

# **NORTHWICH ROWING CLUB – SPRING HEAD OF THE RIVER**

## **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. **PARKING** for trailers and cars is at Sir John Deans College,  
accessed from main college entrance off **MONARCH DRIVE, CW9 8AF**
5. **CHANGING FACILITIES** and **TOILETS** are available again at Sir John Deans College.
6. 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.
7. **COXES / SCULLERS are expected to watch the video on the competition website.** Please listen out for instructions by marshals using load halers. Any questions should be addressed on the day to Nathan Jump or Ellie Preece.
8. **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 are not permitted to worn on the water. Long hair must be suitably restrained so as not to cause risk of entanglement.
9. **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.
10. **BOATING.** All boating shall be at Northwich Rowing Club and should be prompt, commencing for each division at **08:30, 11:15, and 13:45**, 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.

11. **RACE START TIMES** will be at **09:45, 12:30 & 15:15** but may be subject to change with update given at the briefing. If all boats and safety positions are in place early in the third 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. Junior rowers will be started first to minimise their time spent waiting at the Start.

**The Competition Organisers carefully consider the start order and timing intervals. Crews/Scullers who ignore instructions from the Starter are liable to penalty.**

12. **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 will give way by moving towards the **starboard** side of the river.

### 13. 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 not be allowed to race.
  - 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 compartments under seats must attach buoyancy bags into those spaces.
  - iii. **Long hair** must be appropriately tied back in such a way that it does not present a risk of entanglement during a capsized. We suggest hair is tied back in a bun. If hair is not appropriately tied back you will not be permitted to race.

14. **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.**

15. **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://www.northwichrowingevents.com/results-autumn-hd> )

16. **REFRESHMENTS** will be on sale outside the clubhouse throughout the day.

17. **TOILETS** some may be available towards the back of the clubhouse, others are available at Sir John Deans College.

18. **PLEASE NOTE** that parts of the new Boat House site are 'Restricted Access Only'. Please do not enter where signs indicate 'No Entry'.