

# South Yorkshire Head

## Doncaster, 9<sup>th</sup> February 2019

### Competitor 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 and “Row Safe” guide (see: <http://www.britishrowing.org/taking-part/staying-safe/rowsafe>) and all those taking part must follow this guidance.

Please ensure your crews read and understand the instructions below.

#### Summary

- The head race is based from Doncaster Rowing Club’s clubhouse in Hexthorpe Park, Greenfield Lane, Doncaster. Trailer parking is available in the Park, along with limited parking for cars. Other cars must park in the designated car parks or the streets around the Park. Please see the separate instructions and maps.
- The course covers 4,000 metres, starting by Doncaster Prison and finishing on the straight below Sprotbrough lock.
- There are 3 Divisions as follows:
  - Division 1: 09:30 am.
  - Division 2: 12:00 pm.
  - Division 3: 14:45 pm.
- We will be using the rowTIME system and the results will be posted shortly after racing in each division has been completed. Prize giving will take place as soon as all crews have packed away their boats following Division 3. Crews that wish to leave before the prize-giving may collect prizes early.

#### Key Personnel and Contact Numbers:

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

Chairman and Race Safety Adviser, Adam Manson .....	07979 893300
Race Committee Chair, William McIlroy.....	07836 327251
Event Secretary, Donald McDougall .....	07419 742510
Welfare Officer, Helen Jones.....	07791 654445
Emergency .....	999
Doncaster Fire Rescue Headquarters.....	01302 344468
South Yorkshire Police .....	0114 2202020
Doncaster Royal Infirmary .....	01302 366666

Race Web Site: <http://www.doncaster-rowing-club.org/syh.html>

#### General

- On arrival please go to registration 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.
- This is a demanding event and crews and their coxswains must be sufficiently competent to race. **Anyone whom the race officials consider is not competent will not be allowed to race.**
- **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. **Competitors whom the marshals deem to be inadequately dressed will not be allowed to boat.**

- Please follow the marshals' instructions at all times.
  - Coxes will not be weighed before the race. Under weight coxwains should carry suitable deadweight which may be checked by marshals when boating. Weight of coxes of may be checked after the race.
  - All crews will be issued with two numbers in Registration: an "Empacher" number to be secured on the bow of each boat and a race number to be secured on the back of the bow person or sculler. Please ensure that your Empacher number is securely fixed to the bow of the boat, if necessary using tape to secure it. Empacher numbers will be collected as crews de-boat and any crews losing their number will be charged £2 for the replacement.
  - 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.
  - All incidents (including potential and actual injury or damage to individual or equipment) must be reported, as soon as practicable, to a member of the Organizing Committee or a race marshal.
  - 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. Crews will be advised by marshals on any action to be taken in these circumstances.
  - First Aid cover will be provided by the First Aid Box, 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. Showers are also available in the Park facilities.
  - 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***

- **All crews must be ready to proceed to the landing stages at least 20 minutes before the boating time stated on the Draw.** It is the responsibility of each member of the crew to ensure that their equipment is in a safe condition.
- Boats may be checked by a marshal prior to boating, with particular attention being paid to: bow ball integrity, suitable buoyancy compartment hatches, shoe heel restraints, the Integrity of hull and fittings (e.g. damage-free boat and secure riggers).
- **To facilitate rapid boating, crews 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 (starboard) of centre of the river. All overtaking crews must do so on the left and then pull back to the right. 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***

- A start map will be on display in the boathouse and boats will be marshalled in ascending number order. Crews who arrive late at the start or who disobey marshals' instructions may incur a time penalty.
- 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.
- 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 up to the start you will be asked to maintain a short (approx. two lengths of clear water) gap to the boat in front. At the start line the starter will tell you when to start. The timing line will be set about 50 metres (3 - 5 strokes) beyond the start.

### ***During the Race***

- 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 railway bridge.
- **Faster crews have right of way, so crews which are being overtaken must allow the overtaking crew to use the inside of any bend.**
- When you pass the boathouse you will be approximately half way over the course.
- Where possible, other river traffic will be stopped during the races. However, crews must remain vigilant at all times during the race and keep to starboard (right / bowside) when passing oncoming traffic.

### ***When you Finish the Race***

- After passing the finish line, crews should continue paddling upstream until instructed to pull into either bank by a marshal. **DO NOT TURN.** Crews who disobey marshals' instructions may incur a time penalty.
- As soon as you have stopped rowing put on warm clothing while you wait. As there is some current, it will be necessary to paddle occasionally to stop your boat drifting downstream and to maintain its position.
- **When instructed by a marshal, turn and proceed back downstream. Do not overtake any other crews unless instructed to do so by a marshal.**
- When you reach the landing stages you will be directed by a marshal where to land and de-boat. Please de-boat as quickly as you are able.
- After placing your blades 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 park.

**WE HOPE YOU HAVE AN ENJOYABLE DAY WITH US**

# RACE MAP



★ Egress Points