



SAFETY NOTICE

Hammersmith Regatta is held under British Rowing Rules of Racing and in accordance with RowSafe.

First aid (ambulance and crew) will be based at the end of Mall Road (w3w: total.degree.ground) near to Auriol Kensington Rowing Club and there will be two safety boats on the water until the end of the last race.

All Umpires launches, Marshals boats, and safety boats will carry radios in case of emergency.

The Regatta is held on an open tidal river. Crews must be familiar with the **Tideway Code** (<https://www.pla.co.uk/assets/tidewaycodedigital.pdf>).

Boating and landing at Hammersmith can be dangerous. Please take care to study the boating and landing diagrams before going afloat. Understand the hazards and avoid them.

Crews should be competent to hold the boat up hard and move forwards, 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.

Officials based at Auriol Kensington Rowing Club on the day will be able to provide assistance if you have further questions.

Equipment must comply with British Rowing RowSafe requirements.

Coaches and Captains are advised to make sure that crews are suitably dressed for the weather conditions.

Competitors are advised to bring boots for boating at low tide.

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 Registration. There will be a Welfare Officer on duty all day details below.

In case of emergency dial 999. If on the water, ask for COASTGUARD.		
Safety advisor	Charles Pretzlik	07899 961636
Welfare advisor	Stephen Aitken	07866 361233

In the event of **adverse weather conditions** (including 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.

Relevant location details (in case of calling the emergency services)

Location	What3Words	Postcode
Chiswick Pier	///minute.loved.early	W4 2UG
Sons of the Thames Boathouse	///fire.makes.level	W6 9TA
AKRC, 14 Lower Mall	///maple.pipes.moves	W6 9DJ
Furnivall SC, 19 Lower Mall	///gloves.doing.stuff	W6 9DJ
St Pauls School Boathouse	///wicked.teeth.enjoy	SW13 9JT
Barn Elms Boathouse	///vines.remove.fines	SW13 0GD

Other relevant services

Hammersmith Police Station, 26 Shepherds Bush Road	Open 24/7
Charing Cross Hospital, Fulham Palace Road	020 3311 1234
Port of London Authority (PLA) – London VTS	020 3260 7711



PRE-RACE - REGISTRATION

A crew representative must report to Registration at Auriol Kensington before racing to register and collect race numbers (there will be two numbers for each crew to be attached to the bow person's marshalling kit and race kit).

Coxswains must also report to Registration to weigh in. They will need to provide their own dead weight if required to meet the minimum weight set out under the Rules of Racing.

Competitors who do not report to Registration before racing, 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 Registration in case of any changes to the programme.

Please note that Control Commission officials will be carrying out checks and may call in boats that have boated from other locations.

Registration	Kate Rennoldson	07808 165218
Race Committee Chairman	Daniel Walker	07970 433561



THE COURSE AND NAVIGATION

The course is approximately 1,000m and finishes at AKRC (the finish judge will be stationed on the top floor terrace at AKRC).

All racing is with the tide, so the course differs between the ebb and flood tide. Make sure you know which course you are racing.

There are two tide turns during the 2023 regatta, with a break in racing for each one:

08:30-12:41	Ebb (falling) tide	Island to AKRC
<i>Low water 12:49</i>		
13:30-16:39	Flood (rising) tide	Crabtree to AKRC
<i>High water 16:57</i>		
17:28 to end of racing	Ebb (falling) tide	Island to AKRC

The stream will not necessarily turn at the forecast time; you must boat and navigate according to the observed stream direction.

When **proceeding to the start**, follow the [Tideway Code](#).

- From Hammersmith, this will be against the tide in the inshore zone alongside the Surrey bank.

If you wish to warm up, this should be done clear of the course and marshalling area, adhering to the Tideway Code.

Report to the start marshal at least 10 minutes before your race.

While waiting, bows should be pointing into the stream; line up in the inshore zone upstream of the start in single file and tucked into the Surrey bank.

The start marshal will give instructions to spin; you must check that it is safe to do so before proceeding.

The race will start without reference to absentees.

Races will be two abreast with each crew allocated either the Surrey or Middlesex station.

