



## PETERBOROUGH SUMMER REGATTA – 14-15 AUGUST 2021

### GENERAL INFORMATION AND SAFETY INSTRUCTIONS

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#### GENERAL INFORMATION

**1. COVID-19 Provisions.** The COVID-19 pandemic continues and COVID-19 remains a dangerous and highly infectious virus with further potential for the spread of variants. Peterborough City Rowing Club (PCRC) has sought to provide a safe competition within the Thorpe Meadows site but this safety depends on each and every attendee applying common sense in context, actively taking responsibility for their own actions and showing due consideration for others. All attendees are expected to follow and comply with current advice, British Rowing (BR) guidance and these instructions. Points to note:

- a. Current NHS guidance is [here](#). BR's latest guidance is [here](#).
- b. Where possible, all attendees are requested to undertake a COVID-19 lateral flow test before travelling to the competition.

- c. Any person, be they coach, competitor or essential support, should not attend the Regatta if they are experiencing any possible COVID-19 symptoms (high temperature, new and persistent cough, shortness of breath, loss of or change in sense of taste or smell), or should be isolating for any reason.
- d. Attendees are requested to complete the Google Form [here](#) before arrival to support NHS Test and Trace operations, if necessary.
- e. In accordance with BR guidance, personnel (subject to medically approved exemptions) should wear a face covering if indoors or in a crowded space. Personnel should also bring and use hand sanitiser to maintain personal hygiene.
- f. The Organising Committee requests that visiting clubs do not bring spectators (including parents unless they are wholly essential to junior competitor support) to the Regatta to minimise the chances of crowding.
- g. Limited outside catering will be available on site (2 separate dispense points for food and drinks). Otherwise, personnel attending the Regatta will be expected to be self-sufficient for all food and fluids. There are supermarkets within easy reach of Thorpe Meadows if resupply is required. PCRC will not provide any catering or refreshments from the Boathouse.
- h. Thorpe Meadows is open to the general public and the Regatta has no exclusive rights either for access or use of the land.
- i. The Regatta will run under BR Rules of Racing (*RoR*) and RowSafe: A Guide to Safe Practice in Rowing (*RowSafe*) unless expressly described in these instructions.

**2. Travel.** HM Government travel guidance is available [here](#). As far as possible, attendees should incorporate this guidance into their travel planning. If vehicle sharing, the main points are:

- a. Travel with your crew bubble and / or minimise the group size.
- b. Open windows for ventilation.
- c. Driver and passengers to wear face coverings.
- d. Maximise distance between people in the vehicle as far as possible.
- e. Only personnel essential to crews' support should travel.

**3. Location.** The postcode for navigation 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](http://www.peterboroughcityrowing.co.uk). Cars and trailers to be parked as directed, ensuring space for access between vehicles from different clubs.

**4. Camping.** There is no camping available in Thorpe Meadows for the duration of the Regatta weekend. The competition has been designed to minimise the requirement for overnight stays.

**5. Vehicle Parking.** Boat trailers will be directed to the boat and trailer park and into allocated spaces. Drivers with vehicles carrying boats will be directed to unload in the boat park and then move to the designated parking area. Vehicles should not be left such that they obstruct access for others, even for brief periods; remember that large emergency vehicles may require immediate access to incidents. **ANY INFRINGEMENT OF THIS**

LOCAL RULE WILL RESULT IN ACTION BEING TAKEN AGAINST THOSE CLUBS INVOLVED. THE ACCESS ROUTE ALONGSIDE THE CYCLE PATH IS NOT TO BE OBSTRUCTED. Neither PCRC nor Peterborough Regattas will accept any liability for damage sustained to vehicles, howsoever caused. **PLEASE DRIVE SLOWLY AND AVOID DAMAGING GRASS AREAS.**

**6. Photography and Other Media.** There may be official photographers and videographers at the Regatta. 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, all competitors (but particularly junior competitors and those responsible for them) consent to this. Competitors and those responsible for them should also be aware that other, non-official photographers may operate at sporting events and the consequent photographs or videos may be freely used in print, digital media or elsewhere over which PCRC has no control. Coaches, responsible adults and junior competitors agree that by entering the competition, they have made the competitors and their parents (or guardians where *in loco parentis*) aware of this.

**7. Competition Format.** The competition will run over 2 days but each day's racing will be discrete and crews will only need to attend one day to complete their event(s). Events will be managed in divisions to support *Show-Row-Go* wherever possible. In the absence of meaningful ranking indices and with inexperienced crews, time trials may be used for events to enable seeding into side-by-side racing. With the time trial and, at minimum, a final, each crew should have 2 races.

