

HEAD OF THE NENE 2020
GENERAL INFORMATION AND SAFETY INSTRUCTIONS

Thank you for entering the Head of the Nene. In order to make the event safe and enjoyable for all parties concerned, please note all the following information and instructions and ensure they are read and understood by your crews.

The details of your entries, starting numbers, etc, are communicated separately.

Boating and Control

You are requested to boat from the Embankment which is shown on the map and **not** from the Clubhouse where parking is limited. The Embankment access is shown on the detailed map and is off Embankment Road off Rivergate. The postcode for the adjacent Key Theatre is PE1 1EF. Please note that there are toilets available at the Embankment, but no changing facilities. Crews wishing to use changing facilities should leave their trailers at the Embankment and take their cars to the Clubhouse (shown on the map). There is no provision for trailers at the PCRC clubhouse on the day of the event.

All trailers, cars with boats on roof-racks, buses and minibuses over 6' 2" (1.88m) high should go to the Embankment. All other competitors' and supporters' vehicles should park at Potters Way carpark – PE1 5AY. Those drivers allowed access to the Embankment are requested to drive carefully on the grass areas to avoid damage and danger to the public and other competitors. The Embankment Park is to be treated with respect and all litter is to be removed.

Race numbers must be collected from the Mobile Office at the Embankment.

Control Commission may be checking boats and any that are not properly prepared may be excluded from the race (see SAFETY below)

Timetable for Boating

<u>Crews</u>	<u>Latest Leaving Embankment</u>	<u>Race Start</u>
Division 1	9.15am	10.00am
Division 2	11.15am	12.00pm
Division 3	1.45pm	2.30pm

Time Penalty or Exclusion: Crews/scullers must leave the boating areas by the stated times. Any crews/scullers reaching their designated bank number position less than 5 minutes before the designated time of their division will be awarded a 20-second penalty by the Race Committee Chairman, or may be excluded entirely

Prizes

Prizes will be available from the Registration Caravan at the Embankment after each division but only on production of a valid BR Membership Card or other suitable photographic identification as required under the Rules of Racing 5-5-4.

Race Committee

Nick Hubble (Chairman & Chief Marshal), Julian Popple (Starter), Trevor Parke, Jo Cotgrove, Ian Donald, Dan Smith.

Start Order

Senior events will be banded using the British Rowing ranking index, start order will be based on this as well as boat classification. The Race Committee may exercise discretion regarding start order for known crews of notable status.

Numbers

It is impossible to record times for crews who do not clearly display their numbers. Paper numbers are to be worn by the Bow person, on racing kit and on outer clothing. Adhesive numbers are to be placed on each side of boat, on saxboards, at BOW to be visible from both banks.

**INSTRUCTIONS FROM MARSHALS MUST BE OBEYED IMMEDIATELY
TOILETS AVAILABLE AT THE EMBANKMENT
CHANGING FACILITIES AT THE CLUBHOUSE
WELLINGTON BOOTS ARE RECOMMENDED BECAUSE OF THE LIKELIHOOD
OF MINOR FLOODING**

**IF THE RIVER IS FLOODED PARTICULAR CARE SHOULD BE TAKEN WHEN
BOATING BECAUSE OF SUBMERGED BOLLARDS AND BECAUSE THE EDGE
OF THE RIVER BANK IS SUBMERGED**

Results

Results will be available for each division at the Embankment as soon as possible. Results will also be available on www.peterboroughcityrowing.co.uk

SAFETY

This Head of the Nene race will be run according to the latest revisions of British Rowing's 'Rules of Racing' and 'RowSafe: A Guide to Good Practice in Rowing' (these being revised from time to time).

The instructions below provide information for the duration of the Head of the Nene Race, along with instructions for any practice sessions outside the normal timetable of racing.

The Event Organisers will endeavour to provide a safe environment within the above mentioned RowSafe Guide although competitors, coxswains and coaches are specifically reminded that persons using this local water course 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 'RowSafe'.
- 3) Ensuring that their boats comply with the buoyancy requirements of section 2.3 of 'RowSafe'.
- 4) Ensuring that their boats are licensed with the Environment Agency. This can be done either via British Rowing online or via the Environment Agency which will issue visitors' licences for those who do not normally row on EA waters. I.D. numbers must also be displayed on all boats, in accordance with Rules of Racing section 7-2-8f.

- 5) The strict observance of any 'local rule' or traffic/circulation pattern along with 'RowSafe' provisions.
- 6) Deciding whether or not they are competent to use the water course in the prevailing weather conditions; this decision may be taken by the individual or with their coach/crew.
- 7) Ensuring that they can swim in accordance with the requirements of 'RowSafe'.
- 8) Ensuring that they have their Membership Card with them and that it is complete and up to date, or that suitable photographic identification can be produced to confirm identity, in compliance with Rules of Racing 5-5-4
- 9) Ensuring that their outermost layer of clothing worn during the race conforms to their Club colours.
- 10) Arriving at their designated bank number not less than 5 minutes before the start of their Division. Failure to observe this rule may result in a 20-second time penalty or exclusion from the Event.

Control Commission may be undertaking checks on all these aspects.

