

General Instructions for the Vesta International Veterans Head 2010

Start time = 11.00am BST

**The clocks change the night before.
The time goes forward one hour.**

**The Race is from the downriver side of Hammersmith Bridge to the
University Stone, Mortlake.**

Starting on time is crucial, so we will be strict with the timings shown below.

All boats and equipment must comply with the requirements of Row Safe and the British Rowing Rules of Racing and in particular all boats must display the three letter, three digit identification at all times. Crews without this will be disqualified. Foreign crews using their own boats can get their specific code by contacting British Rowing (+442087483632, www.britishrowing.org/).

Crews need to know the Tideway Rowing Code of Practice. Outside of the river closure (10.00 to approx 13.00) these normal navigation rules are in force.

It is every cox's responsibility to master this event's procedures and it is their crews' responsibility to assist their cox in implementing them.

All crews must conduct their own risk assessment on the day, making sure the conditions and their equipment are safe to race in.

All crews should carry a mobile phone with them in case of emergency. In an emergency crews are to call 999 and ask in the first place for the **Coastguard**.

Marshalling -

The crews will be arranged in 2 divisions. The first division will consist of 100 crews and the second division will contain the rest of the crews in the event which we expect to be in the region of 100 crews.

Division 1 - No. 1 will marshal beside the downriver end of the Harrods wall, bows pointing downriver. The rest of the division will then marshal downriver of No. 1 in number order along the Surrey bank, heading towards Putney, so that No 100 is nearest to Barn Elms.

Division 2 - will marshal in a mirror image on the Middlesex bank.

Number boards will be in place on the bank to help the marshalling.

Crews will proceed to the start following the standard navigation pattern for the Tideway.

Warming up is not allowed in the marshalling area. This is defined as the section of river from Hammersmith Bridge to Barn Elms. Penalties might be levied on crews disobeying any warnings from officials in this matter.

CREWS MUST NOT AT ANY TIME PROCEED TO THE START IN THE CENTRE OF THE RIVER.

Crews must be in position by 10.45am BST.

Crews boating upriver of the start area -

- Crews boating from clubs upriver of the Chiswick steps crossing point should have crossed over on to the Surrey bank by **10.30am**.
- Crews boating from the Middlesex bank in Hammersmith must be across the river by **10.35am**.
- Crews must be downriver of Hammersmith Bridge by **10.40am**.
- Crews proceeding downriver from above Hammersmith Bridge will stay tucked into the Surrey bank until abeam the River View navigation buoy.
- Division 1 crews will then move out two boat widths off the bank, proceed downriver and marshal in their appropriate position.
- Division 2 crews will proceed downriver through the marshalling area keeping to the starboard side of the channel. They must only cross over

and marshal on the Middlesex bank when it is clear that there are no crews coming upriver and it is safe to cross the river and spin into position.

- **There will be crews coming upriver from Putney in the opposite direction, who have priority over you, so proceed with caution and make sure there are no other crews around when spinning.**
- If you are running late or you are a high numbered crew and on a cold day you wish to delay boating we can accommodate this but you will start at the end of the race. You will be held on the Surrey bank between the River View navigation buoy and St. Paul's School Hard. **You must be on the Surrey bank by 10.55am.** It will not be possible to allow a crew to cross either at Hammersmith or the Chiswick Steps crossing point after this time and you will not be allowed to race.

CREWS MUST NOT AT ANY TIME PROCEED DOWNRIVER IN THE MAIN CHANNEL AGAINST THE TIDE.

Crews boating downriver of the start area -

- Crews will proceed upriver with the flood tide making sure to stay on the starboard side of the channel.
- Division 2 crews will spin on to the Middlesex bank when abeam their appropriate marshalling position.
- Division 1 crews will proceed upriver through the marshalling area keeping to the starboard side of the channel. They must only cross over and marshal on the Surrey bank when it is clear that there are no crews coming downriver and it is safe to cross the river and spin into position.
- **There will be crews coming downriver on the Surrey bank, who have priority over you, so proceed with caution and make sure there are no other crews around when spinning.**
- If you are running late or you are a high numbered crew and on a cold day you wish to delay boating we can accommodate this. Crews towards the end of division 2 should boat by **10.45am**. If you are running late you will be marshalled at the tail of division 2 (abeam Fulham football ground).

Start procedure -

At start time minus 10 minutes (10.50), Hammersmith Bridge will be closed to all rowing boats heading downriver.

At start time minus 3 minutes, the lead marshal for the first division will start to turn crew number one.

Crews should be ready to race before they start to turn.

Crews should turn to face upriver, going with the tide, in the main river channel. As soon as a crew is turned they should start rowing upriver towards the start.

During the race -

No crew whilst racing shall go through the side arches of any bridge.

No crew whilst racing shall go between the bank and any moored boats.

DOVE PIER - TAKE A LOOK

There have been three incidents in the last three years all of which could have led to fatalities. Coxes, steersmen, scullers and coaches - make sure you are aware of this serious hazard!



When rowing with the flood tide it is important to make sure that you are in the correct part of the fairway (as shown below). If you are too far to starboard when going through the bridge there is a high risk of being swept onto and under the moored barges.



The starboard hand edge of the fairway goes underneath the bridge between the words HAMMERSMITH and BRIDGE - essentially the middle of the bridge. If you are further to starboard (specifically near the top of the tide) you are setting course for an incident!

Incidents -

If in the unlikely event of an incident during the race, crew/s must STOP rowing immediately and retire from the race.

Race officials are positioned along the entire length of the course. They will all be issued with a radio and mobile phone and are the first point of contact if an incident occurs.

Telephones can also be found in rowing clubs along the course.

Race cancellation / Adverse Weather Plan

In the event of cancellation officials will wave red flags and / or sound air horns. Please then listen carefully for their instructions.

Numbers

Numbers and race information will be available at Vesta Rowing Club, between 12pm and 2pm on Saturday 27th March and from 8am on race day.

Crews must have an Empacher number plate attached to their boat. They must also clearly display the linen number provided on both the cox's and bow's back.

Cycling along the towpath

Following a crew on a bicycle along the towpath is NOT something we encourage. The towpath is not a flat surface and in some places is quite challenging. We are also concerned that cyclists following a crew will not pay enough attention for other people on the towpath. The river is closed to crews, the towpath is not closed to other walkers and cyclists!

Warning

All entrants should be aware that they enter at their own risk. They should ensure that they are fully insured against that risk. They should be competent oarsmen, oarswomen, coxes and competent swimmers.

It is their responsibility to ensure that their equipment is in good order and compliant with the British Rowing Rules of Racing. They must also be satisfied that they are sufficiently fit and competent to participate safely in this event.

Welfare

The event has appointed a Welfare Officer (Sinead Hayes, 07967 997609). On the day they will be located in Ranelagh Sailing Club, Putney Embankment.

Appeals & Complaints

Please direct them to the Chief Umpire, at Vesta Rowing Club within ONE hour of the last crew finishing.

Tel: 02087880326