



PETERBOROUGH JUNIOR CHAMPIONSHIPS REGATTA – 24 JUNE 2023

GENERAL INFORMATION AND SAFETY INSTRUCTIONS

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GENERAL INFORMATION

1. Welcome. A very warm welcome to all attending The Peterborough Junior Championships Regatta (The Regatta). We hope that the format of the competition will allow for close competitive racing, enjoyed by all abilities in a safe and friendly environment.

2. 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. Cars and trailers to be parked as directed, ensuring adequate space for movement of boats and other equipment between vehicles. Attendees should note and respect that Thorpe Meadows is open to the general public and The Regatta has no exclusive rights either for access or use of the land; please respect the rights of our neighbours and other frequent visitors to Thorpe Meadows.

3. Camping. Unfortunately there will be no camping over the weekend at the regatta.

4. 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. **There is no coach parking on site, therefore a drop-off and go policy will be in place.** Coach drop offs from the same club are recommended to be at different times to limit congestion. 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.**

5. 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.

6. Competition Format. The Regatta will run under BR Regulations, Rules of Racing (*RoR*) and RowSafe: A Guide to Safe Practice in Rowing (*RowSafe*) unless expressly described in these instructions. Dependent on entry levels, side-by-side time trials may be used for events to enable seeding into finals; other events will follow the traditional format of a side-by-side final. 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.

7. 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 1st, 2nd and 3rd positions in A finals. Winning crews will present their membership cards for checking at Registration and collect their trophies as directed.

8. 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.

9. Cox Weighing. Cox weighing will take place at Control. Certificates will not be issued; Coloured wrist bands will be provided for pick up after weighing. Visiting clubs must provide their own deadweight for underweight coxes.

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

11. Boating. Each crew will be responsible for boating 30 minutes before their race time, under the guidance of Control Commission. Crews may be requested to demonstrate the completeness and integrity of boat features such as bow balls, heel restraints, buoyancy compartments and cox lifejackets / buoyancy aids.

12. Results. Live results will be available via www.RaceLeader.co.uk, pushed to our @P_C_R_C Twitter feed, and published on the PCRC website at the end of each racing day.

13. Queries and Issues. Queries and issues that arise within The Regatta should be addressed to Control. To enable Control personnel to focus clearly on crew issues, we request that one representative from any crew should attend Control at any time.

14. Incidents. In order that The Regatta OC and Race Committee 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.

15. Catering. There will be a hot food concession located in front of the clubhouse. Alternative foods, cakes and drinks will be available in the boathouse.

16. Toilets and Showers. Portable toilets will be provided around the site. Toilets are also available within the clubhouse. Showers are located in the clubhouse.

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 Control and litter bins are situated around the site. It will be a significant help in the post Regatta clear-up if visiting clubs take their rubbish to the skip located in the clubhouse car park.

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 Nene 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 crew's event.
- c. Their strict observance of the circulation pattern (see below; circulation pattern diagrams will be available in Control) 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 late-June can be variable. It may 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. If inclement, there is a risk of competitors getting cold and / or wet. Attendees are advised to consult weather forecasts for the weekend and pack the necessary kit to ensure comfort and safety. *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.
- 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 / port 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 and there is a risk of part-submerged cruisers or other obstructions.**
- 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 foot / 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.

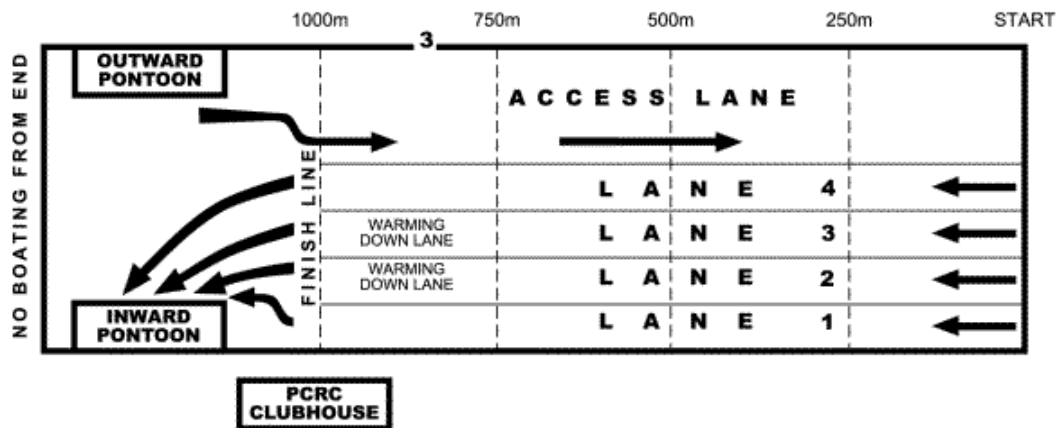
k. That any incident should, as soon as possible, be drawn to the attention of the nearest Official, who will be able to summon assistance. First Aid cover is provided during the hours of racing and is situated close to Control.

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

- Regatta Control** – in the tent on the boathouse forecourt.
- Regatta Treasurer** – in Control.
- First Aid** – adjacent to the clubhouse / Control.
- Landlines** – in the 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** – Ian Donald, Julian Popple, Dan Smith
- Competition Safety Adviser** – James Plumb
- PCRC Safety Adviser** – Paul Scutts
- Competition Welfare Adviser** – Tracey Rushton-Thorpe (via Regatta Control)

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 competition.

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

- a. 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.

- b. Crews that are stationary within the access lane must be vigilant and not allow their boat or blades to encroach on the racing lanes.
- c. 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:

a. 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.

b. Cooling Down – this is permitted on the following basis:

i. Once finished, crews should turn immediately into the access lane and proceed **no further than the 500m point**.

ii. 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 their positions.

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 competition.

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 will normally be collected in the de-boating area as soon as a crew is off the water. If this does not happen, crews are requested to return their number to Control.

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 marshals 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 crews 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.