

# South Yorkshire Head

Saturday 10th February 2024

## **Competitor Instructions – ( See Course Map )**

- The South Yorkshire Head race is based at Doncaster Rowing Club in Hexthorpe Park, Greenfield Lane, Doncaster DN4 0HH. Trailer parking is available in the park with parking for cars. Please see the separate instructions and maps giving directions on how to reach the race location.
- Registration and Race Control will be upstairs in the Doncaster Rowing Club boathouse. Numbers and any entry queries will be dealt with at the registration desk.
- Please always follow the marshals' instructions.
- British Rowing Rules of Racing apply. Coxes will not be weighed although they must still meet the minimum weight requirements in rule 7-2-7d of the Rules of Racing.
- All boats must have boat number slots and crews will be issued with race numbers on Registration. Please ensure that your boat number is securely fixed to the bow of the boat. Boat numbers will be collected as crews de-boat and any crews losing their number will be charged £5 for the replacement.
- All incidents (including potential and actual injury or damage to individual or equipment) must be reported, in the first instance, to a member of the Organising Committee or a Race Marshal.
- In the event of any objections the decision of the Race Committee will be final
- First Aid is located on the First Floor in the boathouse.
- Toilets are available in the Doncaster Rowing Club boathouse. A shower is available in the event of an emergency.
- All crews must be ready to proceed to the landing stages at least 20 minutes before the boating time stated on the Start Order Schedule.
- It is the responsibility of each member of the crew to ensure that their equipment is in a safe condition.
- All competitors must be appropriately dressed for cold wet weather when they are boating, or we may not allow you to proceed.
- Before launching and after landing blades may be left close to the landing stages, but these should be left so as not to cause a trip or other hazard.
- Please follow marshals' directions when launching and landing.
- Please read the Safety Plan for event safety information.

## **Starting Instructions.**

- A Course 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.
- 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 directed by the Chief Start Marshal on the bank when to Row 50 metres before the timing start. They will advise you to build for the start by shouting ROW.
- **Faster crews have right of way, so crews which are being overtaken must allow the overtaking crew to use the inside of any bend.**

