



YORKSHIRE HEAD OF THE RIVER RACE 2017



INSTRUCTIONS TO COMPETITORS

Clubs, coaches and all crew members have a responsibility to study these instructions together with the Course Safety Map, Finish Circulation Map and the section of the Safety Plan 'Clubs' and Competitors' Responsibilities'. These instructions can be viewed at www.yorkshirerowing.co.uk and on the day at York City Rowing Club.

The race is held under the British Rowing Rules and Rules of Racing, Row Safe – a guide to good practice in rowing, these local rules, information published on the event poster, marshal's instructions and any other instructions issued by the Committee. Please read these rules carefully. In the event of a serious transgression the Committee may disqualify crews.

SAFETY

All competitors, coaches and those charged with the welfare of those racing should ensure the following instructions are read, understood and communicated to all competitors. Captains must ensure that they only enter competent crews and that their crews are properly prepared for the race. All coxes must be sufficiently competent, and INEXPERIENCED CREWS SHOULD HAVE EXPERIENCED COXES.

Captains must ensure that their crews follow the standards for safety set out on the British Rowing Guide to Good Practice in Rowing (Row Safe), in particular that all competitors should have completed a capsized drill and know what to do in the instance of a capsized occurring.

Crews should be capable of completing a SIX mile outing and may be on the water for in excess of TWO hours. The weather in March can be wet and cold. Hypothermia is a real danger. Crews should take sufficient warm clothing, gloves/hats on the water with them. A plastic bag is useful for placing clothing in during the course of the race to keep it dry.

The Committee does not accept any liability for crews or their equipment

REGISTRATION AND NUMBERS

Please collect your numbers from York City Rowing Club on arrival

- The pin-on number is to be worn on bow's RACING vest
- The plastic number will require an Empacher slot on the boat

If your number is not visible you will not be timed

Both numbers should be returned at the end of the day

Scratching on the day of the race should be made known to race control as soon as the intention to withdraw is known. This is an important safety requirement.

BOATING

Ensure you comply with the individual boating times published with the draw. Boat at the appointed landing stage, with the bows pointing UPSTREAM. Ensure you have sufficient kit and water. Marshals will help you boat in a quick and safe manner, please listen to their instructions. Proceed off the stage to make final adjustments.

GETTING TO THE START

The start is approximately 5,000m upstream from York City Rowing Club. Normal navigation rules apply ie proceed upstream close to the bowside (Minster) bank. The river is not closed to other users during the event. Please respect their right to enjoy the river as much as you do. Crews must not stop under bridges at any point.

1. **Once boated crews must proceed continuously upstream to the start.** Attempts to hold back or stop can cause blockages for other crews and unsafe situations. If in difficulty, do not attempt to row back down the course, contact a Monitor for assistance.

2. **RULE OF THE RIVER - IN THE EVENT OF MEETING ONCOMING RIVER CRAFT - MOVE TO STARBOARD (BOWSIDE) I.E. MINSTER SIDE GOING UPSTREAM TO THE START - YORK CITY RC SIDE WHEN RACING DOWNSTREAM**

3. Division 1 starts at 10.30 a.m. and Division 2 at 2.00 p.m. All crews must be upstream of the following points by the times indicated below:

	Clifton Bridge	Start Line	Race Starts
Division 1	10.00 am	10.25 am	10.30 pm
Division 2	1.30 pm	1.55 pm	2.00 pm

LATECOMERS AT CLIFTON BRIDGE MAY BE TURNED BACK AND NOT ALLOWED TO RACE THAT DAY. CREWS ARRIVING AT THE START AFTER THE ABOVE TIMES WILL RECEIVE A 10 SECOND TIME PENALTY.

START MARSHALLING

Assemble above the start, bows pointing upstream. There will be marshals on the bank to help you find your position. Marshals will tell you when to turn and proceed to the start. Make sure you have de-kitted and are ready to race before turning. When approaching the start to race, keep near to the boat in front.

