

Hampton 4s & 8s Head 2016

Sat. 6 February at 10.00am and 2.00pm

Instructions to Coaches and Crews

BEFORE THE DAY

We hope to have avoided any mistakes in the start list, **but please check the start list and let Colin Greenaway know as soon as possible of any errors, changes or scratchings that have to be made (07947 644 434, c.greenaway@hamptonschool.org.uk)**

Parking: Saddler's Ride Car Park (see map). Once car park is full spectators vehicles to park on the roads nearby (please be courteous to the local residents **and do not park in front of their driveways or in clearly reserved spaces**). On arrival you will be directed as to where to park your trailer. Please do as you are told!

BEFORE GOING AFLOAT

Registration: Numbers will be available from Hurst Park from 8.00am onwards but will only be issued when entry fees have been received.

Number plates: Please ensure that all your boats have British Rowing registration numbers as these are now a rule of racing (e.g. for Hampton HAM001). **NB: Crews racing in boats not carrying compliant ID may receive a time penalty.**

Equipment: Please check that you have complied with the rules of racing and Row Safe Guide to Good Practice in Rowing and in particular that Heel Restraints, Bow Balls, Hatch Covers and Life Jackets are in good working order, these may be checked by umpires as the crews go afloat. Make sure all crew members have sufficient warm clothing for the conditions.

COLD: It could well be cold on race day. **MAKE SURE YOUR CREWS HAVE PLENTY OF WARM KIT ON WHEN THEY GO OUT.** If the Marshals and Umpires in the boating area think they are not wearing enough your crews will not be allowed to race.

Numbers: Are to be worn on Bow's racing vest **AND** warm-up top and Cox's back (where the boat is stern coxed) and held securely with **four** safety pins. **Please make sure that long hair does not cover the number.** You are also issued with Empacher slot numbers, please make sure that you have holders on your boats and that the number is firmly inserted (you may put a small screw through the number), these are to be returned to the Hampton Marquee after racing.

GETTING ON THE WATER

Boating: Boating will be under the direction of marshals. Crews will boat in ascending numerical order following the timetable, which will be published the week of the race. Boating will start at approx. 9.00am for Division 1 and at 1.00pm for Division 2. Any crew arriving late will be encouraged to boat as soon as possible and to marshal as close to their correct position as time allows, or to start at the end of the division.

Marshalling Instructions: See map for details. Time penalties may be awarded or crews disqualified for behaviour likely to lead to accident.

THE RACE

The Start: Close to the start, crews will receive instructions to remove tops etc. from Marshals on the Middx. bank. Crews will then move upstream of the start marshals launch, turn around the large red buoy and move down in the racing lane to the start. Crews will be told to 'GO' approximately 50m above the start.

The Race: The course is approx. 3000 metres downstream. Overtaking should take place on the Middx. Station (i.e. to the left as a cox sees it) and competitors being overtaken must give way by moving to the Surrey (towpath) side of the river. However, overtaking crews must do so safely. Crews should not stop moving or attempt to turn until well after the finish line. A circulation pattern for the finish area is provided and must be adhered to by all crews.

Circulation at the Finish: Once crews have finished racing they should keep moving carefully away from the finish keeping a very good look out for crews going out to race and crossing the river. Crews retuning to Saddlers Rise should paddle below the island, turn around the island and paddle back up to the landing stages. Crews returning to the Millennium Boathouse should turn after the sailing club to Middlesex side and proceed upstream on instruction from the Marshals.

Coaching: Although British Rowing rules now allow coaching and steering advice to be given from outside the boat, we would hope that coaches would restrain themselves as much as possible in the interest of fair racing, taking into consideration the likely annoyance to their own and other crews, and the amusement of other coaches.

Accidents: In the event of capsize, crews must stay **with** their boats and await assistance from a safety boat.

Foul and abusive language: Crews may be liable to time penalties or disqualification if they are heard to use foul and abusive language. Coaches adopting such tactics might also attract such penalties to their crews.

AFTER RACING

Food: Sandwiches, filled rolls and hot drinks will be on sale at the HHBCA refreshment tent, situated near to the Finish Line and near to the Trailer Park at lunchtime.

Results: Will be on the website 'myracetime.co.uk'. We hope this to be as close to 4.30pm as possible.

Litter: Would coaches please ensure that litter is picked up and that all toiletry requirements are completed in the privacy of the available toilets.

FIRST AID AND WELFARE OFFICER: St John Ambulance will have first aid and ambulance facilities in the boating area and all safety launches a manned by first aid qualified crews. There are also First Aid boxes at Molesey Boat Club, at the Hampton/Holles Boathouse, and in each of the Marshals launches. Alternatively, just grin and bear it.

We have a Welfare Officer whose details are set out in the attached Welfare Policy – if you need to contact her you can do so by phoning the number or speaking to the Chief Umpire (who will be the frazzled looking person at the finish!)

Colin