## **Instructions for when you Finish the Race.**

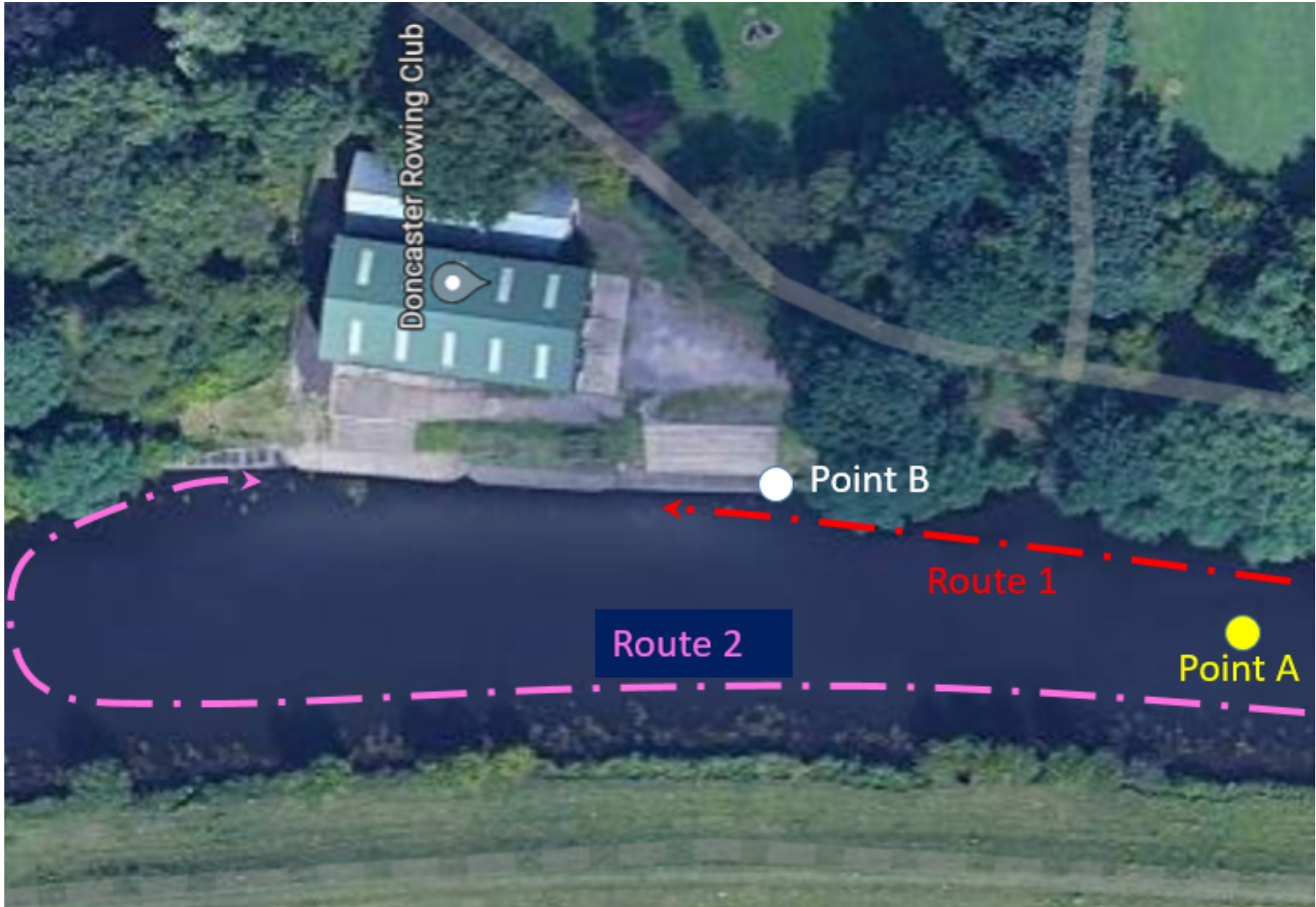
- After passing the finish line, crews should continue paddling upstream until instructed to pull into either bank by a marshal. **DO NOT TURN**. Crews who disobey marshals' instructions may incur a **time penalty**.
- **No crews will be allowed back towards the landing stages until all crews have finished racing.**
- As soon as you have stopped rowing, put on warm clothing while you wait. As there is some current it will be necessary to paddle occasionally to stop your boat drifting downstream and to maintain its position.
- **Boats will only be instructed to start turning when all crews have finished racing. When instructed by a marshal, turn and proceed back downstream. Do not overtake any other crews unless instructed to do so by a marshal.**
- Whilst it is usual to (turn if necessary and) de-boat upstream, in the instance of this Head race, it is deemed less dangerous to adopt de-boating downstream in most instances. This gives rise to the following procedure.
  - 1) Approach the Boathouse slowly and queue on the boathouse side of the river.
  - 2) A marshal, in a launch, will make contact with each crew as it approaches Point A (see Diagram)
  - 3) If any member of the crew is in an emergency or urgent predicament e.g. dangerously cold, they should advise the marshal.
  - 4) The marshal shall advise each crew whether to de-boat on the upstream or downstream landing stages i.e whether to use Route 1 or Route 2 (see diagram).
  - 5) Those following Route 1 should remain in the queue on the boathouse side of the river and drift downstream. Please ensure that you do not overrun the landing stages or move to the centre of the river as it inhibits de-boating.
    - a) When you are close to the landing stages, you will be contacted by a marshal with a loud hailer at Point B (see diagram).
    - b) The marshal will advise you of a colour (green, pink etc), this corresponds to the colour bibs worn by groups of marshals located at points on the landing stages. De-boat adjacent to those marshals in the relevant colour.
    - c) Coxes are encouraged to make use of the marshals to 'catch blades' and walk the boat up or downstream as necessary to expedite the whole de-boating exercise and minimise the time other competitors have to wait on the water.
  - 6) Those following Route 2 should proceed downstream, past the boathouse and when safe to do so, should turn. They should then queue on the Boathouse side of the river, facing upstream and de-boat on the downstream landing stage.
- Our intention is to move people off the water as rapidly and as safely as 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 immediately collecting your blades and kit.
- There are two exit gates to the boathouse compound. Marshals will tell you which gate to use when carrying your boat back to the park.

**You are responsible for ensuring each competing person that you have entered from your club has read both these instructions.**

You are reminded that every participant takes part at their own risk, and that the course by its nature is remote and some parts cannot quickly be reached by emergency services.

**PLEASE REMEMBER - IF ASKED TO STOP BY A RACE OFFICIAL YOU MUST STOP – SOMEONE'S LIFE MAY BE AT RISK.**

WE HOPE YOU HAVE AN ENJOYABLE DAY OF RACING.





## Course Map "South Yorkshire Head" River



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