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

- 1) Practising on the racing course or within the marshalling area beyond the start is not permitted whilst racing is in progress nor is it permitted within 45 minutes of the first division or for 45 minutes after the last division of the day.
- 2) During the hours of non-racing there will not be an event safety boat on the river.
- 3) They must make their own safety arrangements before and after the day's racing.
- 4) They must supervise juniors with a high degree of vigilance and anticipation – the highest standard of care is expected when acting '*in loco parentis*'.
- 5) During the race, crews should keep generally to the cox's right-hand side (road side) of the river and crews needing to overtake should do so on the cox's left. All crews should remain vigilant and aware of other crews in their vicinity at all times. Crews being overtaken should give way if necessary (eg in situations of multiple overtaking).
- 6) All access roads/routes must be kept clear at all times and the river towpath must not be blocked in any way by vehicles, cycles, chairs, etc. There is to be NO UNAUTHORISED VEHICULAR USE of the towpath on the north side; any violation of this rule will result in sanctions being applied to crews from the Club in question.
- 7) All coaches/supporters/race officials should take great care in reaching the long course (5km) start on North Bank and particularly when following crews. There is no traffic control for the competition and traffic moves rapidly on this narrow road. It is strongly advised that all parties are not to cycle on North Bank. When in the boating area, or when boating/de-boating, extra care is needed and right of way should be given to other participants and members of the public so as not to cause inconvenience, distress or injury to third parties.
- 8) Each crew must carry with it a mobile telephone number, to enable Officials to contact its coach/trailer driver in case of any need to summon assistance to the further reaches of the course. This number shall be written on the reverse of the bowman's number.
- 9) Any accident or significant incident should be drawn to the attention of the nearest Official as soon as possible, who will be able to summon the emergency services/assistance. Manned First Aid cover is provided at the

Embankment and first aid kits are available at PCRC clubhouse, within Registration at the Embankment, within each safety boat and within the start and finish areas. With regard to accidents and incidents, your attention is drawn to the requirements of 'RowSafe', notably sections 1.8 and 1.9 which deal with cold water immersion, hypothermia and swamping, and section 4.1 which specifies the reporting procedures for accidents/incidents.

Key Positions during the Race:

Registration – in mobile office on Embankment.

HoR Treasurer – in mobile office on Embankment.

First Aid – as noted in 9 above.

Telephones:

Mobile communication is available within the following areas: Registration, start and finish.

Landline telephones are available in the Key Theatre and adjacent to the Grain Barge restaurant, in the PCRC Clubhouse foyer, and in the foyer of the Dragonfly Hotel.

Hospital A & E – Situated at Peterborough City Hospital, Edith Cavell Campus, Bretton Gate, PE3 9GZ

Tel: 01733 678000

For contact telephone numbers, see notice within registration and by clubhouse telephone.

HoR Secretary – John Canton

Race Committee Chair/Chief Marshal – Nick Hubble

Event Safety Adviser – James Plumb

PCRC Safety Adviser – Paul Scutts

Event Welfare Officer – Jo Burton (phone number displayed at Embankment mobile office)

Traffic/Circulation Pattern

This is set out below and applies from 45 minutes before the first division and 45 minutes after the last division has finished:

- 1) Once boated, crews should proceed downstream, keeping to the coxswain's right-hand side of the river, towards the start and must be ready to act upon any instructions given by any Race Official.
- 2) When beyond the start and within the marshalling area, crews should continue downstream until they reach a bank number that approximates to their crew number. The crew should then stop safely, turn immediately and pull into the bank on the North Bank (roadside) of the river and await further marshalling instructions. Static crews within the marshalling area must be vigilant and not allow their boats to drift or to encroach on the main river course in a way that would impede passing crews.
- 3) When called towards the start crews should proceed in number order with at least a 10 second gap between boats and follow marshalling/starting instructions.
- 4) Crews must not overtake until after the start line.
- 5) Crews should familiarise themselves with point 10.2 on the safety plan that details a submerged craft 700 metres after the bend.
- 6) Upon completion of their race, crews should continue paddling upstream of the finish so as not to obstruct the finish line or cause a danger to any racing crews behind them.

- 7) During racing it is planned that two Safety Boats will be on the course. One will be positioned within the start area and the other positioned mid-course. There will also be Race Monitors along the course should assistance be required.

Failure to comply with these Rules of Racing may lead to the award of time penalties or the removal of the relevant crew or club from the event.

General Points to note

Inclement Conditions

Owing to the time of year, there is the possibility of severe weather and flood conditions. Because of this the following procedure is in place:

Flood – The Organising Committee has many years' experience of the local river conditions, monitors weather information available online; and is in close contact with the Environment Agency and the local Lock Keeper. The Committee will aim to predict river conditions with a high degree of accuracy.

Weather – Local weather forecasts are obtained daily leading up to the event in order to attempt to foresee potential difficulties.

With the above in mind and for safety reasons, the Organising Committee reserves the right either to run the event in full, to cancel specific categories (e.g. Juniors, Novices, etc.), to cancel one or more specific divisions, to alter the course or to cancel the event as a whole.

Should any changes become necessary after the publication of the timetable, the Organising Committee will attempt to advise entrants as soon as possible. This may be by direct telephone call, public announcement *via* www.peterboroughcityrowing.co.uk or *via* a recorded telephone message on 01733 310346 on the evening prior to the event.

**PLEASE ENSURE THAT ALL COMPETITORS ARE FULLY CONVERSANT
WITH THE ABOVE INSTRUCTIONS**