

**BUCS REGATTA**  
**FRIDAY 1 TO MONDAY 4 MAY 2026**  
**SAFETY INSTRUCTIONS FOR COMPETITORS AND OFFICIALS**

As per BUCS Rowing regulation I, the Championships shall be conducted in accordance with the BUCS sport specific regulations, the BUCS general regulations, and the British Rowing Rules of Racing. In the event that these regulations contradict the British Rowing Rules of Racing, the BUCS sport specific regulations will supersede, unless specifically stated otherwise.

The regatta is run taking into consideration the British Rowing RowSafe guidance.

Competitors who do not comply with these instructions, or the instructions of Regatta officials, may be penalised or disqualified from racing.

The Regatta will endeavour to provide a safe environment although competitors are specifically reminded that persons using the lake and the adjoining river do so entirely at their own risk and are solely responsible for:

1. Their own safety.
2. Ensuring that their boats are safe and prepared in accordance with the guidance in British Rowing's RowSafe and the British Rowing Rules of Racing. Any boat that fails to meet the standard required under the Rules of Racing shall be excluded.
3. The strict observance of the circulation patterns (see plans below) and following the instructions in this document.
4. Deciding, together with their coaches, whether they and/or their boats are competent to use the lake in the prevailing weather conditions.

**Clubs and competitors are also reminded that they must: -**

1. Not practice during racing.
2. Make their own safety and first aid arrangements before and after the day's racing.
3. When training on the River Trent make their own safety arrangements. They must ensure their boat is licensed to be on the river and they must read the circulation pattern for the River Trent on the Nottingham and Union RC website:  
[https://nurc.co.uk/wp-content/uploads/2018/01/Steering\\_Advice.pdf](https://nurc.co.uk/wp-content/uploads/2018/01/Steering_Advice.pdf)
4. Ensure that all roadways and access routes are kept clear at all times and not park in the Finish/Presentation Stage area. Crews should be especially vigilant in the boating/boathouse areas. No cycling is permitted in the boathouse area or on the main building (south) side footpath alongside the course.
5. Report all accidents to Race Control (situated in the Regatta View Room on the second floor of the main building) or to the nearest race official who can pass the report to Race Control.

### **Safety Boats**

There are safety boats on the course during racing and the first duty of every waterborne official is the safety of competitors or any person in difficulty.

### **General Competence**

The Organising Committee reserves the right to exclude any crew or sculler from the competition if they fail to show sufficient competence in either attaching to the start pontoons or progressing down the course during a race. This rule will be applied in the interests of safety and fairness to other competitors.

## Marshalling Instructions:

Note that lakeside markers at the National Water Sports Centre count down from the Start (2000m) to the Finish (0m) which is the opposite direction to other 6 lane courses in the UK. These instructions are written to reflect the marker boards on the banks of the course (so, for instance, reference to 1500m is the point 500m from the Start).