**Saturday – 1000m; 4-lane TT seeding 4-lane ABC finals**

	1x	2x	2-	4x±	4-	4+	8+
Op	Div2	Div1		Div2			
W			Div1		Div2	Div2	Div1
Op Junior 14/16	Div1	Div2		Div1			
W Junior 14/16	Div2	Div1		Div2			
Op Junior 15/18	Div2	Div1		Div2			
W Junior 15/18	Div1	Div2		Div1			

## Sunday – 1000m; 4-lane TT seeding 4-lane ABC finals

	1x	2x	2-	4x-	4-	4+	8+
Op			Div2		Div1	Div1	Div2
W	Div1	Div2		Div1			
Op Masters A-H	Div1	Div2	Div1	Div1	Div2	Div2	Div1
W Masters A-H	Div2	Div1	Div2	Div2	Div1	Div1	Div2
Op Adapt/Para	Div1						
W Adapt/Para	Div1						

The Regatta will not generally support changing the programme. Event finals will be fixed for order and time. With the given format, race times should not require changing. In the unlikely circumstance that a crew member has a race time conflict, that competitor will be expected to decide in which event they will race, notifying Control of their decision.

**8. Identity, Membership Cards and Prize Winners.** In accordance with *RoR 7-2-3*, all competitors shall take their BR membership card with them to a competition. If the card is not available, then other forms of photographic identity may be acceptable. Winners who cannot confirm their identity shall not receive any crew or individual prize until their eligibility has been confirmed. Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions in A finals, plate events included. A single member of each winning crew will present the membership cards for the whole crew for checking at Registration and collect the medals as directed.

**9. Registration.** All entries and registration will be via BROE. Any substitutions will also be made via BROE and clubs should ensure they have access to mobile technology to facilitate this. Advice will be available via Control.

**10. Cox Weighing.** Cox weighing will take place at Control using scales with a remote display. Assuming fair weather, the weighing will take place outside; if inclement weather, weighing will take place in the Control tent with added precautions. Certificates will not be issued; rather, coloured wrist bands will be provided for pick up after weighing. Visiting clubs must provide their own deadweight for underweight coxes.

**11. Crew Numbers. Boats must display the crew's lane identification number and be fitted with a number slot on the bows for this purpose.**

**12. Boating.** Each crew will be responsible for boating 30 minutes before their race time, under the guidance of Control Commission.

**13. Results.** Results will be published electronically via PCRC website and twitter feed. The traditional results board will not be used to reduce the possibility of crowd gatherings.

**14. Queries and Issues.** Queries and issues that arise within the Regatta should be addressed to Control. Note that only one representative from any crew should attend Control at any time and maintain 2m distance from those working in Control.

**15. 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, adjacent to Control.

**16. Toilets.** Portable toilets will be provided around the site. Attendees are requested to ensure appropriate social distancing when waiting to use the toilets and to sanitise the toilet after use with the materials provided. The Boathouse toilets will be subject to one-out-one-in queuing and a one-way system. All toilets will be subject to a 2-hourly cleaning regime throughout the hours of racing and will be secured outside those hours.

**17. Litter.** The Regatta site is set in a public park and competitors and supporters are asked to dispose of litter responsibly – rubbish bags are available from the Control tent and litter bins are situated around the site.

## **SAFETY INSTRUCTIONS**

**18. Regulation.** The Regatta will be run according to the latest revision of BR Regulations, *RoR* and *RowSafe*. These instructions provide information for the duration of the Regatta. There will be no provision for practice 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:

- a. Their own safety, remembering that they have a duty of care to themselves and to any third party both on the water and on land.
- b. Ensuring that any equipment (eg boats, blades, buoyancy aids etc) is safe and prepared to the standards as required under *RoR* and *RowSafe*. Any failure in this standard may result in exclusion from the event.
- c. Their strict observance of the circulation pattern (see below) and of the provisions of *RowSafe*.
- d. 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.
- e. Ensuring that they can swim in accordance with the provisions of *RowSafe*.

**19. Weather Conditions.** The weather in mid-August can be hot with strong sunlight. Competitors, coaches, officials and other essential attendees should be aware of the dangers of sunburn and heatstroke and the relevant health advice to cover up, apply good quality sunscreen and maintain proper hydration throughout the competition. *RowSafe 8.1* advises *clothing appropriate to the conditions*.

**20. Use of the Course.** All competitors, coaches and participants are also reminded of the following:

- a. Practising on the course is not permitted whilst racing is in progress.
- b. The lake is **totally closed** from the conclusion of racing on Saturday to the start of racing on Sunday for any activity whatsoever. Any breach of this local rule shall immediately result in exclusion from the event.
- c. Outside the hours of racing there will be **NO** safety cover on the course.

