

THE SCULLERS HEAD OF THE RIVER RACE

Organised by the Vesta Open Events Committee

Saturday 28th November 2009 11:30am

Instructions for Competitors – Please read carefully

Numbers

You will receive two paper numbers and one rigid plastic number from the collection point nominated on your entry form – Putney (Vesta Rowing Club), Hammersmith (British Rowing) or Chiswick (Tideway Scullers). The number collection points will be open from 8:30am to 10:30am on the morning of the event. Numbers may also be collected from Vesta on the evening of Friday 27th November from 6:30pm to 8:30pm.

Of the two paper numbers, one is to be fixed to the back of your racing kit and one to your warm-up kit by four fixing points. We supply safety pins with the numbers. Great care should be taken as if your number flaps in the wind and becomes unreadable your time **may** not be recorded.

Important Note: The plastic number enclosed must be fitted into the Empacher slot on the bow of your boat. If the plastic number is not fitted to your boat crossing the finish line, **A TIME WILL NOT BE RECORDED** (holes can be made in the plastic numbers to obtain a more secure fixing such as bolting or putting a self-tapping screw through the Empacher slot and number).

Returning Numbers

Please return the plastic numbers to your collection point (or to Vesta Rowing Club) after the Race. Failure to return your number **will** mean that you will be invoiced for the replacement cost. Failure to settle this debt and you risk possible exclusion for you *and your club* from subsequent events organised by the Vesta Open Events Committee.

Lightweights

There will be two lightweight weighing-in stations; one at British Rowing headquarters, Hammersmith and one at Vesta Rowing Club. Both stations will be open between 9:30am and 10:30am on the day of the race. Failure to weigh-in will make a sculler ineligible for a lightweight medal and they will instead race in the appropriate open weight category.

Max weight for Men: 75.0kg Max weight for Women: 61kg

Juniors

The British Rowing Competitions Committee has approved a local rule regarding younger scullers. No competitor will be allowed to compete if his or her date of birth is after the 28th November 1993. This rule was mentioned on the entry form, which should have been signed by an appropriate authority within the sculler's club.

The Competition Welfare Coordinator is Sinéad Hayes, who is also one of the Entries Secretaries. She will be contactable for the duration of the event by any race official via the radio network and by any member of the public via mobile phone on 07804 342979 (race day number only). All allegations of harm to juniors participating in the event should be forwarded to Sinéad who will determine the appropriate action to be taken. In the event of a junior going missing or being involved in an incident, the emergency contact details logged in OARA will be used by Sinéad to contact the adult responsible. Please be advised that this is a

public event and that all competitors may be photographed by both amateurs and professionals.

River Closure and Boating Regulations

The river will be closed by the PLA to other traffic from 10.30am at Fulham ('Putney') Rail Bridge and 10:45am at Kew Railway Bridge until 1:30pm – or until the last competitor has crossed the finish line ([Notices to Mariners U21 of 2009](#)). **Before and after the time of the river closure, scullers should strictly observe the rules that are set out in the Tideway Rowing Code of Practice.** (<http://www.thames-rrc.org/rowing-on-the-thames/navigation-on-the-river-thames>)

It is the responsibility of scullers and club officials only to enter scullers that are competent to row on the tidal Thames with respect to such aspects as steering, emergency halts and navigation, etc. All competitors are reminded of the British Rowing and Thames Regional Rowing Council requirements to have British Rowing-compliant boat ID when on the tidal Thames.

It should be borne in mind that the PLA can fine you up to £1000 for an absent name on a boat and that the Thames Regional Rowing Council can fine your Club up to £500. Vesta Open Events takes their responsibility to abide by British Rowing Rules seriously and disqualification for any boats observed without any ID is a certainty – and we may penalise any with ID that is not fully compliant (for example not in contrasting colours and which, as a result, is not readily visible). Vesta's website carries various links to advice for crews and scullers about rowing on the Tideway. (<http://www.vestarowing.co.uk/safety-tides/safety>)

