

PETERBOROUGH JUNIOR CHAMPIONSHIP 2019 GENERAL INFORMATION AND SAFETY INSTRUCTIONS

Location

See Road map for location – the postcode is PE3 6LN. Follow signs for “Thorpe Meadows” and “Rowing Course” from the ring road. Full directions can be found on the Club’s website at www.peterboroughcityrowing.co.uk On Arrival, after parking cars and trailers where directed, crews should:

REPORT TO REGISTRATION to complete any outstanding details and report any substitutions within crews.

REPORT TO CONTROL to weigh coxes, check race times and collect lane numbers, which will be issued about 30 minutes before the race time. **NB: Boats must display their Identification Number and be fitted with a number slot on the bows.**

Lane Numbers

A representative of your crew should collect the lane number approximately 30 minutes prior to race time. You will require a new lane number for every race. A ‘red and black’ number system is operated for alternate races.

All boats must be fitted with number slots on bows. Please ensure that you place the correct lane number onto your boat.

Please return your lane number to control after each race if a regatta helper has not already collected it from the de-boating area.

Race Start Time

Crews must be at the start and ready to race at least 2 minutes before the time of their race, in accordance with BR Rules of Racing. Failure to do this may result in the race taking place without you. If you encounter any problems please advise Race Control in good time.

MEMBERSHIP CARDS, IDENTITY AND PRIZE WINNERS

Competitors are reminded that they must be able to prove their identity. Either by a BR membership card or other photo ID card. Membership cards must include an up-to-date photograph where required by their Great Britain Rowing Body. A competitor whose card does not have a space for a photograph must bring a photographic identity document with them to the Regatta.

Winners who cannot confirm their identity shall not receive any crew or individual prize until their eligibility has been confirmed.

Medal and Trophy Presentations

The presentations will be made off the water near the boathouse.

For crews who finish in first, second or third place a representative of each crew should take their ID to Registration where they will be given a confirmation slip enabling their crew to receive their medals. All winning crews should collect their medals as soon as possible after finishing their final and within one hour to avoid queues at Registration.

Following Races

Due to potential incidents the Organising Committee strongly discourage the following of races along the clubhouse side of the course on cycles. This is discouraged on safety grounds as it is a public right of way and the Regatta has no exclusive access to the path. Anyone wishing to follow a race should do so from the south side of the course (far side from the Boathouse). Actions will be taken against individuals and clubs found to be breaking this restriction.

Camping and Car Parking

PCRC will erect signs indicating where camping is permitted. Crews may NOT camp in areas other than these and the Organising Committee will take action against Clubs who infringe this local rule. Cars should be parked in designated areas only and not on the camping areas.

Safeguarding and Protecting Young People

The Organising Committee believe that the welfare and wellbeing of all children and young people is paramount. All children and young people regardless of age, gender, ethnicity, religion or ability have equal rights to safety and protection. ALL suspicions, concerns and allegations of harm will be taken seriously and responded to swiftly and appropriately.

Photography & Media

There may be official photographers and videographers at the Championships. Official photographs may be available for sale at the Regatta and subsequently from the photographer’s website. These photographs and videos may be used on websites and social media channels of PCRC and/or their partners/sponsors. By entering the Regatta, competitors and those responsible for them consent to this.

Competitors and those responsible for them should be aware that other, non-official photographers may operate at sporting events and the subsequent photographs or videos may be freely used in print, digital media or elsewhere, over which PCRC has no control.

Coaches, responsible adults and competitors agree that by entering competitors they have made the competitors and their parents/guardians (where in loco parentis) aware of the above two paragraphs.

Litter

The Rowing Course is set in a public park and competitors and supporters are asked to dispose of litter responsibly – rubbish bags are available from the boathouse and there are litterbins.

Incidents

In order that the regatta organisers are aware of any incidents and can coordinate effective responses, please report any incidents on or off the water to Regatta Control. **FIRST AID** facilities are located by the front of the Boathouse.

Safety Instructions

The regatta will be run according to the latest revision of British Rowing *Rules of Racing* and *RowSafe*. Regatta safety instructions provide information for the duration of the regatta along with instructions for practice sessions outside the normal timetable of racing.