DURING THE RACE

In the race, crews being overtaken must move over to give the faster crew the better racing line. On the straights the slower crew being overtaken should move to bowside (the station side) of the river. Marshals may impose penalties on crews not doing so. The onus to maintain a safe line lies with the overtaking crew, however all crews have a responsibility to avoid collision and may be penalised if judged to have contributed to the causes of a collision. Crews in bow-coxed boats have a special responsibility to make their cox aware of any overtaking crew.

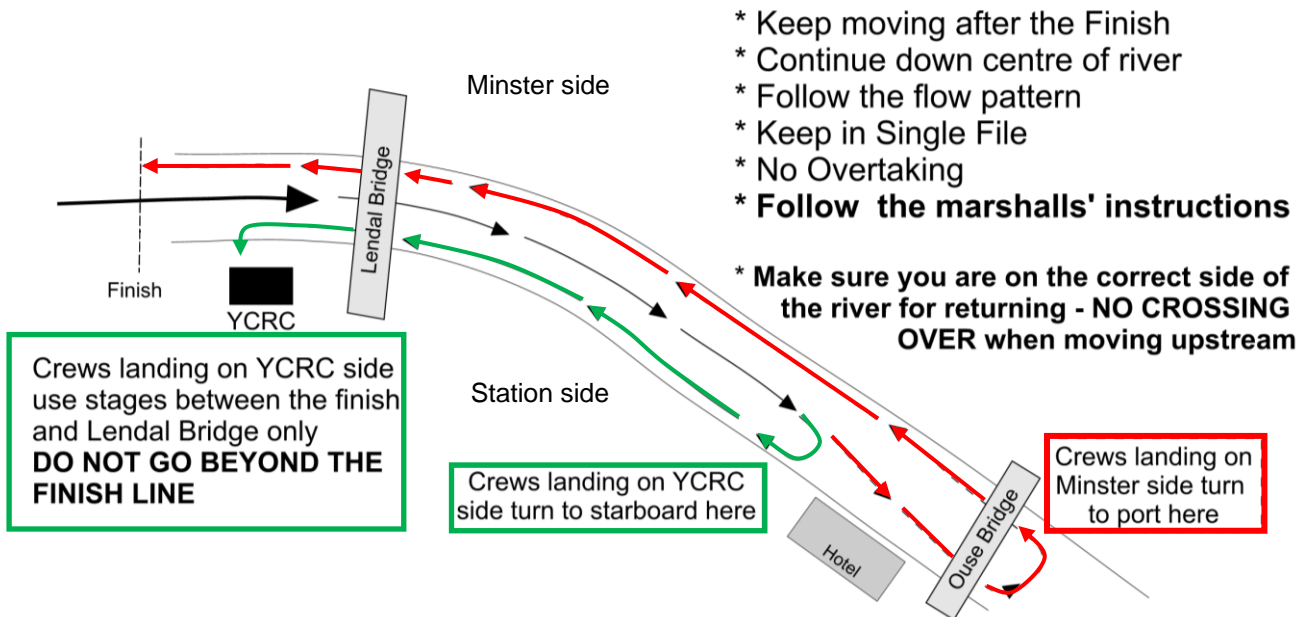
Crews must **NOT OVERTAKE UNDER CLIFTON BRIDGE**

The principle is always that the overtaking crew should be given the clearest run down the course. However the faster boat does have a responsibility not to force the slower boat into the bank. Marshals will give instructions to help overtaking.

COMPETITORS SHOULD ENSURE THAT AN INCIDENT IS KNOWN TO A LAUNCH OR A MARSHAL. THEY SHOULD **STOP RACING** TO GIVE ASSISTANCE IF SOMEONE IS IN DANGER IN THE WATER AND A LAUNCH IS NOT APPROACHING.

SAFETY INSTRUCTIONS FOR CREWS AT THE FINISH

When maneuvering below the finish line, keep a good look out for racing crews and other river users. After turning at the correct location, line up along the bank and proceed only when directed, keeping close in to the bank.



