

South Yorkshire Head of the River

Doncaster, 11th February 2012

Competitor & Safety Instructions

The following is intended to make your visit to the South Yorkshire Head easy and enjoyable and includes guidelines that are in place to help ensure the safety of you and others during the race. This Head Race is run under British Rowing Rules. All competitors must be aware of the "Row Safe" guide (see: <http://www.britishrowing.org/taking-part/staying-safe/rowsafe>) and must abide by its instructions.

Please ensure your crews read and understand the instructions below.

Key Personnel and Contact Numbers:

The nearest public telephone is located on Greenfield Lane, approximately 50 metres outside the Hexthorpe Park gates.

Organising Committee Chairman	07770 981595 (Christopher Woods)
Event Secretary	07770 981595 (Christopher Woods)
Doncaster Rowing Club Captain	07979 893300 (Adam Manson)
Sheffield City Rowing Club Captain	07734 886566 (Alan Brown)
Entries Secretary & Registration	07824 465531 (Nick Walton)
Emergency	999
Doncaster Fire Rescue Headquarters.....	01302 344468
South Yorkshire Police	0114 2202020
Doncaster Royal Infirmary	01302 366666

Race Web Site: www.doncaster-rowing-club.org/Doncaster_Rowing_Online/SYH.html

General

- The head race is based from Doncaster Rowing Club's clubhouse in Hexthorpe Park, Greenfield Lane, Doncaster. Maps giving directions are issued separately. Trailer parking is available in the Park but other cars must park in the designated car park or the streets around the Park.
- There are 2 courses:
 - 3,000m open to all crews in all categories, except 8+, which must race the 4,000m course.
 - 4,000m open to 8+ only in all categories. All boats will race at the beginning of Divisions 2 and 3.
- There are 3 Divisions as follows:
 - Division 1: 10:00 am - All classes of boat.
 - Division 2: 12:15 pm - 8+ (4,000m course); all other classes of boat (3,000m course).
 - Division 3: 14:30 pm - 8+ (4,000m course); all other classes of boat (3,000m course).
- Boats will generally be started in groups by boat type, with short gaps between different boat types. The number of entries will be limited to 55 boats per division for Division 1 and to 45 boats for Divisions 2 & 3. If clubs wish a boat to race in a particular division, they should use the notes section in OARA to request this or contact the Entries Secretary.

- Entries will only be accepted via the OARA system. **The closing date for entries is 3:00 pm on Saturday 4th February 2012.** Payments may be through OARA or by cheque. Any cheque payments (made payable to “South Yorkshire Head”) must be received by Wednesday, 8th February and should be sent to: Nick Walton, 14 Martindale Close, Gamston, Nottingham NG2 6PN. Late payment may result in disqualification or a payment penalty (see below).
- Enquiries should be directed to the Entries Secretary, Nick Walton, at: syhead@live.co.uk.
- Registration will be upstairs in the Doncaster Rowing Club clubhouse in Hexthorpe Park. Numbers, race day payments and any entry queries will be dealt with at the registration desk.
- Entry fees received prior to close of entries will be:
 - Senior/Masters: £8per seat
 - Junior Events £5 per seat.Any fees received after close of entries (and if accepted) will be:
 - Senior/Masters Events: £10 per seat
 - Junior Events £7 per seat.
- This is a demanding event and crews and their coxswains must be sufficiently competent to race. **Anyone whom the marshals consider is not competent will not be allowed to race.**
- You must carry a copy of these instructions with you in the boat.
- **Make sure you have and are wearing adequate, warm clothing and hats** and take these with you in the boat for the waits at the start and finish. As the river level can vary at this time of year and can cover the landing stages, we strongly recommend that all crew members bring Wellington boots. **Competitors whom the marshals deem to be inadequately dressed will not be allowed to boat.**
- Please follow the marshals’ instructions at all times.
- Coxswains must carry weights if they are required. If you are carrying weights please show the landing stage marshals before boating. The minimum racing weight for coxes are as follows: 55kg for Senior Open, Masters Open, J18, J17, J16 and Mixed crews; 50kg for Senior Women, Masters Women, WJ18, WJ17 and WJ16 crews; 45kg for all J15 and younger crews. To make up this weight a lighter coxswain shall carry dead-weights. Any dead-weights carried may be checked after any race in an event.
- Coxes will not be weighed before the race. However, the weight of coxes of winning crews may be checked after the race.
- All boats must have “Empacher” slots and crews will be issued with “Empacher” numbers in Registration. All clubs must pay a refundable deposit of £1 per boat to cover the potential loss of a number. Numbers will be collected as crews de-boat and the deposit will be returned at that time.
- Racing licence presentation may be requested prior to racing, crew substitution, or prize giving.