The river remains open with no river closure, so both racing crews should be to their starboard side in the Fairway and keep a good lookout for any oncoming traffic.

A horn will sound when boats cross the finish line.



Note: there is a stagger on the finish which favours the Middlesex station.

After the finish, continue to paddle clear before stopping.

On the ebb tide, you must proceed until well clear of Hammersmith Bridge.

If you have lost, you may return to your boating location.

If you have won and have another round, please return directly to the start*.

If you have won a final, you may return to your boating location or come directly to the AK pontoon to collect your prizes (you will be required to produce British Rowing membership cards or other photographic ID for all members of the crew).

*a few events split across a break for the turn of the tide. You are welcome to come in at AK/Furnivall to rest.

Around low water:

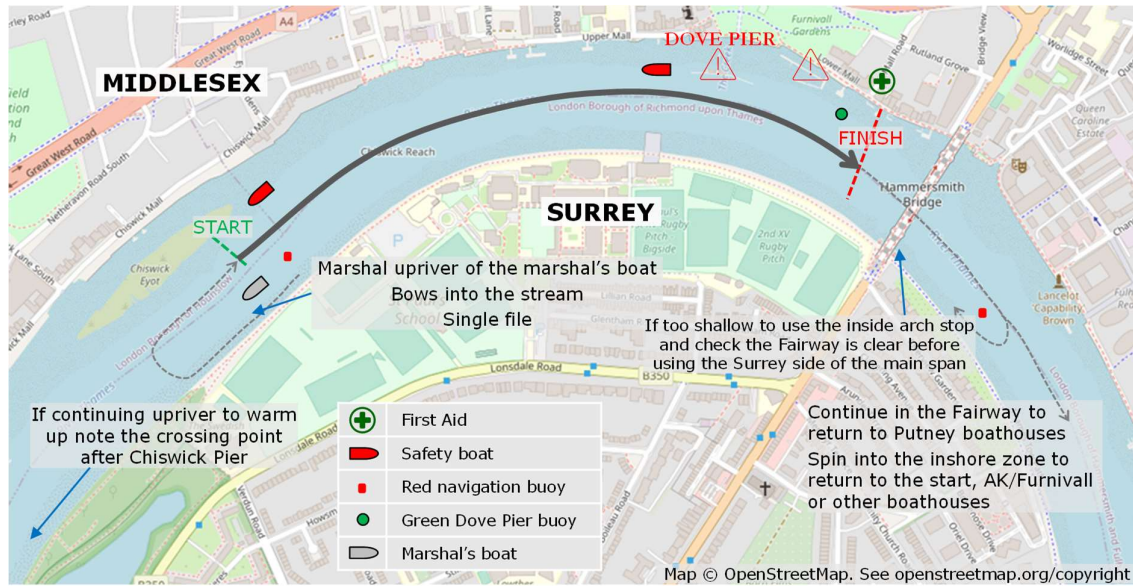
- Take additional care for shallow water and the risk of grounding
- You may not be able to use the inside arch of Hammersmith Bridge. When proceeding against the stream in the inshore zone, you may use the Surrey side of the main span of the bridge, but boats in the Fairway retain right of way (see page 97 of the Tideway Code)



