

CHESTER REGATTA

17TH MAY 2008

INSTRUCTIONS FOR COMPETITORS AND SAFETY PLAN

Incident Procedures

- Race control, race umpires, marshals and the safety launch team will be linked with mobile radios.
A public telephone is located by the public toilets in the regatta ground.
- Inform Control immediately. Give as much information on the incident as possible. Be clear and concise.
- Stop all racing
- Control take charge or nominate an official to do so.
- Safety boat, doctor and first aid team to be alerted.
- Capsized crews should stay with their boat. Crew captains to take charge until safety boats arrive
- Radio messages to be kept brief and concise
- Racing will resume when Control is satisfied that it is safe to do so

Instructions for Competitors

Rules

The event will be run under the ARA Rules of Racing and the ARA Water Safety Code. The Race Committee reserve the right to amend the order of the race programme.

Parking

Parking is limited so please travel with as many people as possible in one car and obey the instructions of the parking marshals. There is an overspill car park at Dee bank School 800m on the opposite side of the road from the regatta ground and opposite the Red House pub (under reconstruction).

Boat trailers should only be parked in the designated area and all boat assembly must take place in the main regatta ground.

Registration

ARA licences are required for all competitors with the exception of J13 and younger.

Coxes are responsible for meeting the minimum weights for their class and must be weighed and certificated.

Numbers must be worn clearly visible on the back of the bowman. Crews rowing in more than one event must wear only the number applicable to the event they are racing in.

All competitors must familiarise themselves with the circulation pattern for themselves and for other traffic since the river remains open throughout the regatta.

All clubs must ensure that their equipment is safe and satisfies the ARA Rules.

Embarkation

Crews should pair up with their opposition near the outgoing stage prior to getting afloat. Crews who have a bye in the first round of their event should note that their opposition will probably already be on the water from their previous race and will not be expecting to disembark for pairing up.

Embarkation stage marshals will carry out a boat check to ensure that heel restraints, bow balls, buoyancy compartments and general fixings meet ARA requirements. Stage marshals will also ensure that all coxes are wearing life jackets and carrying weights where appropriate.

Going to the Start

On the way to the start crews must pair up with their opposition and paddle upstream. Crews should not cross the line of red buoys or stop or loiter on the way to the start because the navigation lane will be used by other river traffic going upstream.

Competitors wishing to practice may do so only upstream from the start.

Start marshals will control crews assembling below the start and ensure that they are paired up and presented to the start.

The Start

Crews must be on the start 2 minutes before the race time stated in the programme or risk disqualification.

The first named crew on the programme will race on the Sandy Lane station.

The Finish

A bell will sound at the finish of each race and the result will be announced over the PA system.

At the finish crews must not obstruct the finish line and should promptly continue downstream and circle in a clockwise direction around the finish umpire's boat situated in the middle of the river before returning to the incoming stage.

Medical Cover

First aid cover will be provided by the St John Ambulance Brigade who will be situated in the main car park.

The nearest hospital is the Countess of Chester, Liverpool Road, Chester. Tel 01244 365000.

Safety

Two safety launches will be provided by Colwick Park under contract, one located just upstream of the start designated 'Safety Launch Start' and one, designated 'Safety Launch Finish', by the finish line.

Contacts

Race Control Tim Williams (07849 757828)

Safety Adviser John Browne (07785 550991)