

Hampton Small Boats' Head 2018

Sat. 24 November at 10.00am and 2.00pm

BEFORE THE DAY

We hope to have avoided any mistakes in the start list, but please check the start list and let Nick Rowett know as soon as possible of any errors, changes or scratchings that have to be made (n.rowett@hamptonschool.org.uk)

Parking: Parking for trailers, competitors and spectators is at Hurst Park, entrance via Sadler's Ride Car Park, Hurst Park, Molesey. **No vehicles before 7.00am please.** On Hurst Park we will be operating a one way circulation with the exit being via Ferry Road (see map). On arrival you will be directed as to where to park your trailer. Please do as you are asked! If parking is full spectators will be asked to park in neighbouring roads, please be courteous to our neighbours and do not block driveways and stay off grass verges.

BEFORE GOING AFLOAT

Registration: Numbers will be available from **Crew Registration** on Hurst Park by the circle of Stone Chairs, from 7.30am onwards but will only be issued when entry fees, have been received. All crew changes must be notified via BROE before racing commences.

Number plates: Please ensure that all your boats have compliant boat IDs as these are compulsory under British Rowing Rules 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 RowSafe 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.

Numbers: Are to be worn on Bow's racing vest **AND** warm-up top 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). Bow numbers to be returned to the registration tent in Hurst Park.



GETTING ON THE WATER

Boating: Boating will be under the direction of marshals, Crews will boat in ascending numerical order following the timetable. 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 the race Marshals. Crews will then move upstream and turn when instructed by a race Marshal 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 would see 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.

Circulation at the Finish: Once crews and scullers 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 Sadlers Rise should paddle below the island, turn around the island and paddle back up to the landing stages. Crews returning to the Hampton/LEH 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. If cycling with your crews please take great care when cycling and be courteous and mindful of other users of the towpath. Any coaches heard or seen to be disrespectful or cycling in a dangerous manner will see their crews awarded a time penalty.



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

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

Results: will be on the myracetime.co.uk website and published on the Hampton School website and David Biddulphs rowing pages as soon after racing as possible. Medals will be delivered to winning crews and scullers, these will be posted or delivered early next week.

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: St John Ambulance Service will be on duty close to the finish (see map) from 9.00am until 4pm. In an emergency, they can be contacted via race officials who are stationed along the course. There are also First Aid boxes at the Hampton/LEH Boathouse, or just grin and bear it.

Welfare Officer: in accordance with British Rowing's Guidelines for Competitions and good practice the event has appointed a Welfare Officer to act as the point of contact for any matters relating to the welfare and wellbeing of competitors and young and vulnerable people attending the event. Details of this contact are set out in the enclosed policy statement.

Colin

