

A Competitor's Guide to Home International Rowing Regatta 2023

If you are under 18, your coach is responsible for going through the Safety Plan with you, but you must ensure that you understand where you need to be and when, what you need to bring with you and what will happen at the event. Here are a few reminders.

Before the Day

1. Check with your Team Manager and coach for **travel arrangements**, be sure you know when and where to be.
2. Make sure your coach has gone through **the Safety Plan** with you, and that you understand it.
3. Study the **Circulation** plans in the Safety Plan, for both training and racing. The training circulation will apply all day on Friday and until 7.45am on Saturday morning.
4. Check your **equipment** over. Do it again. We have the full supply of safety boats, medics, marshals and risk assessment documents, but your boat and blades are your responsibility.
5. Pack your **bag with clothes**, and remember to make sure you match with your crew in compliance with World Rowing rules, particularly any hats. Bring your **accreditation** if you have been given them in advance. Despite it being July, the weather can still be changeable – be prepared for both high temperature and sunshine as well as showers. (Waterproof, jumper/fleece, **sun hat & lotion**, and a full change of clothing)
6. Coxes remember to check your **life jacket** and charge your **cox box**. Remember that if you're in a bow-loader four, your lifejacket must be manual inflation only.
7. Check with your Team Manager about whether you need to bring your own lunch. Don't forget your **drinks bottle**.
8. Keep your fingers crossed for good (but not too hot!) weather - we will be.

On the Day

1. **Find your team marquee** where you will be able to leave your bags, and relax with your teammates. You are encouraged to bring flags, bunting or similar to decorate your marquees.
2. You can **train on the water before 7:45am only, and racing circulation will apply from 8am**. You must be off the water by 7:45am or risk being awarded a yellow card or exclusion, and only boat again when it's time for your race.
3. Your coach should collect your **lane number** before your race. Make sure you know **when you are racing**, and what your lane number is.
4. Double check your **equipment** is rigged and ready. You will need your coach or cox to bring your blades to the pontoon when you are ready to boat and not before. You may want to take a look at the course from the bank (walk the course) so that you know what to expect, particularly at the start.
5. If you are racing first in the morning, **wait** until the raft marshals tell you that the safety boats and marshals are in place before going afloat for your race.
6. **Be ready** to boat at least 20-30 minutes before your race time. **If for any reason you think you will be late boating, please let Race Control (via an umpire or an official with a radio - they will be at the pontoons) know ASAP.**

7. **Boat as considerably as possible** by moving along the pontoon as far as you can go to avoid blocking other crews. Boat only from the pontoon to the right (when looking down the course from staging area) that will be marked outslip.
8. Boats will make their way to the start on the right-hand side of the course (coxes right). Warm ups can be done above the start pontoon only.
 1. **Practice starts are only permitted above the start pontoon**
 2. If you are warming up for a race or cooling down after a race **you MUST stop when a race approaches**, and must not cross the finish line when a race is nearby.
10. When you report for the start - we recommend 10 minutes before race time - you will need to **stay within earshot of the Marshal** who will be in a launch, who will tell you when to move onto the start. The start is a standard multi-lane pontoon.
11. **Be polite** to the marshals and umpires, you **MUST** do as they tell you! They are volunteers who want to see everyone enjoy safe and fair racing. If in doubt – ask.
12. **Please respect other competitors.**
13. If the weather is hot, please make sure you wear sunscreen, a hat, and take a water bottle in the boat with you. Make sure to **stay out of the sun as much as possible during the day, and stay well hydrated.**
14. In the unlikely event of a **capsize – stay with your boat**, use it to keep you afloat. **Safety boats and marshals will be there quickly to help, try to listen for instructions.**

Race Procedure

At the Start

The marshals will hand crews over to the Umpiring team whose job it is to enforce the rules at the Start and during the race:

Stakeboats

Crews must attach themselves to their start pontoons at least two minutes before the start time of their race. The Starter shall inform the crews of their starting positions. Two minutes before the designated start time, the Starter shall announce “Two minutes” and this shall signify to the crews that they are formally under Starter’s orders.

Roll Call

When the boats are aligned and ready to race, the Starter shall make a roll call by announcing - in lane order - the names of each of the crews in the race. Each crew is responsible for being both straight and ready to race by the end of the roll call.

The Start

The Starter will raise a red flag after saying “Attention!”, then say “Go!” while dropping the flag.

False Start

If any crew starts before the Start signal, the Starter will stop the race by shouting "Stop Rowing", waving a red flag and ringing a bell. The Starter may restart the race, give a yellow card to the offending crew (two of these leads to a red card and exclusion) or exclude the offending crew.

Keeping on station

Any crew wandering off station will be directed back to their lane by an Umpire calling the name of the crew, giving an instruction in which direction to move and raising a white flag. If two crews merge together, an umpire will call for them to move apart and hold the flag above their head. Failure to obey can lead to exclusion from the race.

Clashing

If boats and blades contact each other, an Umpire may decide to stop the race, may exclude one or more crews, and may order the race to be re-rowed from the start. The Umpire may allow the race to continue and take action at the end of the race.

The Finish

If the race has been in order and no objections are made by any of the crews, the Umpire at the Finish will raise a white flag which will be acknowledged by the Finish judges.

Objections

If you disagree with a decision, you must raise your hand and call to the Finish umpire immediately after the race has finished, who will come and talk to you about it and consider your objection. If you are still not happy with the decision, you may make a protest to the Board of the Jury in the regatta office, but to do so you must be supported by your coach or team manager **ONLY**.

After the race

1. **Medals will be presented to the winners of each race** by Chairperson of the Board of Rowing Ireland Mr Martin Hogan, CEO of Rowing Ireland Michelle Carpenter, and distinguished Members of Leitrim County Council. Presentations will take place by the flagpole near the viewing area after boats have been cleared from the pontoons.
2. Get **clothes on, eat and drink**.
3. **Portaloos can be found in the viewing area and near the staging and crew areas. There are also toilets and showers available in the main building,**
4. Go to your team marquee or to spectate along the course to **support the other crews from your country**.

Looking after your supporters

It can seem like a very long day for your friends and family! Encourage them to bring sensible clothes, and something to sit on if appropriate.

They will enjoy the day more if they know what is going on - make sure they know which race you're in and what time it is at. Get them to have a look at the spectator guide beforehand and the programme on the day.