



ROSS REGATTA 2019



Sunday August 25, 2019 – Monday August 26, 2019

INSTRUCTIONS TO COMPETITORS

Welcome to Ross Regatta 2019.

We hope everyone will do their best to ensure the safety of all involved.

There are a large number of entries again for this year's regatta which ensures great competition for crews but does pose a few problems for the organising team. PLEASE can we ask that all clubs, coaches and athletes work with us to help racing to run as smoothly as possible.

- If you need to re-schedule a race that's fine if you want to race earlier that's even better.
- Liaise with your opposition

REGISTRATION

- Crews must report to **REGISTRATION** at least 1 hour before racing to collect their number which must be worn by BOW during racing. **ALL SUBSTITUTIONS MUST BE NOTIFIED TO REGISTRATION PRIOR TO FIRST RACE**
- All rowers should bring their British Rowing racing licence as they may be asked to produce it by an umpire.
- Prizes will be withheld or withdrawn from any competitors if errors of status are found or if misrepresentation has taken place.
- No doubling up of boats, crews or any equipment is allowed within a division.
- All coxes must be weighed before racing and given a weight certificate that must be carried at all times. They are requested to bring their own dead weights, if required, which must comply with British Rowing's Rules of Racing. Checks may be made.

BOAT PAIRING

- Remember all boats must have a BOAT ID NUMBER
- Please find your opposition in the boat park **BEFORE** going to the BOAT PAIRING AREA. Crews must report, with their opposition, for safety checks which will be undertaken in accordance with the regulations of British Rowing. No crew will be allowed to boat without their opposition. Crews should report 30 minutes before they are due to race. The crew must ensure that their boat and life jackets comply with the Rules of Racing and Row Safe Guide.



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- The lowest number crew will row on the Benhall side ie the opposite side of the river to the club's boat house.
- Please ensure you are familiar with the map of the course and the circulation pattern on the river
- Please ensure that you do not impede a race coming down the course.
- Competitors must comply with all instructions issued by umpires, marshals or safety officials positioned along the course.
- At the finish of each race, a bell will be rung from the Judge's tent and the result will be announced. In the event of a dead heat, the crews shall return to the start (without disembarking) and the race will be re-rowed.

CAR PARKING

- There is an on-site parking charge of £5 for the weekend, this will include a programme. Trailers are free.
- Access to the site will be available on:
 - Friday August 23, 2019 4.30pm-8pm
 - Saturday August 24, 2019 4.30pm-8pm
 - Sunday August 25, 2019 7am-4pm
 - Monday August 26, 2019 7am-4pm
- Please observe the areas marked for parking, camping and boat trailers

INSURANCE

Clubs and competitors must take out their own third-party insurance cover.

Responsibility for loss or damage to their boats, equipment or other property on the Regatta site or elsewhere will not be accepted by the Ross Regatta.

For those of you enjoying the camping facilities please do not leave valuables in your tent.

CHILD AND VULNERABLE ADULT WELFARE

- In order to effect best management of matters arising in relation to child or vulnerable adult athletes, we are asking all clubs entering junior athletes or vulnerable adult athletes to provide the name and mobile telephone number of at



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least one club representative assuming responsibility for these juniors or vulnerable adults.

- These details will be requested at the point of registration on each day of the event and will not be used for any other purpose. **The form can be printed off from the website and brought to Crew Registration to save time on the day.**

RACING

- Coaching from the bank using anything other than an un-amplified voice is prohibited
- Practising on the Regatta course or anywhere on the river is not allowed during racing – it is dangerous. Any crew found doing so will be subject to disqualification. There are some nasty shallows and rocks above the regatta start on the club side of the river that could cause severe boat damage, so crews should refrain from doing practice starts while waiting to race.
- Competitors may **NOT** use mirrors to assist with steering in the interest of fair racing. Umpires will be advised of this instruction.
- Every competitor will wear the colours of the club he/she is representing in the race concerned
- The Regatta Committee reserves the right to make any alterations to the programme as may be considered necessary for the improved running of the Regatta.

GENERAL

- Please help us to keep the regatta field clean by putting all rubbish in the bins/bags provided
- First Aid can be called via any Marshall or Umpire for EMERGENCY SERVICES dial 999 or 112.
- There is Defibrillator at Ross Rowing Club.

Ross Rowing Club wish you an enjoyable and successful weekends racing.

Regatta Organising Committee