

HAMMERSMITH AMATEUR REGATTA 2016 - CREW INSTRUCTIONS & SAFETY NOTICE

First aid (ambulance and crew) will be based in The Mall near Auriol Kensington Rowing Club, 14 Lower Mall, Hammersmith.

There will be 2 rescue launches on the water until the end of the last race. All Umpires launches, Marshals Boat, and Safety boat will carry radios in case of emergency.

Important notice

The Regatta is held on a tidal river under normal Tideway navigation rules and can be found in "Rowing on the Tideway: A Code of Practice for Rowing on the Tidal Thames" (https://www.pla.co.uk/assets/THE_ROWING_CODE.pdf). To be found on British Rowing Website. All crews must be familiar with this Code of Practice and should ensure that they are competent to hold the boat up hard and move forward, backwards and sideways on a strong tidal stream so they can safely position themselves onto the start and out of any danger. Coaches and captains have a duty of care only to enter crews that have such skills. If there is any doubt a crew representative should seek advice from one of the officials based at Auriol Kensington Rowing Club on the day.

Pre-race

Crews boating from places other than Hammersmith must keep in contact with race control (number below) in case of any changes to the programme. A crew representative must report to Auriol Kensington, to register/collect race numbers Competitors who do not do this will not be allowed to race

Coxswains are liable to be weighed and must provide their own dead weight if necessary.

Competitors are advised to bring rubber boots for boating at low tide. Coaches and Captains are advised to make sure that crews are suitably dressed for weather conditions and that the boat complies with BR requirements. There will be Control Commission officials in attendance who will be carrying out random checks on crews boating and returning. Any crew at any time can be asked to call into AKRC for a safety check.

The course

All racing is with the tide. Low Tide is at 12:19 and racing will take place on the Ebb (falling) tide in the morning (Chiswick Steps to the AKRC) 08:30 to 12:00 and on the Flood (rising) tide (Crabtree Hotel to AKRC) in the afternoon from 12:45 till 16.30. Dependant on entries there may be further races on the Ebb (falling) tide from 17:15.

Proceeding to the start

Proceeding to the start will always be against the tide along the Surrey bank. Keep a sharp look out for other river users, especially when crossing the river. Boats can move very quickly if they are going with the tide. If warming up is required, then this should be done well beyond the start but in hailing distance from the start marshal. Carry on close to Surrey shore, and turn towards the centre of the river to come down or up with the tide. The course should be observed by officials at all times particularly the fairway where other river users may be present. (Starboard hand rules apply.) Please refer to enclosed maps.

The start and marshalling

Marshals will be stationed in a moored boat near the start. Crews must report to them at least ten minutes before their race. Having done this they should line up in single file on the Surrey shore with blades in near contact with the bank, bows continuing to point into the stream. This should be well upstream of the start but within hailing distance of the marshal. When the marshal instructs crews to turn onto the start, they should satisfy themselves that it is safe to do so and then have the side nearest the bank row on so the boat makes a wide turn into the centre of the river, bows pointing downstream.

The race

Races will start without reference to absentees.

The course is 1400 meters with a free start. (Races will normally be two abreast, but depending on the entries there may be some 3 boat races.)

During and after the race coming downstream and during the race upstream boats must go through the centre span of Hammersmith Bridge. There is a stagger on the finish at AKRC which favours the Middlesex station.

Racing crews are reminded that they are on an open river and must conform to the Code of Practice at all times. They must keep to the starboard station (right of centre), maintain a good look-out at all times and respect their duty to leave room for oncoming vessels.

Returning from the finish

A horn will sound when boats cross the finish line. Crews returning to the Furnivall pontoon at Hammersmith will need to follow the usual practice and proceed clear of the finish before turning onto Surrey:

- On the Ebb (falling) tide, crews must proceed to St Paul's ramp before turning
- On the Flood (rising) tide, crews must proceed to the red buoy at Harrods Wall before turning

When crossing back to the Middlesex bank and the boating area, crews must ensure that the river is clear and proceed directly across the river. Care must be taken to stay well clear of Dove Pier and the large green buoy. Bear in mind the tide, stream and wind conditions.

Post racing

The winners of qualifying events must present their BR cards to Race Control for updating as soon as possible after their final. **Pots will be withheld from any crew that cannot produce all their cards.**

Juniors' welfare

The regatta does have a Welfare Plan for wellbeing of all children and vulnerable adults. The plan will be sent to clubs with Junior entries and will be available during the regatta at Race Control. There will be a Welfare Officer on duty all day details below.

Adverse weather conditions - abandonment protocol

Weather conditions will be continually monitored by the regatta safety advisor. In the event of adverse weather conditions or possible lightning strikes officials will be instructed to clear the river as quickly and as safely as possible. Racing will be stopped and all crews whether racing or marshalling will be dispersed under officials' directions. All crews MUST obey their instructions without hesitation.

Litter

Litter Clearance. Please could all crews and supporters clear up after themselves and remove any litter they have left on the ground. The regatta will provide additional facilities in the primary boating area.

TELEPHONES:

EMERGENCY		999
COASTGAURD	(for RNLI)	999
RACE CONTROL	(Richard Moseley)	'07977 415722
SAFETY ADVISER	(Nick Wylie)	07753 863430
CHAIRMAN OF THE RACE COMMITTEE	(Julie Watson)	07966 181375
HAMMERSMITH POLICE		020 8563 1212
RIVER POLICE:		020 7481 1212
CHARING CROSS HOSPITAL:		020 8846 1234
AURIOL KENSINGTON ROWING CLUB:	(Regatta HQ)	020 8748 5352
FURNIVALL SCULLING CLUB:		020 8748 6867
WELFARE OFFICER	(Stephen Aitken)	07866 36 1233

RELEVANT POSTCODES (In case Ambulance needs to be called):

Chiswick Pier	Downstream of Barnes North Side	W4 2UG
Sons of the Thames Boathouse	Linden House – Hammersmith North	W6 9TA
Lower Mall AKRC & Furnivall SC	Hammersmith North	W6 9DJ
Hammersmith Bridge (British Rowing HQ)	Hammersmith North	W6 9DA
St Pauls School Boathouse	Hammersmith South	SW13 9JT
Barn Elms Boathouse	Upstream of Putney South Side	SW13 0GD