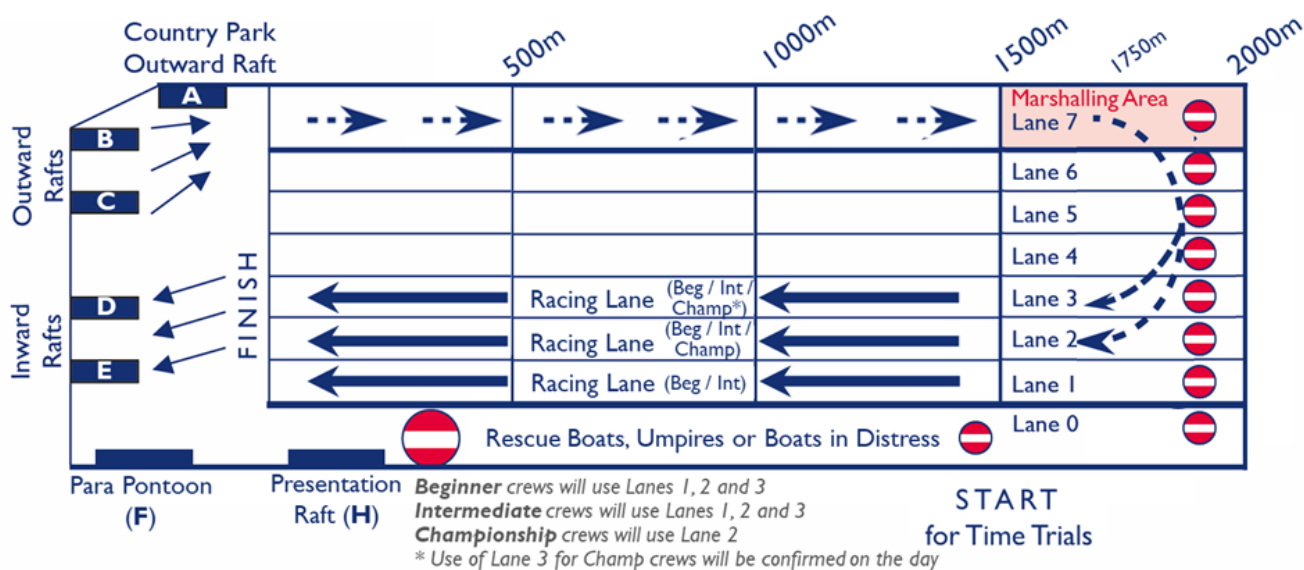
### Marshalling Instructions (for Time Trials)

Crews will be given boating times and must be ready to boat 30 minutes before the scheduled start time of their Time Trial. Please put your oars and sculls by the pontoons before you bring your boat down. Collect Time Trial numbers from Regatta Marshal's hut (registration cabin) and then boat in number order.

Control Commission Umpires will supervise boating and may do spot safety checks. Any boat failing inspection will not be allowed to boat unless the problem can be fixed in a timely manner.

Crews should paddle down slowly towards the Start in lane 7 only until instructed to stop and wait by the Marshal on the bank. Warming up by turning into lane 5 (or any other lane) is **NOT** allowed during the Time Trial. Shortly before the Time Trial for each boat category is about to start remove spare kit under the direction of the Start Marshal and then follow the Marshals' instructions to paddle round in a continuous semi-circle ("hard on strokeside, bowside light / easy / hold") into lanes 1 to 3 (for Beginner and Intermediate crews) and lane 2 (and possibly 3 in addition) for Championship crews.

Lanes 0, 4, 5 & 6 are safety lanes and are not in use for racing. Lane 0 is to be used only for crews in distress. See diagram below.



After completing the turn, crews should keep paddling in their allotted lane towards the timing line.

The Starter will say 'go' approximately 100m before the timing line and crews will be timed from the 1500m marker to the normal Finish. **It is the responsibility of crews that are being caught to move across to an empty lane to allow faster crews to overtake.**

Crews should be careful in the finish area and proceed straight to the rafts quickly and safely; crews **may not cool down** on the course after their Time Trial.

When returning from racing, crews and coaches are requested to remove bow numbers from boats and place into buckets provided on the pontoon.

Note: If the Time Trial needs to be stopped, umpires in launches will ring bells, wave red flags and shout 'stop racing' through megaphones. All crews should stop and await instructions from the nearest race official.

## Marshalling Instructions (for Side-by-side Racing)

### Boating

Boating instructions are as for Time Trials. Numbers for each race (A 1-6, B1-6, C1-6 etc) can be collected from the-Regatta Marshal's Hut (registration cabin)

Crews and scullers should go afloat to race using the outward rafts in the main boating area. Crews may use the Country Park raft with care: this raft is for embarkation only (not to be used for returning crews). The rafts on the southern shore of the course towards the Finish Tower are not for the general use of competitors and any crews using these risk incurring a penalty or, for repeated use, disqualification from the regatta.

