

HAMMERSMITH AMATEUR REGATTA 2018 - CREW INSTRUCTIONS & SAFETY NOTICE

First aid (ambulance and crew) will be based in Lower Mall near Auriol Kensington Rowing Club (AKRC), 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 that 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). All crews must be familiar with this Code of Practice and 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

A crew representative must report to Auriol Kensington before racing to register and collect race numbers. Competitors who do not do this, or who have not paid entry fees will not be allowed to 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.

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. There are two tide turns during the 2018 regatta, meaning that the regatta will be run over three sessions, with breaks for the turn of the tide:

- Session 1 (start of racing to 09:45): **ebb** (falling) tide with racing from 'Chiswick Steps' to AKRC
- Low tide at 10:07
- Session 2 (10:45 to 14:00): on the **flood** (rising) tide with racing from the Mile Post to AKRC
- High tide at 14:29
- Session 3 (15:00 to end of racing): **ebb** (falling) tide

Please see attached maps.

Proceeding to the start

Proceeding to the start from Hammersmith will always be against the tide along the Surrey bank. When crossing the river from the Furnivall pontoon, crews should take care to ensure that they will be clear of both the green buoy and Dove Pier (taking consideration of the direction of the stream). Keep a sharp look out for other river users (vessels in the fairway have right of way); boats can move very quickly if they are going with the tide.

If you need to warm up, then you should do this well beyond the start but in hailing distance from the start marshal. Carry on close to Surrey shore, and turn into the starboard side of the fairway to come down or up with the tide. The course should be observed at all times particularly in the fairway where other river users may be present. Please refer to enclosed maps.

When proceeding to the start at low water, coxswains and steers should be aware that there may be very little depth below the water level in some places with a risk of grounding. Care should be taken therefore to steer a sensible distance away from the shore edge, but not too far out to cause interference with racing crews or other river users. At low water, crews will not be able to use the inside arch of Hammersmith Bridge, and should use the Surrey side of the middle arch, giving way to any oncoming crews in the fairway.

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 with no river closure. They must conform to the Tideway Code at all times: when in the fairway, they must keep to the starboard side at all times, maintain a good look-out 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 Flood (rising) tide, crews must proceed to St Paul's ramp before turning
- On the Ebb (falling) 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

All winners should go to Race Control to present their British Rowing membership cards and collect their prizes. **Pots will be withheld from any crew that cannot produce all their cards.**

Juniors' welfare

The regatta has a Welfare Plan for the wellbeing of all children and vulnerable adults. The plan is available on the regatta website and 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

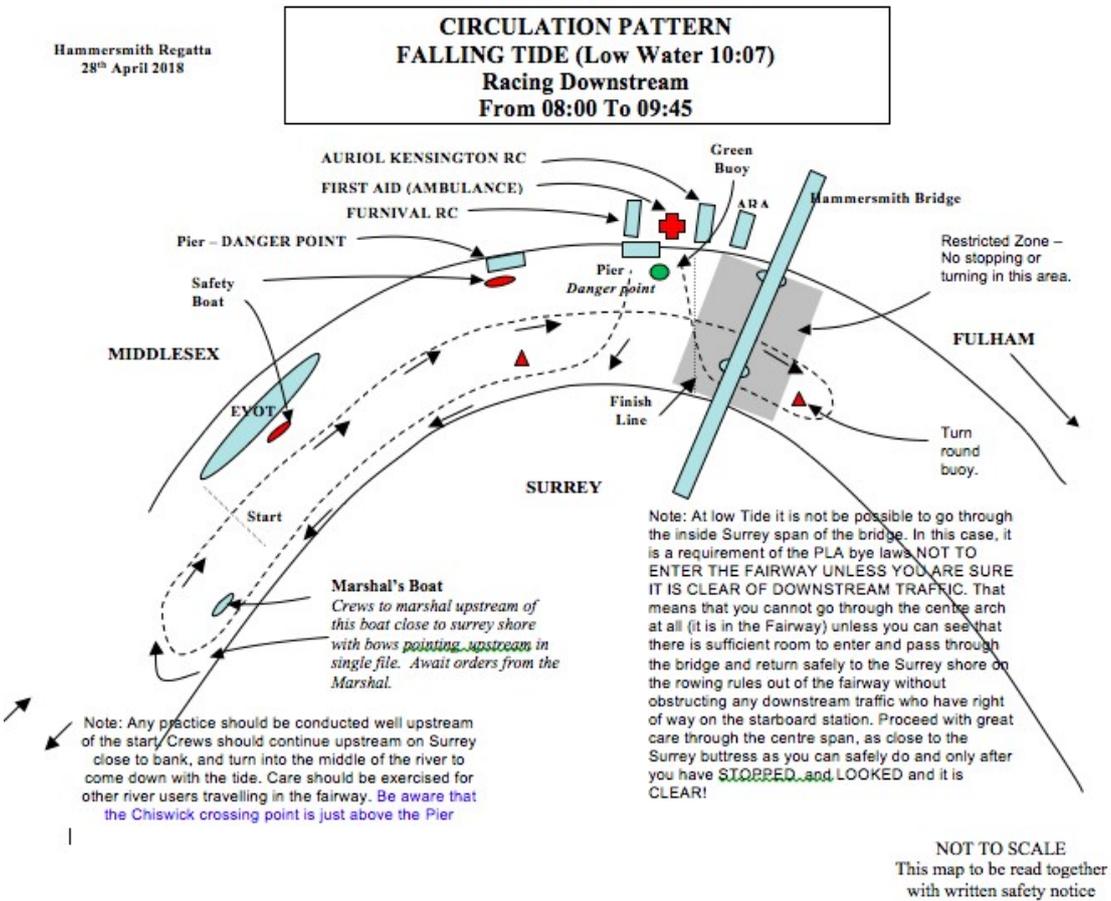
Weather conditions will be continually monitored by the regatta safety advisor. In the event of adverse weather conditions or possible lightning strikes officials will be instructed to clear the river as quickly and as safely as possible. Racing will be stopped and all crews whether racing or marshalling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

