Crews should assemble behind the Start Tower, close to race time allowing time to be attached 2 minutes before the race. If a crew misses its "slot" it may not be allowed to race. When the Starter calls the race, crews will paddle past the start pontoons in their allotted lane and will then back down onto the start pontoon.

Warming up - 2000m Start

Crews may warm up in **LANE 5 ONLY** between 500m from the start and 500m from the finish. Crews may **ONLY** turn into lane 5 at 500m and 1000m (both from the start).

Warming up - Intermediate Start

Crews may warm up above the Start in their **ALLOTTED LANE** and in the **RACING DIRECTION** only.

Cooling down – ALL races

Cooling down is not permitted.

Time Trials

The Time Trial Marshalling Instructions should be studied with particular care.



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Medal Ceremony

Medals are presented to the first three crews in each final, provided that at least one further crew has entered the event. Medal winning crews must turn, immediately following their race, into lane 0 and proceed in finishing order to the presentation raft taking great care to avoid other boats and launches. Following the presentation crews must stay in lane 0 facing the Start until it is safe to turn onto the course and return to the boathouses via lane 3. Instructions from umpires marshalling crews must be followed immediately.



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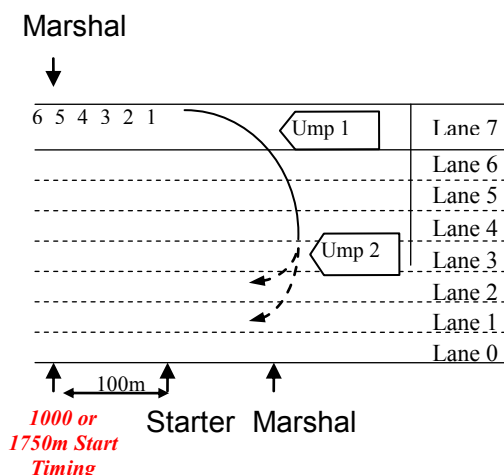
TIME TRIAL MARSHALLING INSTRUCTIONS

The first round of most events will be raced as a time trial over approximately 1750m from 250m from the 2000m Start to the normal 2000m Finish Line. On Friday the time trials will be over 1000m from the 1000m marker to the normal 2000m Finish Line.

Crews should collect their race number from the Rafts Office and then boat in race order. Umpires will call crews forward but all should act sensibly and ensure that boating takes place safely and swiftly.

Any boat failing Control Commission inspection will be pulled out of the boating line and placed last for boating.

Crews will paddle down slowly towards the start in lane 7 only. Warming up by turning into lane 5 is NOT allowed during the Time Trial. At 500m (from the 2000m Start) the Marshal will tell them "Tops off" and will encourage them to move on to 250m. A Marshal at this point will direct them towards the launch in lane 7 and encourage them to keep moving. The launch in lane 7 will allocate them a lane and direct them towards that lane. Aim to row round in a continuous semi-circle ("hard on stroke side, bow side light / easy / hold") into lanes 1 and 2. Lanes 0, 3, 4, 5 & 6 are safety lanes and are not in use for racing. Lane 0 (nearest the tower) is to be used only for crews in distress. A launch in lane 3 will sort the crews into lanes and set them off towards the start. See diagram below.



After completing the turn, crews should keep paddling in their allotted lane towards the timing line. Crews will be started in lanes 1 and 2 at approximately 15 second intervals:

0s	1 st crew in lane 1
15s	2 nd crew in lane 2
30s	3 rd crew in lane 1
45s	4 th crew in lane 2
60s	5 th crew in lane 1 etc.

This will allow 4 crews to be started each minute with 30s between crews in each lane.



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The Starter will say "Go" approximately 100m before the timing line and crews will be timed from either the 1000m point on Friday or 1750m point (250m from the 2000m Start) on Saturday and Sunday to the normal Finish Line.

It is the responsibility of crews that are being caught to move across to allow faster crews to overtake. Crews should be careful in the Finish area, and proceed straight to the rafts quickly and safely; crews may not cool down on the course after their Time Trial as they may obstruct other crews racing.

Emergency Stop Procedure

In the event of it being necessary for a Time Trial race to be stopped for any reason the signal to stop will be a loud series of blasts from an air horn. This will be repeated from all umpire and rescue boats on the water. **ALL RACING CREWS MUST STOP IMMEDIATELY** and make their way to lane 0. All crews must follow instructions from umpires and rescue boats.



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GENERAL SAFETY & EMERGENCY INFORMATION

Cycling

Cycling is prohibited in all Regatta enclosures and in the boating area. The South side of the course will be closed to cyclists from half an hour before racing starts until half an hour after racing has finished. **Between these times the course road is out of bounds to all but Regatta Officials and Spectator Buses.** Only coaches on bicycles with a permit will be allowed to follow races on the North side of the Course. Cycling is restricted to only one coach per crew per race. Permits should be collected from the Rafts Office. Cyclists must give way, **at all times**, to pedestrians and service vehicles of the Regatta. **Please tell parents not to bring bicycles.**

Accidents and Emergencies

All accidents and emergencies must be reported to a Regatta Official as soon as is practicable. The Official will summon medical support if necessary and will summon any additional support that may be required. The Official will also ensure that the Safety Adviser and the Race Committee are made aware of the incident. A BR Incident Report Form **MUST** be completed for all accidents, collisions or capsize. The Regatta Office by the Finish Tower and the Rafts Office hold supplies of these forms.

Medical Support

The Medical Officer can be contacted via the Regatta Office or Rafts Office during racing. A Duty Officer of the National Water Sports Centre is on call 24 hours a day, contactable through the Centre Reception, dial 0 from any site telephone. During racing hours the British Red Cross will provide medical and first aid facilities at the base of the Tower, dial 24748 from any site telephone. Any medical problem arising on the campsite that can safely be brought to the First Aid Centre will be dealt with. Medical facilities are intended to cover emergencies only: there is no provision for physiotherapy treatment.

Outside racing hours, or if a more serious problem occurs, the local Medical Practice should be contacted at the Health Centre, Radcliffe-on-Trent – see below for telephone numbers.

Emergency Telephones:

- 1 Start Tower
- 2 At 500m from the Start Tower on each side of the course
- 3 At 1000m on each side of the course
- 4 Main Reception in the Water Sports Centre
- 5 The Boathouse
- 6 All manned huts have telephones.

Emergency numbers:

Emergency Services	999
Police, West Bridgford	101
Medical Practice, Radcliffe-on-Trent	0115 933 2948 or 0115 933 3737
Medical Practice, 214 Musters Road	0115 981 4124
Hospital, Queens Medical Centre	0115 924 9924
NHS Direct	0845 4647
National Water Sports Centre Reception	0115 982 1212
Safety Adviser	07787 299086



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NWSC Address:

The National Water Sports Centre
Adbolton Lane
Holme Pierrepont
Nottingham
NG12 2LU