

Spring Head of the River Race (Northwich RC)

NOTES FOR CREWS & OFFICIALS

1. This competition is held under the BR Rules of Racing and the BR Water Safety Code.
2. You are reminded that Anti-Doping rules apply to all Competitors no matter what age or category.
3. All Competitors and Coaches are asked to carefully read the Safety Plan document included with this documentation and watch the video on the competition website.
4. Athletes and Coaches should inform the competition Organising Committee of any pre-or existing health conditions that could put themselves and/or others at risk.
5. The clubs competing and crew coaches/contacts must ensure that athletes are competent to complete the course safely and not put themselves and/or others at risk.
6. PARKING for trailers and cars is at Sir John Deans College, accessed from main college entrance off MONARCH DRIVE, CW9 8AF. Trailers will go to the LEFT in front of the old building; Cars will go to the right towards the tennis courts. (Exit for cars and trailers is the same road as used to enter parking areas – trailers to use their own assistance to walk them around the corners and along the short one-way stretch)
7. CHANGING FACILITIES and TOILETS are available at Northwich RC.
8. There will be some scales, at the registration area, to weigh Coxes should there be any question of a COX'S WEIGHT meeting the minimum requirements as defined in BR Rules of Racing. Any cox requiring weights should bring their own weights.
9. COXES / SCULLERS are expected to watch the video on the competition website There will be a short briefing by the start marshal or OC Chair at 08:20, 11:05, and 13:50. Please listen out for instructions by marshals using load hailleurs. Any questions should be addressed on the day to 'Race Committee'.
10. CREWS AND COACHES are responsible for ensuring that everyone on the water is appropriately kitted out with warm and wet weather gear. The weather at this time of year can be unpredictable and crews not appropriately dressed may be stopped from launching. Hooded tops and Dry Robes are not permitted to worn on the water; long hair must be secured in a bun (see LOCAL RULES - seen in section 14b - confirming crews may be prevented from rowing or disqualified)
11. CREW NUMBERS will be issued in the Northwich Clubhouse. Substitutions must be made on BROE prior to start of the division; note that substitutions from the crew list entered on BROE must conform to the Rules of Racing. Crews unable to make the required substitution should contact the Entries Secretary.
12. BOATING. All boating shall be at Northwich Rowing Club and should be prompt, commencing for each division at 08:30, 11:15, and 14:00, and as directed by the boathouse marshals. Crews should make their way upstream to the railway viaduct where they will be positioned facing upstream by the start marshals.

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13. RACE START TIMES will be at 09:45, 12:30 & 15:30 but may be subject to change with update given at the briefing. If all boats and safety positions are in place early for a division it will start early, due to the restrictions of light, on the instructions of the start marshals; crews will turn and head downstream, keeping close to the boat in front up to the starter, who will be positioned 50 metres before the start line. Crews will be started at 10 to 15 second intervals by the Starter and will be timed from the start line.
14. The Competition Organisers carefully consider the start order and timing intervals. Crews/Scullers who ignore instructions from the Starter are liable to penalty.
15. OVERTAKING CREWS should do so on the port side of the river. i.e., the cox's left and the sculler's right. Crews being overtaken must give way by moving towards the starboard side of the river.
16. LOCAL RULES:
- a) **Foul and abusive language**: Crews will be disqualified for using foul and abusive language in the public hearing.
 - b) **Control Commission boat checks**: in addition to the equipment checks seen in BR Rules of Racing 7-2-8.b the checks 12.b.i and 12.b.ii (shown below) will also be included; boats that do not meet the requirements may be prevented from rowing or disqualified.
 - i. **Backstays**: The forward port and starboard rigger on all boats, other than single sculls, must be protected by a backstay.
 - ii. **Buoyancy**: Boats without sealed watertight compartments under seats must secure buoyancy bags into those spaces.
 - iii. **Long Hair** must be secured in a bun, as it is a drowning risk, since it may become entangled in a capsized boat.
 - iv. **Hoodies and other Loose Garments** must not be worn afloat, as it risks becoming entangled whilst rowing.
 - v. **Dry Robes** must not be worn afloat, as it constitutes a drowning risk.
17. THE COURSE FINISH is at a point 200 metres above Hunts Lock. Crews will be required to paddle on to await instructions from the finish and boathouse marshals for disembarking at the landing stage. Crews stopping in the Finish Zone may incur time penalties.
18. RESULTS. Provisional results should be available on screens during the day; when results are shown as confirmed Medals and Trophies can be collected from the clubhouse. (See <https://rowresults.co.uk>)
19. REFRESHMENTS will be on sale outside the clubhouse throughout the day.
20. TOILETS will be available towards the back of the clubhouse, others are available at top of the boathouse.
21. PLEASE NOTE that parts of the new Boat House site are 'Restricted Access Only'. Please do not enter where signs indicate 'No Entry'.
22. DOGS are welcome on to the SJD site but must be always kept on a lead; dogs must not be walked on the SJD Campus.
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