CONTACT TELEPHONE NUMBERS

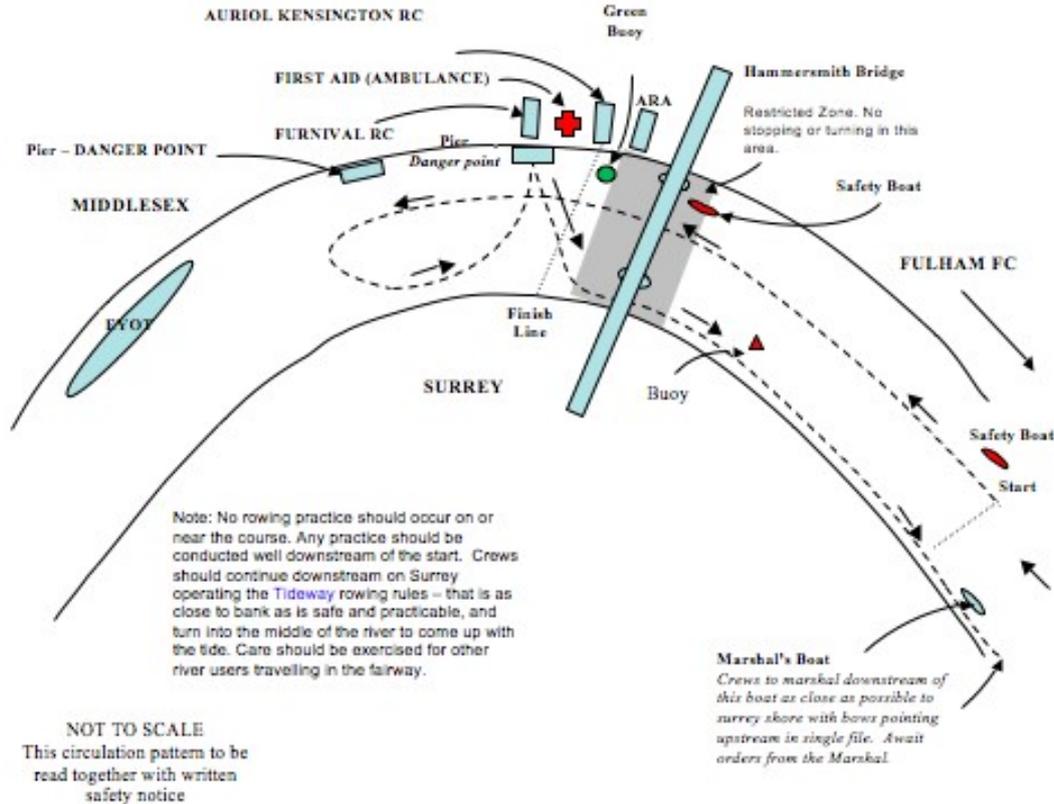
EMERGENCY		999
...for incidents on the water, ask for COASTGAURD		
RACE CONTROL (@AKRC)	Kate Rennoldson	07464 333583
SAFETY ADVISER	Charles Pretzlik	07899 961636
CHAIRMAN OF THE RACE COMMITTEE	Julie Watson	07966 181375
HAMMERSMITH POLICE		020 8563 1212
RIVER POLICE		020 7481 1212
CHARING CROSS HOSPITAL		020 8846 1234
FURNIVAL SCULLING CLUB		020 8748 6867

RELEVANT POSTCODES (in case the emergency services need 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 & Furnival RC	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



CIRCULATION PATTERN
RISING TIDE (High Water 14:29)
Racing upstream (Flood) from 10:45 till 14:00



CIRCULATION PATTERN
FALLING TIDE (Low Water 22:25)
Racing Downstream
From 15:00 To 18:00