Marshalling

- Competitors will be marshalled from the **Surrey** (the southern) Bank between Chiswick Bridge and a point below Barnes Bridge. Competitors proceeding to the start from Putney and Hammersmith should *keep to the Surrey Bank* and will come under the control of the Marshals as they approach Barnes Bridge.
- No sculler numbered greater than 200 is to proceed above Barnes Bridge until instructed to do so by a Marshall.
- Scullers proceeding to the start must remain in single file and not overtake in the Inshore Zone adjacent to Barnes Railway Bridge Restricted Zone (see the Tideway Rowing Code of Practice).
- Scullers proceeding downstream must respect the rules of the Restricted Zone and also prior to the race must not turn before the "Bandstand". When they do turn they should do so by TWO ninety-degree turns – one to stop and look and check it is safe to cross the Fairway before heading directly to the bank by the SHORTEST route possible and the other *just* before reaching the bank to get in line pointing upstream. **Under no circumstances should they turn on the spot and paddle up the centre of the stream at an acute angle edging slowly to the bank.**
- Sculler No.1 will be marshalled under Chiswick Bridge, bows facing upstream, followed by No.2, No.3 etc. Odd numbers should be as close as possible to the bank; even numbers immediately outside them and scullers should keep as close together as is safe and practicable.
- **Please be in your correct marshalling position by 11:15am**, when an air horn will sound.
- Scullers proceeding to the start from above Chiswick Bridge or from the Middlesex shore **MUST** be in their correct position (i.e. downstream of Chiswick Bridge) before the air horn signal. If not they must await the direction of the Marshal at the start before entering the starting line.
- After 11:20am scullers will not be allowed to cross the course or to proceed downstream through Chiswick Bridge other than by direction of the Marshals.
- At 11:25am sculler No.1 will proceed through Chiswick Bridge turning round the buoy which will be placed furthest upstream of the Surrey pier of the bridge, scullers No. 2 and 3 etc. will follow as directed by the marshalls. (There is a schematic diagram of the start area at the end of these instructions.)
- Outer garments not worn for racing must be removed before passing under Chiswick Bridge going upstream as, once turned, scullers are under Starter's Orders.
- In the event of a sculler getting into difficulties when turning and needing rescue or attention, marshals will direct following scullers to turn at the buoy placed closer to the bridge (B2 in the diagram) until the obstruction is cleared.

- The Starter will start you immediately below the bridge by saying "Number XX – GO" your starting time will be taken as you pass the University Stone downstream from the Bridge.
- **Scullers will not be allowed to join the start above Chiswick Bridge without following the correct assembly instructions.** You cannot boat upstream of Chiswick Bridge and expect to fit in at the start. You have to marshal downstream of Chiswick Bridge along with all other competitors.
- Some scullers have explicit permission from the organisers to start out of sequence and the marshalls will be informed of such changes that are known.
- **ANY SCULLER STARTING OUT OF SEQUENCE WITHOUT SUCH PERMISSION MAY BE SUBJECT TO A TIME PENALTY AT THE STARTER'S DISCRETION.**
- During the race scullers **are required to give way when being overtaken** – failure to do so may incur a time penalty or disqualification.

You and your club has a duty of care to boat only in equipment that complies with the British Rowing guide to good practice in rowing, Row Safe, in all respects: for example, your boat must carry, securely fixed to the bow, a solid ball of rubber or material of similar consistency in accordance with British Rowing Rules of Racing. Buoyancy compartments must be closed & watertight and heel restraints in place and effective. Random checks may be made at boating areas and any boats found unsafe will not be allowed to boat until rendered safe.

The Race

ALL SCULLERS MUST PASS ON THE OUTSIDE (MIDDLESEX) SIDE OF THE LINE OF MOORED BOATS ON THE STARBOARD (SURREY) SIDE OF THE FAIRWAY AT PUTNEY. ANY SCULLER FAILING TO COMPLY WILL BE DISQUALIFIED.

The Finish

The finish of the race at Putney is the downstream end of Putney Pier, where your time is recorded (so keep on sculling until you are past the pier – you may lose valuable seconds if you do not). After clearing the finishing line please continue sculling through Putney Bridge well clear of other competitors before turning. There will be marshalls below the finish line – obey their instructions.

During the time of river closure (10:30am to 1:30pm) scullers should proceed as follows:

- a) Scullers disembarking at Putney should turn towards the Surrey shore.
- b) Scullers proceeding up river beyond Hammersmith should keep to the Surrey bank as far as the Chiswick Steps Crossing where, under the strict control of the marshalls, they should wait in line (not bunched up) close to the bank before, only when instructed, crossing to the Middlesex bank.
- c) Scullers returning to the Hammersmith Boathouses should keep to Surrey Bank, and should wait in line (not bunched up) close to the bank just before the St. Paul's slip and not directly opposite it, before, only when instructed, crossing under the direction of the marshal at St Paul's School.

PLEASE FOLLOW THE INSTRUCTIONS OF THE MARSHALLS, STARTERS AND UMPIRES. FAILURE TO DO SO OR TO FOLLOW EITHER THE VERBAL OR WRITTEN INSTRUCTIONS TO COMPETITORS WILL RENDER YOU LIABLE TO A TIME PENALTY OR DISQUALIFICATION.

Safety & Rescue

Extensive safety and rescue facilities are employed for the race. In the event that a boat "gets into difficulty" any rescue assistance that is offered **MUST BE ACCEPTED**

1. For personal safety.
2. For safety of other competitors and to minimise the likelihood of impeding other scullers.

Random checking of boats may take place, to ensure compliance with British Rowing Rules including boat ID.