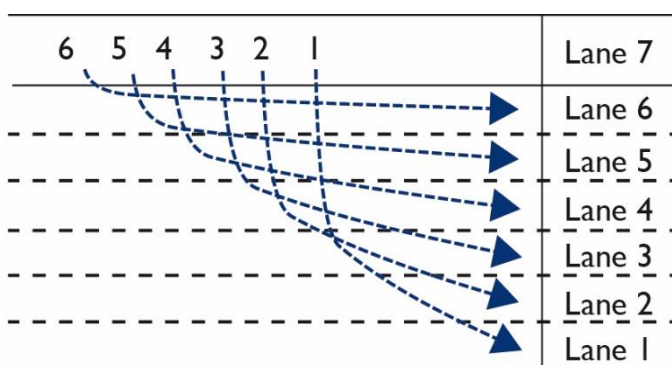
### Warming Up

Crews may warm-up in lane 7 on the way to the Start but must not do racing starts or bursts at high speed when close to other crews or when a race is going past. Crews must not paddle firm or do racing starts in lane 7 between the 1500m mark and the Start.

Crews may also warm-up in lanes 4 and 5 between the 1500m and 1000m markers by turning carefully into lane 5 at the 1500m marker and then warming up in the racing direction only before turning back into lane 7 at the 1000m marker. When warming up crews must keep well clear of any races. No crew once past 1500m may turn back onto the course.

### At the Start

Crews will proceed to the start in lane 7 as far as the 1500m marker where they will be held by a Start Marshal. Under the Start Marshal's instructions a complete race will be called forward in REVERSE lane number order (6, 5, 4, 3, 2, 1) to proceed in that order towards the 100m Start Zone. If a crew misses its "slot" it may not be allowed to race. When the Starter calls the race, crews will paddle across the course together under the direction of the 100m Marshal to their allocated lane (see diagram). Only when in the correct lane will a crew be allowed to turn and back onto the Start pontoon.



### Cooling Down

Crews may cool down by carefully turning into lane 7 after their race, and then turning into lane 5 **between the Finish and 500m markers only**. Crews must travel in the racing direction only in lane 5 and must take care not to impede any races on the course, or to cross the Finish Line alongside a race.

