



ROSS REGATTA 2023

Sunday 27th August – Monday 28th August

COMPETITOR INSTRUCTIONS

Welcome to Ross Regatta 2023. 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 some challenges for the organising committee. PLEASE can we ask that all clubs, coaches and athletes work with us to help racing to run as smoothly as possible.

Registration

- Crews must report to Registration **at least 1 hour** before racing to collect their number which must be worn by BOW & COX during racing. Registration **MUST** be notified of any substitutions prior to the first race.
- All rowers must bring their British Rowing racing licence to registration. They may be asked to produce it by an umpire.
- Prizes will be withheld or withdrawn from any competitors if errors in status are found or if misrepresentation has taken place.
- No doubling up of boats, crews, coxes or any equipment is allowed within a division. Suitable action will be taken if breached.
- All coxes must be weighed at Registration 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

- All boats must have a valid ID number. Failure to do so will warrant an Official Warning.
- Please find your opposition in the boat park **before** going to the Boat Pairing Area. Crews must report with their opposition for safety checks **30 minutes before** they are due to race. No crew will be allowed to boat without their opposition. The crew must ensure that their boat and life jackets comply with the Rules of Racing and Row Safe Guide.
- If you need to re-schedule a race that is permissible, and you may bring your race earlier, with the agreement of Registration. Notify Registration, liaise with your opposition and attend boat-pairing together.

- Boats-on/boats off – all crews are responsible for their own launching/landing. This will be overseen by a RRC Launching Manager

Racing

- Every competitor MUST wear the colours of the club he/she is representing in the race concerned
- 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.
- In case of low-water, a traffic-light system may be in place on leaving the boating area and navigating upstream to the start.
- Competitors must comply with all instructions issued by umpires, marshals or safety officials positioned along the course.
- The **lowest number crew** will row on the Benhall (far) side
- 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 that could cause severe boat damage, so crews should refrain from doing practice starts whilst waiting to race.
- 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.
- Prizes will be awarded at the end of each event, not at the end of the days' racing. Winners should attend Registration to obtain a Winner's Certificate to before attending Prize Giving in the President's Enclosure.
- 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, or for the safety and welfare of competitors.

Car Parking & Camping

- Free on-site parking for vehicles and trailers. Please enter via Homs Road Car Park.
- Access to the site will be available on:
 - Friday 25th August, 5.30pm – 8.00pm
 - Saturday 26th August, 5.30pm – 8.00pm
 - Sunday 27th August, 7.00am – 5.00pm
 - Monday 28th August, 7.00am – 5.00pm
- Please observe the areas marked for parking, camping and boat trailers
- Camping - £6 for the weekend, for competitors and supporters. Please book via RRC website.

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.

Children & Vulnerable Adults' 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 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 web site and brought to Crew Registration to save time on the day.**

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 Regatta Organising Committee 2023