FAILURE TO COMPLY WITH ANY OF THESE RULES CAN RESULT IN DISQUALIFICATION

Warning

- All entrants in the Scullers' Head should be aware that they enter the Head at their own risk.
- They should ensure that they are fully insured against that risk.
- They should be competent scullers and competent swimmers for Tideway conditions and the advice of British Rowing is that capsizing drills should have been done.
- 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 the event.

Parking On The Embankment - Putney

Parking restrictions are in place on Putney Embankment; competitors must adhere to the regulations in force on Race Day and the evening before. Competitors will be able to drive on to the Putney Embankment in order to unload/load boats, but cannot be assured that they can leave their vehicle there. Parking is available in some nearby streets or local car parks under normal restrictions.

Results

Appeals should be made to the Chief Umpire, who will be on duty at Ranelagh Sailing Club, within one hour of the last sculler completing the course. Results will be available on the web at <http://www.vestarrowing.co.uk/events/vesta-scullers-head> as soon as possible after the race - and in Vesta Rowing Club on the afternoon of the race.

In the event of a dead heat between two or more, the Sculler with the earlier or earliest start number will be placed above the other(s).

Prizes

Prizes will be presented at Vesta Rowing Club on Wednesday 9th December at 7:30pm. Prize winners will be sent full details, via the details on their entry, after the race.

Cancellation

In the event of cancellation of the race due to inclement weather, refunds of entry fees will NOT be made. The reason for this is that we still incur the costs of running the event whether the race actually goes ahead or not.

VAT

The organisers are obliged by VAT regulations to note the following in relation to this event - "The Vesta Scullers Head is organised by Vesta Rowing Club, a community amateur sports club, which applies any surplus on the event to further the sport of rowing."

C.A. Harrison

Race Secretary

07973 369 106

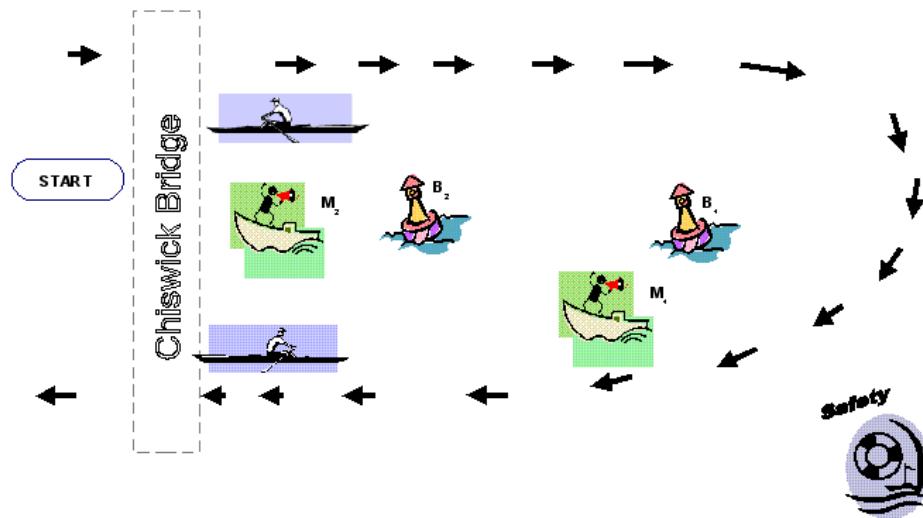
scullers.head@vestarrowing.co.uk

Vesta Open Events Committee Vesta Rowing Club

The Embankment

London SW15 1LB

Starting Area Diagram



1. There are 2 turning buoys upstream of Chiswick Bridge - B1 is the main turning buoy, and B2 is the backup turning buoy.
2. There are 2 marshalls positioned upstream of Chiswick Bridge
3. M1 is the turning marshal, positioned near the turning buoy.
4. M2 is positioned just upstream of Chiswick Bridge to keep crews moving upstream and feeding them through to M1.
5. There will be a Safety launch positioned upstream of B1 patrolling the start zone
6. At the given instruction scullers are to proceed through Chiswick Bridge with warm-up gear off and ready to race.
7. Scullers are to proceed upstream of B1 giving themselves sufficient room to effect the turn safely, moving to the centre of the river and to proceed under the marshal's instructions toward the bridge and then to the start.
8. If a sculler is in difficulty and has not managed to successfully turn around B1 then following scullers will be directed by the M2 to turn around B2 whilst a rescue is in process.. When it is safe to do so, the marshalls will revert back to turning scullers around B1.
9. Scullers must obey the all marshalling instructions, failure to do so will result in a penalty or disqualification.