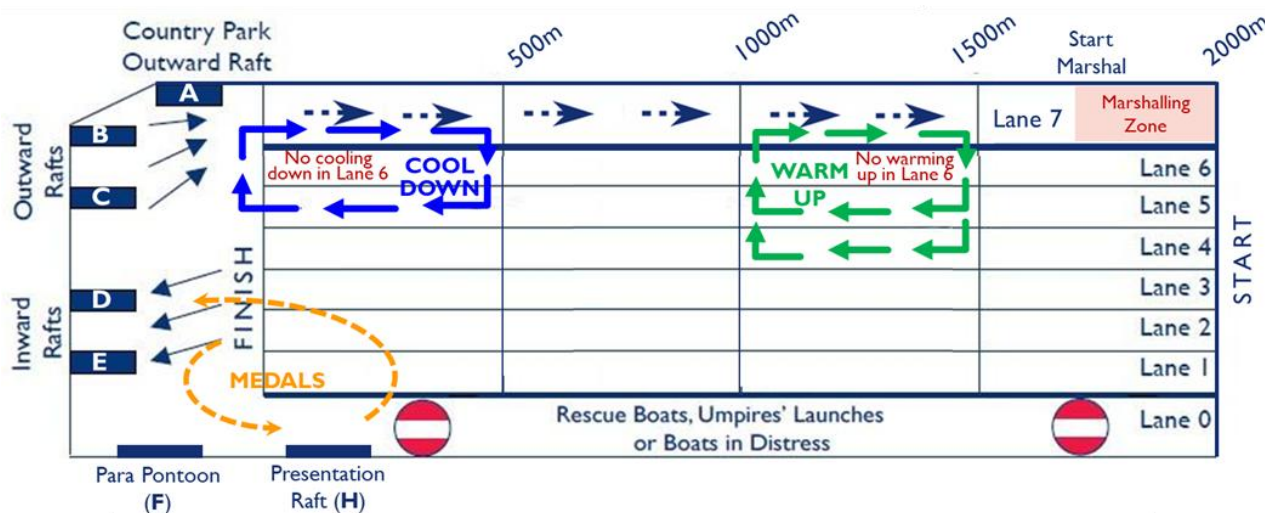
### Disembarking

Use the inward rafts only when coming ashore after racing or practicing. Do not use the Country Park raft or those on the southern shore of the course. Take care in the finish area to avoid collisions as crews merge from racing and from cooling down.

## Circulation Patterns – During Side-by-side Racing

Note that lakeside markers count down from the Start (2000m) to the Finish (0m)

### Racing Circulation Pattern



Failure to comply with these rules may lead to punishment up to and including disqualification of the crew or club from the Regatta.

### Points of Danger

1. Great care should be taken when using the pontoon on the Country Park shore. Note that this pontoon is for embarkation only.
2. The pontoons on the side of the course past the Finish Tower and in front of the new boathouses should not be used by any crews. Any crews using these for boating risk a penalty or disqualification from the regatta.
3. Static crews in lane 7 must be aware of the potential danger of being blown into the racing lane 6 if there is a cross wind. Crews stopping in lane 7 are advised to stop close to the bank.
4. At the Start crews must keep into the bank whilst waiting to be called to their race and must follow the instructions of the Start Marshal.
5. Crews must take particular care when crossing the course to get to their allocated lane.
6. Crews must take particular care in the finish area to avoid collisions with other crews that have just finished, have been cooling down or that are returning from the presentation raft.

## Practice

Friday morning

The lake will be open for practice from 08:00am on Friday 1 May. This is booked by BUCS and no payment for use is required.

No boating will be possible after 11:00am and all crews must be off the water and clear of the stages (with blades also removed) by 11:30am.

It is intended that there will be an opportunity to do practice stakeboat starts between 10:00 and 11:00 and any crews not familiar with this process are strongly encouraged to take the opportunity. Having completed their start practice, crews should then follow the circulation pattern shown below.

After racing (Fri/Sat/Sun)

Subject to the final schedule, and the regatta running to time, it is intended that the lake will open for training after racing has finished. Boating will be permitted as soon as the last race of the day has started. No boating will be allowed after 19:30 and all crews must be off the water by 19:45.

## Safety & Circulation

During these practice hours, the course will be monitored, but clubs remain ultimately responsible for their own safety during this time. Full safety cover will not begin until crews begin boating for racing.