- If necessary, the British Rowing Masters Handicap system will be used. For details see: *Masters Handicap Events – Operating Notes 2010* at: <http://www.britishrowing.org/upload/files/Association/Policies/HandicapOperatingNotes-2010.pdf>
 - Please note that the River Don is a British Waterways controlled navigation. Competing clubs who normally row on non-BW water are asked to ensure that they have the appropriate number of day licenses for the number of boats on the water at any one time.
 - All incidents (including potential and actual injury or damage to individual or equipment) shall be reported, in the first instance, to a member of the Organizing Committee or a race marshal.
 - There will be at least four launches for the purposes of safety on the course. In the event of technical problems with the launches, the Chairman of the Race Committee or Safety Officer can direct a suspension of racing. The co-ordinating umpire will be the person primarily responsible for summoning both medical and emergency cover, unless action may be taken with greater efficiency by any other official.
 - If, during the course of the event, weather conditions present a safety hazard, the race committee may suspend racing either in full, or by event. If racing cannot be recommenced, winners of incomplete events shall be determined by the holder of the fastest race time.
 - First Aid cover will be provided by the Red Cross, who will be located in the clubhouse and on one of the safety launches.
 - Toilets are available in the Doncaster Rowing Club clubhouse and near the entrance of Hexthorpe Park.
 - Prize giving will take place as soon as possible after the results of the third division are published. Any early winners may collect their prizes from Race Control before then.
 - The risk of contracting Leptospirosis (Weil's Disease) from recreational water is small. However the serious nature of the disease is such that all competitors must be aware of the dangers and should take simple precautions to reduce the risk of infection:
 - Cuts and abrasions (including blisters) should be covered with waterproof dressings.
 - Wear footwear to avoid cuts and protect feet when paddling in the water or launching a boat.
 - Shower after contact with the water.
 - Wash hands thoroughly before eating and drinking.
- If 'flu-like symptoms develop shortly after contact with the water (1-3 weeks) then your doctor should be contacted and advised of the circumstances of exposure.

Instructions for Boating

- The intention is to get boats onto the water in a quick, safe and efficient manner, so that the races can start on time.
- All crews must be ready to proceed to the landing stages at least 15 minutes before the boating time stated on the Start Order Schedule. Crews will be called to the landings by marshals in reverse start order.
- You will not be allowed to warm-up upstream but ergos are available in the clubhouse if you wish to use them prior to boating.
- It is the responsibility of each member of the crew to ensure that their equipment is in a safe condition.
- Boats will be checked for safety by a marshal prior to boating, with particular attention being paid to the following: bow ball integrity, suitable buoyancy compartment hatches, shoe heel restraints, the Integrity of hull and fittings (e.g. damage-free boat and secure riggers).
- **Boat safety checks will be done on the trestles provided at the top of the landing steps. Boats should be placed on the trestles right way up.**
- To facilitate rapid boating, you must move all blades, kit, etc., close to the landing stage before carrying your boat to the landing stage.
- All boats must be launched facing downstream (to the right) and proceed immediately in that direction.
- As soon as your boat is afloat, you must get in and push off. Any adjustments to your boat should be made either before leaving the rigging area or after leaving the landing stage.
- When proceeding to the start, keep to the right of centre of the river. All overtaking crews must do so on the left and then pull back to the right.
- It is the responsibility of the crew which is overtaking to avoid a collision. Do not assume that other crews have seen you. Always shout if you are unsure of their position or if there is any danger of a collision.
- Clubs should ensure that their rowing members are trained in capsize drill. If you fall out of the boat do not swim away from it, as it will provide buoyancy. When safe to do so, swim to the nearest bank whilst holding on to the boat and await a safety launch.

Starting Instructions

- Crews will be given a start map prior to boating and marshalled in ascending number order.
- Crews should marshal facing towards the start in the direction of racing. Take care when turning, being considerate of other crews.
- Take careful notice of instructions issued by launch and bank marshals. The only time you may ignore these is if it would be **unsafe** to carry out the instruction you have received.
- Do not remove any warm clothing until you are warned that the race is about to start. You will be given approximately 2 minutes' warning by 3 short blasts on an air horn before you are due to start moving up to the start.

- As you paddle past the rowing start the starter will shout 'GO!' Timing commences approximately 50 metres further along the course.

During the Race

- There are two courses, which are about 3,000m and 4,000m long. Both start at the same place but the longer race continues past the first finish line to a second finish line near Sprotbrough Lock.
- The course has three major bends; a sharp right-hand bend just after the start, a left-hand bend starting at around 1,300m and a gradual right-hand bend starting from the boathouse and lasting until the 3,000m finish.
- **Faster crews have right of way, so crews which are being overtaken must allow the overtaking crew to use the inside of any bend.**
- This means on the first bend (just after the start) crews being overtaken should move to the left, then on the second major bend move to the right and on the finishing bend move to the left.
- We are one of the few head races where you race past the boathouse, which creates a great atmosphere. When you pass the boathouse you are about 750m from the finish of the 3,000m course and just over half way on the 4,000m course.
- Where possible, other river traffic will be stopped during the races. However, crews must remain vigilant at all times during the race and follow the navigation rules shown on the map that will be provided at registration.

Instructions for when you Finish the Race

- The 3,000m course finish is approximately 100m before the first railway bridge. Crews must continue paddling upstream immediately after the finish and continue through the two railway bridges until instructed to pull into either bank by a marshal. **DO NOT TURN.**
- 8+ competing in the 4,000m event should continue paddling upstream until instructed to pull into either bank by a marshal. **DO NOT TURN.**
- No crews will be allowed back towards the landing stages until all crews have finished racing.
- As soon as you have stopped rowing put on warm clothing while you wait.
- When instructed by a marshal, turn and proceed back downstream.
- As soon as a landing stage becomes available, you will be directed by the marshals where to go.
- Our intention is to move people off the water as rapidly and as safely possible, so please de-boat quickly.
- After putting your blades against the bank so they are not a trip hazard, lift your boat out of the water and take it to the car park before collecting your blades and kit.
- There are two exit gates to the boathouse compound. Bank marshals will tell you which gate to use when carrying your boat back to the car park. **Hand back your Empacher number as you pass through the gate.**