The regatta will endeavour to provide a safe environment within the terms of *RowSafe* although competitors, coxswains and coaches are specifically reminded that persons using the lake and/or adjacent river do so entirely at their own risk and are solely responsible for:

- 1) Their own safety, remembering that they have a duty of care to themselves and any third party both on the water and on land.
- 2) Ensuring that any equipment (e.g. boats, blades, buoyancy aids, etc.) are safe and prepared to the standards as required under the 'Rules of Racing' and 'Row Safe'. Any failure to meet this standard may result in exclusion from the event.
- 3) The strict observance of the circulation patterns (see below) along with 'Row Safe'.
- 4) Deciding whether or not they are competent to use the lake/river in the prevailing weather conditions; this decision may be taken by the individual or with their coach/crew.
- 5) Ensuring that they can swim in accordance with *RowSafe*.

All competitors, coaches and participants are also reminded of the following:-

- 1) Practising on the course is not permitted whilst racing is in progress nor is it permitted within 30 minutes of the first race or for 30 minutes after the last races of that day.
- 2) The lake is totally closed between the hours of 2100 and 0630 the following day, to any activity whatsoever. Any breach of this local rule shall immediately result in exclusion from the event.
- 3) During the hours of non-racing there will be **NO** safety cover on the course.
- 4) They are responsible for their own safety arrangements before and after the day's racing.
- 5) They are responsible for their own safety arrangements if boating on the River Nene. Should the river be used for practice, warming up/down, etc. then it is advised that boats are placed within the channel adjacent to the lake, paddled down to join the river, turning left (cox's left, or stroke side) onto the river and paddled downstream using normal navigation rules. The first lock in this direction is 6 miles downstream. **Note that there are no safety/rescue boats on the river.**
- 6) As this event is solely for those under the age of 18, it is the responsibility of coaches, in the absence of parents, to act '*in loco parentis*'. It is their responsibility to ensure that their crews comply with the 'Rules of Racing', 'Row Safe' and these 'Regatta Safety Instructions'. It is also their responsibility to ensure that their crews are competent enough to race in the prevailing water/weather conditions and that they are dressed appropriately for these conditions.
It is requested that a competent person/coach is available to the crew within both the start & finish zones to assist with any boat maneuvering that may be required.
- 7) The need to ensure that all access roads/routes are kept clear at all times and that the lakeside public cycle path is not blocked in any way by vehicles, cycles, chairs, etc.
- 8) When in the boating area, or when boating/de-boating, crews shall show extra consideration with right of way being given to other participants and members of the public, so as not to cause distress or injury to third parties. Crews should be aware that cyclists do travel through this area, sometimes at speed.
- 9) When boating or de-boating, exercise care on the staging to avoid slips, especially during wet weather.
- 10) Any incident should be drawn to the attention of the nearest official as soon as possible – they will be able to summon assistance. First Aid cover is provided during the hours of racing and is situated close to Race Control.
- 11) The Event Welfare Officer will be available to assist during the hours of the regatta and her name and mobile telephone number are available from Control and from the Finish Cabin.

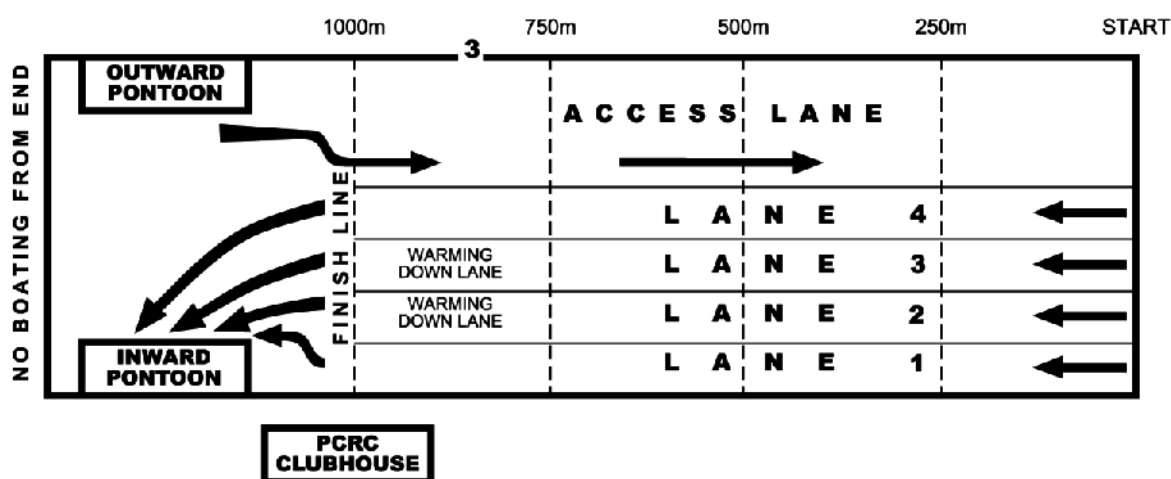
Key Positions during the Regatta:

- Regatta Control – in the tent on boathouse forecourt.
- Regatta Treasurer – in control tent.
- First Aid – adjacent to the Clubhouse.
- Telephones – in clubhouse & in foyer of The Dragonfly Hotel.
- Hospital A & E – Situated at Peterborough City Hospital,
- Edith Cavell Campus, Bretton Gate, PE3 9GZ
- Tel: 01733 678000
- Regatta Secretary – Camilla Plumb
- Race Committee Chairman – Nick Hubble
- Race Committee Members – Dan Smith, Julian Popple, Tom Brown, Gavin Dods
- Event Safety Advisor – James Plumb
- PCRC Safety Advisor – Paul Scutts
- Event Welfare Officer – Tracey Rushton-Thorpe (via Regatta Control)

Rowing Club address: Thorpe Meadows, Peterborough
 Rowing Club postcode: PE3 6LN
 Rowing Club Grid Reference: 174 985

Racing Circulation Pattern

This applies from 30 minutes before the first race until the last race has finished.



Failure to comply with these rules may lead to the removal of crew or club from the event.

Points to note when heading towards the start:

- 1) Once boated, crews should proceed towards the start in the access lane with their bows pointing towards the start end of the lake and be ready to act upon any instructions given from the Marshals, Starter or Race Umpire.
- 2) Crews stationary within the access lane must be vigilant and not allow their boat or blades to encroach on the racing lanes.
- 3) When called onto the start, crews should proceed diagonally across the course in lane order, taking extra care when turning and backing onto the stake-boats.

General Points to note:

- 1) **Warming Up** – this is not permitted on the course during the hours of racing (see p.1) and any crew practising starts in the access lane **MUST** do so with great care in relation to other crews proceeding to the start and to any races passing on the course.

- 2) **Cooling Down** – this is permitted on the following basis: Once finished, crews should turn immediately into the access lane and **proceed no further than the 500m point**. The crew should stop in the access lane, ensure that there is no oncoming race, turn across the course (do not turn in the access lane) and proceed into lanes 2 or 3, returning immediately towards the finish and ensuring that they keep clear of any oncoming races. **Lane 1 should NOT be used as this is for launches proceeding to the start. Lane 4 is a separation lane and should NOT be used either. Any abuse of this rule will result in the withdrawal of this provision and may render disqualification from the event.**
- 3) Boating is to be from the outward pontoon and De-boating is to be from the inward pontoon as per the diagram above.
- 4) Lane numbers should be returned to Regatta Control as soon as a crew is off the water.

Practice Circulation Pattern (as for racing but with the following revisions)

- This applies at all times other than during racing.
- The lake must be clear of crews 30 minutes before racing is due to start, and by 2100hrs.
- Boating and de-boating should be from the same stages as for the racing circulation pattern.
- Lane 4 is designated a safety lane for distressed craft and is **NOT** to be used.
 - Turning at either end of the course is to be done at 90 degrees to the racing lanes and not diagonally.

Thunderstorms

As a general rule, the Event Safety Adviser and Race Committee will:

- Consult forecasts from the day before and monitor the weather during the event
- In the event of a storm, constitute the chain of command and use the public address system to warn both competitors and spectators of actions to be taken (this includes identification of 'proper shelter' – see below)
- Use the 30:30 criterion to instigate suspension and resumption of activity
- Direct the Control Commission to stop crews boating until resumption of racing is signaled
- Direct the Start Team, Umpires and Marshalls to instruct crews on the water, where circumstances permit, to return to the landing stages with all speed and seek proper shelter. Where practicable, stages on both sides of the lake will be used for de-boating and an Umpire on the finish line will direct returning crews to one side or the other
- Direct the Control Commission and Finish Team to ensure that de-boating is executed as fast as possible (both these teams will leave one member on the landing stages)

Specific measures include:

- Control will be exercised by the Race Committee from the finish caravan
- Start team to shelter in the start caravan
- Reduced finish team to shelter in the finish caravan
- Launch umpires to return to finish and disembark immediately
- Competitors to shelter in the boathouse
- Blades to be left on grass near landing stages
- One umpire to execute a sweep of the lake from a car

All officials **and competitors** are asked to familiarize themselves with this general plan, so that it can be actioned promptly and effectively should a thunderstorm occur.

Sunburn, heat stroke & exhaustion

Competitors, officials and attendees are reminded of the dangers of sunburn, heatstroke and exhaustion and of the need to cover up, apply suitable sun block and increase water intake where appropriate.