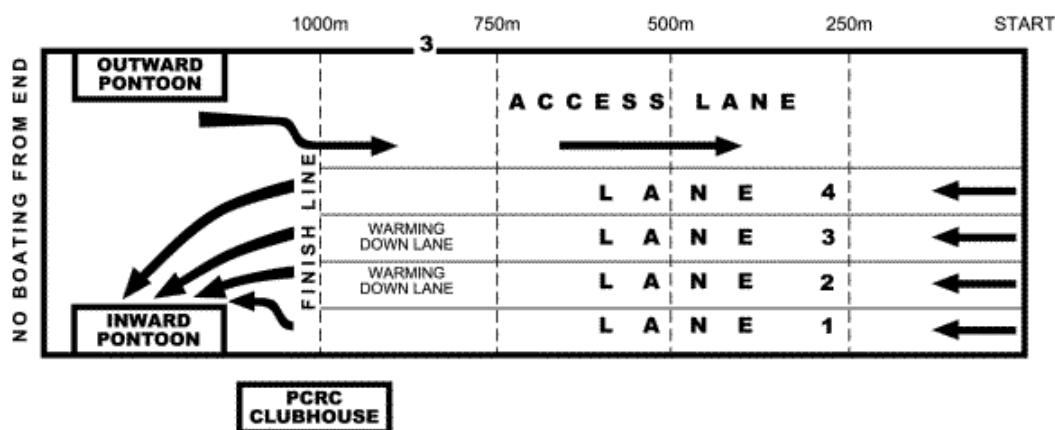
- d. They are responsible for their own safety arrangements before and after the day's racing.
- e. They are responsible for their own safety arrangements if boating on the River Nene. Should the river be used for practice, warming up / down, etc. then it is advised that boats are placed within the channel 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.**
- f. The need to supervise juniors with a high degree of vigilance; a higher standard of care being expected when acting *in loco parentis*.
- g. 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.
- h. The Regatta discourages following races using bicycles, or any other vehicle, on safety grounds. The path along the Clubhouse (north) side of the course is a public right of way and the Regatta has no exclusive right or access to the path. Coaches and supporters will understand that it is impossible to concentrate on other path users when focused on a crew on the lake and incidents have occurred. Any coach or supporter who chooses to disregard this advice is solely responsible for their actions and the outcome. PCRC and Peterborough Regattas will not accept any liability for a resultant collision or injury. Anyone wishing to follow a race should do so from the south side of the course (far side from the Clubhouse).
- i. When in the boating area, or when boating / de-boating, that extra care and right of way should be given to other participants and members of the public, so as not to cause distress or injury to third parties.
- j. When boating or de-boating, exercise care on the staging to avoid slips, especially during wet weather.
- k. That any incident should, as soon as possible, be drawn to the attention of the nearest Official, who will be able to summon assistance. First Aid cover is provided during the hours of racing and is situated close to Control.

**21. Key Positions.** During the Regatta, the following are key positions:

- Regatta Control** – in the tent on Boathouse forecourt.
- Regatta Treasurer** – in Control tent.
- First Aid** – adjacent to the Clubhouse / Control tent.
- Landlines** – in Clubhouse foyer and in foyer of The Dragonfly Hotel.
- Mobiles** – Control, Finish, Start and Race Committee Chair
- Hospital A & E** – Peterborough City Hospital, Bretton Gate, PE3 9GZ  
Tel: 01733 678000
- Regatta Secretary** – John Canton
- Race Committee Chairman** – Nick Hubble
- Race Committee Members** – Sat - Andrew Blit, Matthew Holland and Julian Popple  
Sun – Andrew Blit, Ian Donald and Julian Popple
- Competition Safety Adviser** – James Plumb
- PCRC Safety Adviser** – Paul Scutts
- Competition Welfare Adviser** – Jo Burton (via Regatta Control)
- COVID Officer** – Ann Casey

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

**22. Racing Circulation Pattern.** This applies from 30 minutes before the first race until the last race has finished on each day. Note that the rowing lake is closed outside the racing programme published in the Regatta draw.



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

**23. Towards the Start.** When rowing towards the Start, observe the following:

- 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.
- Crews that are stationary within the access lane must be vigilant and not allow their boat or blades to encroach on the racing lanes.
- When called onto the start, crews should proceed diagonally across the course in lane order, taking extra care when turning and backing onto the stakeboats.

**24. General Points to note:**

- Warming Up** – this is not permitted on the course during the hours of racing 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.
- 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.

iii. **Lane 1 should NOT be used as this is for launches proceeding to the start.**

iv. **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.**

**c. Boating.** Boating is to be from the outward pontoon and de-boating is to be from the inward pontoon as per the diagram above.

**d. Lane numbers.** Lane numbers should be deposited in the sanitising buckets in the de-boating area as soon as a crew is off the water.

**25. Thunderstorms.** In case of thunderstorms or lightning the Competition Safety Adviser and Race Committee will:

- Consult forecasts from the day before and monitor the weather during the competition.
- 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 Control Commission to stop crews boating until resumption of racing is signalled.
  - 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 Control Commission and the Finish Team to ensure that de-boating is executed as quickly 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 and in vehicles at the Start
  - Reduced finish team to shelter in the Finish caravan
  - Launch observers to return to finish and disembark immediately
  - Competitors to shelter in their vehicles or 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 familiarise themselves with this general plan, so that it can be actioned promptly and effectively should a thunderstorm occur.