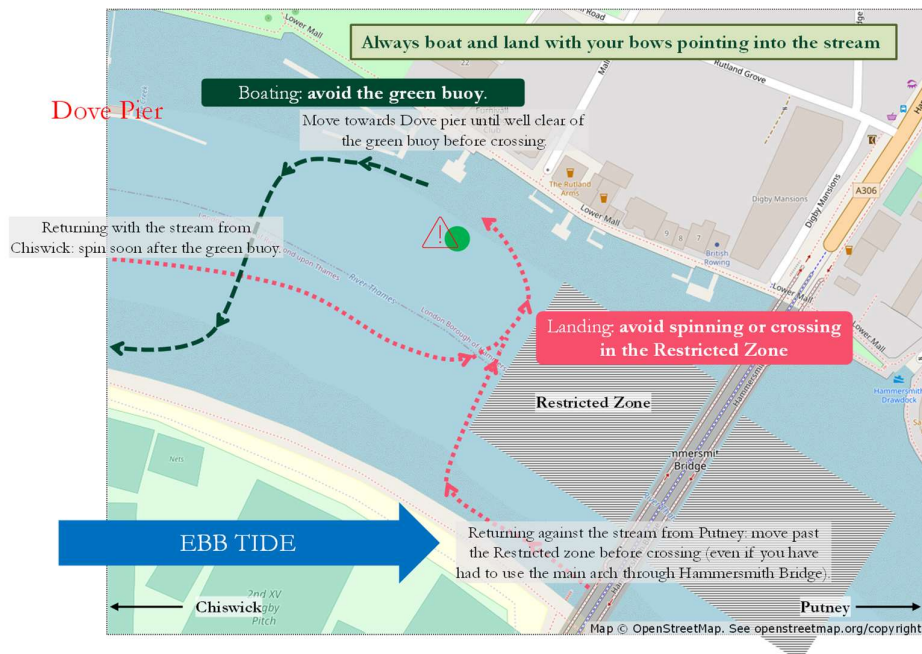
EBB TIDE COURSE AND BOATING

WATER SESSION 1: 08:30 to 12:30

WATER SESSION 3: after 17:30



Boating and landing at Furnivall and AK on an ebb tide.