In order to avoid clashing with racing crews and others in the finish area, crews must observe the following safety procedure:

Crews returning to St John's & St Peter's:

- Line up in single file on the Minster side, between Lendal and Ouse Bridges.
- Do not proceed beyond the Marshal just above Lendal Bridge (Minster side) until given permission and keep close to the bank.
- Move upstream close to the MINSTER bank
- When allowed, crews returning to St Peters proceed to the next Marshal below Scarborough Bridge and wait for instructions to move around the bend.
- Crews returning to St Peters must keep a good look out and keep close to the bank.

Crews returning to York City & Esplanade:

- Line up in single file on the Station side, between Lendal and Ouse Bridges.
- Do not proceed beyond the Marshal just above Lendal Bridge (Station side) until you are given permission to land. Keep close to the bank.
- When space allows, land at stages in front of York City Rowing Club.
- **DO NOT PASS THE FINISH LINE WHILST RACING IS IN PROGRESS.**
- Crews may only land at the Esplanade further upstream once racing has finished.

NOTE: ANY RETURNING CREW IMPEDING A RACING CREW WILL BE DISQUALIFIED AND NO TIME GIVEN.

TIME PENALTIES & DISQUALIFICATION

Please ensure that you boat by the latest time on the start list. Divisions must start on time due to the early onset of darkness. Marshals in launches will turn back crews who are not boated in time to reach the marshalling area in time. TIME PENALTIES WILL BE IMPOSED ON LATE CREWS.

You may be given time penalties for the following:-

A 10 second penalty will be imposed for the following:

- Failure to appear above the start 5 minutes before the start time

A 20 second penalty will be imposed for the following:

- Not being above the start line at the race start time, if they are not sent back
- Impeding another racing crew/s
- Failing to give way to a faster overtaking boat
- Unsportsmanlike behaviour (including foul language & gestures)
- Failure to follow marshal's instructions
- Overtaking under Clifton Bridge

In extreme cases you may be disqualified or sent back if you are not going to get to the start on time

In the event of gross breach of the above and failure to obey or observe the rules crews will be disqualified

REFRESHMENTS

Refreshments will be available all day at York City Boathouse and the bar will be open from mid-day

TOILETS AND SHOWERS

There are toilets and showers available upstairs at York City Boathouse

RESULTS AND PRIZEGIVING

Provisional results will be made available at York City Boathouse about 60 minutes after the last crew has crossed the line. Prizes will be presented in the gym after the second division results have been published

ACCESS AND PARKING

All crews not based in York are to boat from York City Rowing Club unless indicated on the start list as: Marygate or St Peters

Trailer access is from North Street and Wellington Row. For sat navs use post code YO1 6HU for the boathouse. Trailers should be parked along the Esplanade on the south side alongside the car park BOATS MUST NOT BE ASSEMBLED OR TRESTLED IN THE CAR PARK.

Cars

Vehicles BUT NOT TRAILERS may be parked on the Esplanade Car Park (access via Leeman Road, postcode YO1 6FZ) that the York City Council have kindly closed for our use. Access in the car park for residents of the adjacent Westgate flats must be kept open. The Esplanade in front of the YCRC boathouse must be kept clear.

If the regatta car park is full, there is a public car park with plenty of space behind York Station. It is a Network Rail site run by APCOA and costs £4 per day on Saturdays. The location is at YO26 4XJ. Access is by Leeman Road, under the railway and on the left.

The Race Committee is reliant on the goodwill and assistance of the local Authorities if the Regatta is to continue with the same number of crews. The Police, Traffic Wardens and other Officials must not only be obeyed at all times, but treated with courtesy and respect. The riverside half of the upper tow path, (marked and divided by a permanent solid white line), running from York City Rowing Club, upstream toward and between Scarborough Railway Bridge is to be kept clear of boats, trestles and equipment at all times. Similarly, any crews boating from St. Peters School and St. Johns Boat House should also maintain clear access to public rights of way. This is an important safety requirement.

The Committee does not accept any liability for crews or their equipment.

York and the A64 are very busy on Saturdays, allow plenty of time