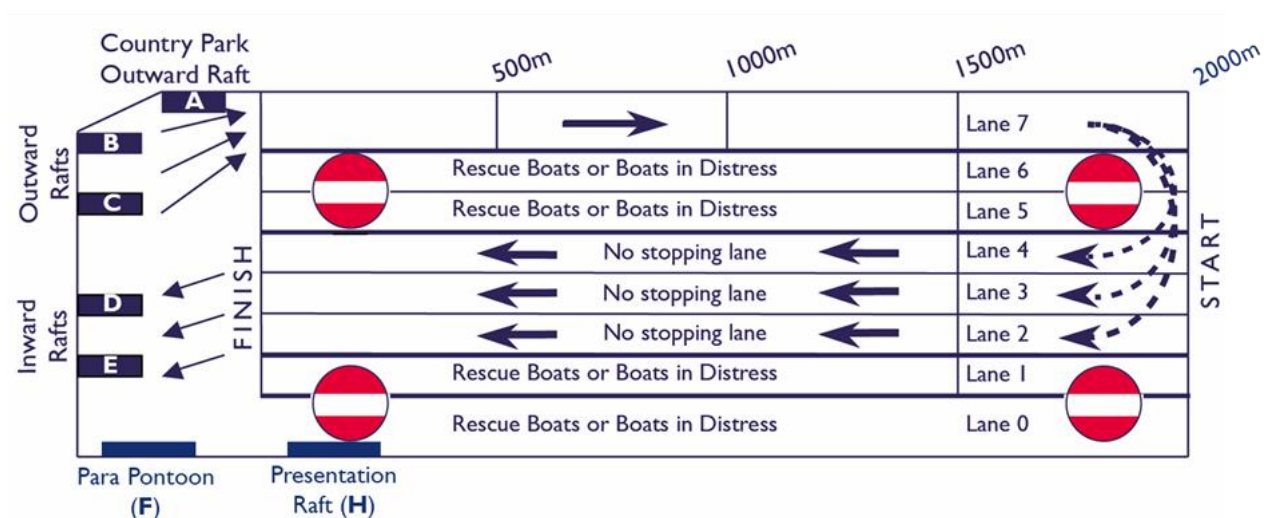
All crews must follow the circulation pattern below during practice times outside of racing.

Please note

There will be no practice on the course outside of the above published times.

Failure to abide by the above timings and circulation may result in the crew being excluded from racing.

## Practice Circulation Pattern



## Pattern for Prize-giving

Presentations will take place at the pontoon by the Finish Tower immediately after the finish of each A Final. Crews will be directed to the pontoon in reverse order (3<sup>rd</sup>, 2<sup>nd</sup>, 1<sup>st</sup>) and medals presented. Crews waiting to access the pontoon should remain in lane 0. Once the medals are presented and, when clear to do so, the crew should proceed a short distance towards the Start in lane 0 and then turn into lane 1 to proceed to the incoming landing stages.

In the event of poor conditions or time delays, presentations may take place on land. Crews will disembark as normal on the incoming landing stages and the medal winners will then proceed on foot to the presentation area, having placed their boats on the racks.

## **General Safety and Emergency Information**

### **Cycling, Skating, Rollerblading & Pedestrians**

Cycling, skating, rollerblading etc. is prohibited in all Regatta enclosures and in the boating area. Coaches and spectators on bicycles and pedestrians are asked to follow races on the North side of the course. The South side road will be used for regatta and emergency vehicles, and they have right of way at all times.

### **Accidents and Emergencies**

All accidents and emergencies must be reported to Race Control or a Regatta official as soon as practicable. The Regatta official will summon medical or other support as required, and report the incident to the Safety Advisor. An online British Rowing Incident Report Form **MUST** be completed for all accidents, collisions or capsizes – this can be done even by those who do not have British Rowing licenses.

### **Medical Support**

Medical assistance can be contacted via a Regatta official or Race Control during racing. A Duty Officer of the National Water Sports Centre is on-call 24 hours a day, contactable through the Centre Reception directly or via Regatta officials. During racing hours medical facilities at the base of the Finish Tower. Medical facilities are intended to cover emergencies only; there is no provision for physiotherapy treatment.

Outside racing hours, or if a more serious problem occurs, contact the Medical Health Centre at Radcliffe-on-Trent: see below for telephone numbers.

## **Emergency Telephones**

### **Emergency Telephones are situated at:**

Start Tower

1500m marker on each side of the course

1000m on each side of the course

Main Reception in the Water Sports Centre

Waterman's Office

All manned huts have telephones.

### **Emergency numbers:**

Emergency Services 999

NHS non-emergency 111

Police non-emergency 101

### **Nearest A&E Unit**

Queens Medical Centre, Derby Rd, Nottingham NG7 2UH - 0115 924 9924 (approximately 17 minutes away)

### **NWSC Address:**

The National Water Sports Centre

Adbolton Lane

Holme Pierrepont

Nottingham

NG12 2LU

0115 982 1212