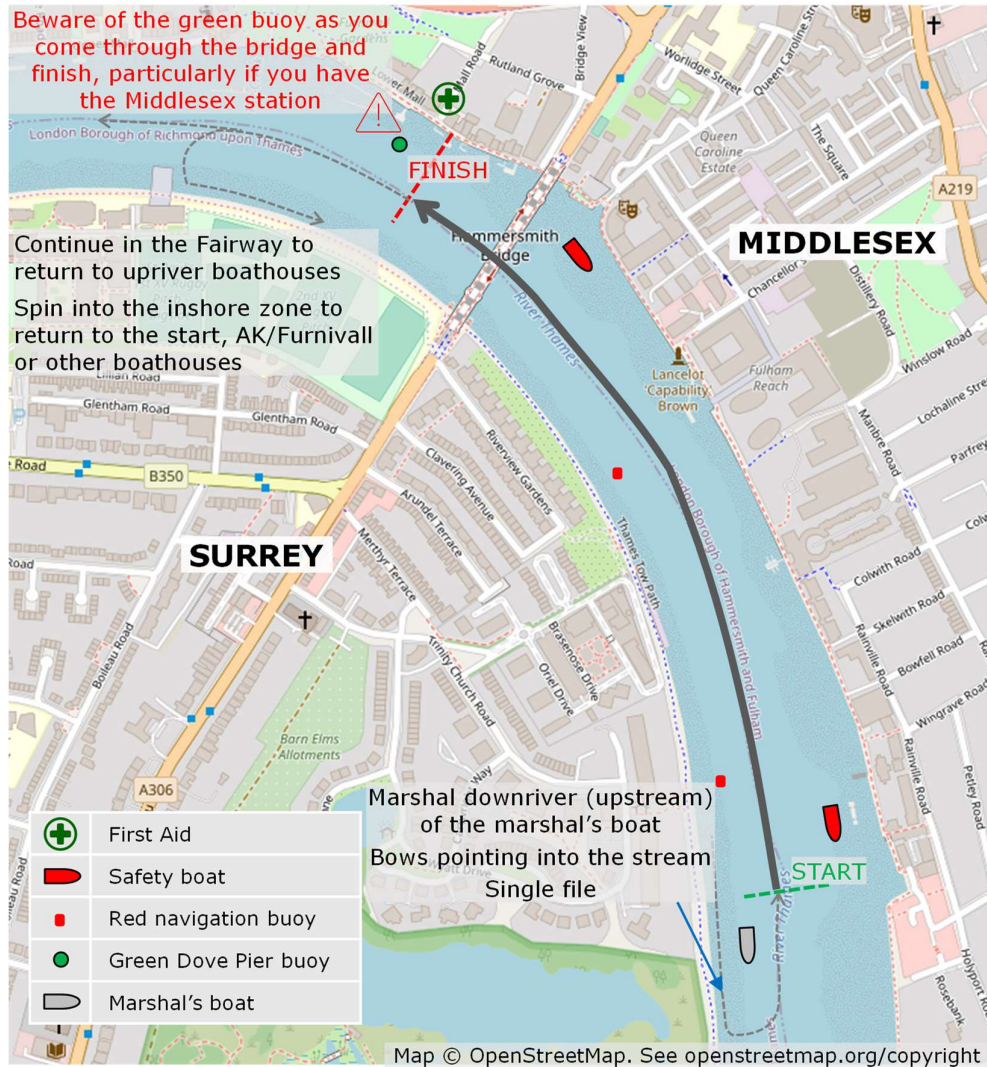


The stream will not necessarily turn at the forecast time; you must boat and navigate according to the observed stream direction.



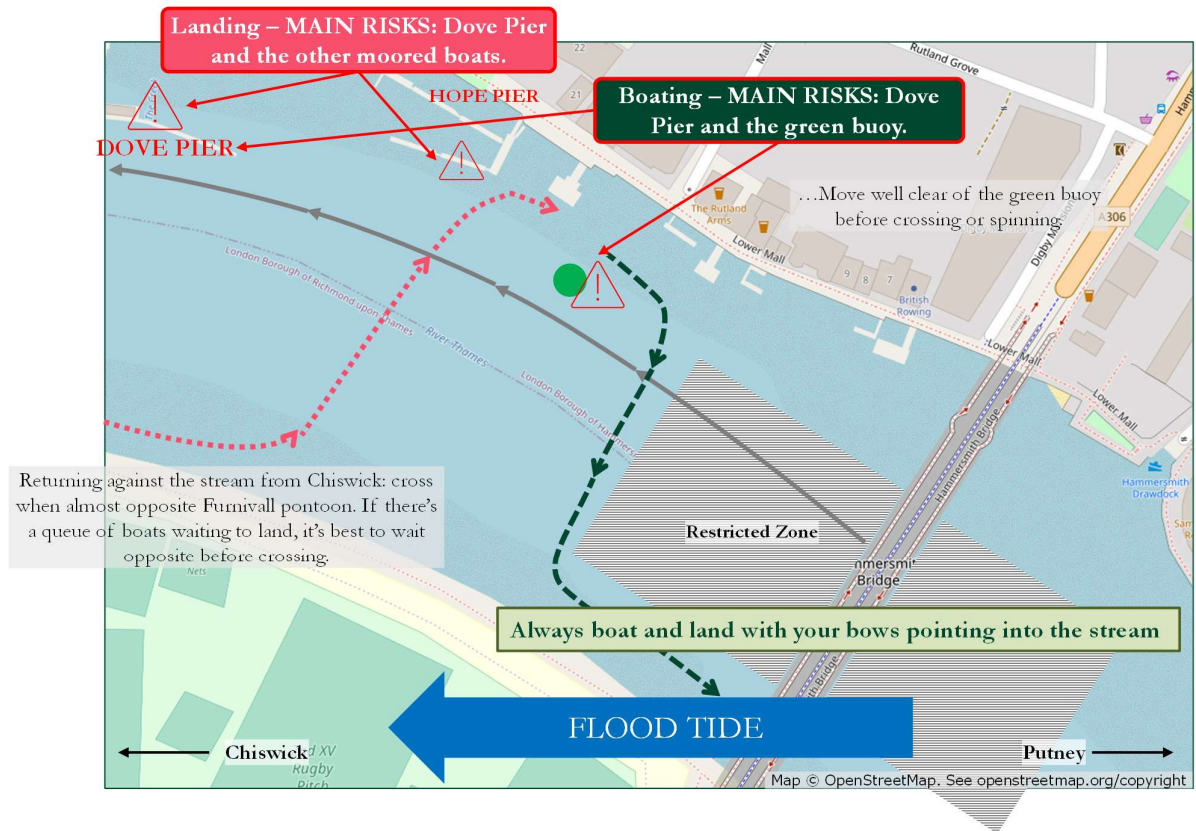
FLOOD TIDE COURSE AND BOATING

WATER SESSION 2: 13:30 to 16:30





Boating and landing at Furnivall and AK on a flood tide.



The stream will not necessarily turn at the forecast time; you must boat and navigate according to the observed stream direction.