

2024 BUCS CHAMPIONSHIPS
SATURDAY 4 TO MONDAY 6 MAY 2024
SAFETY INSTRUCTIONS FOR COMPETITORS AND OFFICIALS

This Regatta complies with the British Rowing's Rules of Racing (subject to local rules) and the guidance in British Rowing's 'Row Safe'.

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 within British Rowing's 'Row Safe' guidance, 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 'Row Safe' 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. No training on the lake is permitted on race days before or after racing. Practice is permitted on the Friday before the Regatta by arrangement with the National Water Sports Centre who have responsibility for the use of the lake on this day.
2. Make their own safety and first aid arrangements before and after the day's racing.
3. When training on the River Trent during racing hours, 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
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).

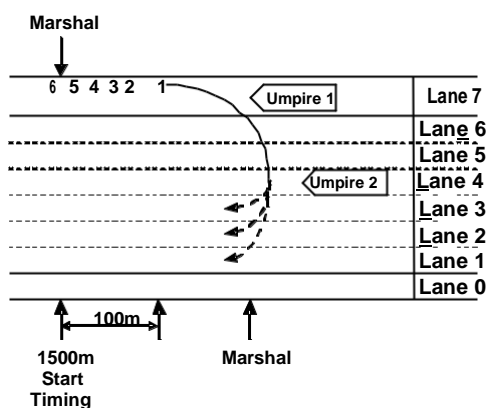
Marshalling Instructions (for Time Trials)

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 Marshall'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 a table outside the-Regatta Marshall'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 of their crews from the regatta.

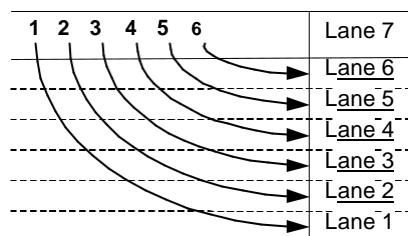
Warming Up

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 lane 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 in lane 5, 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.

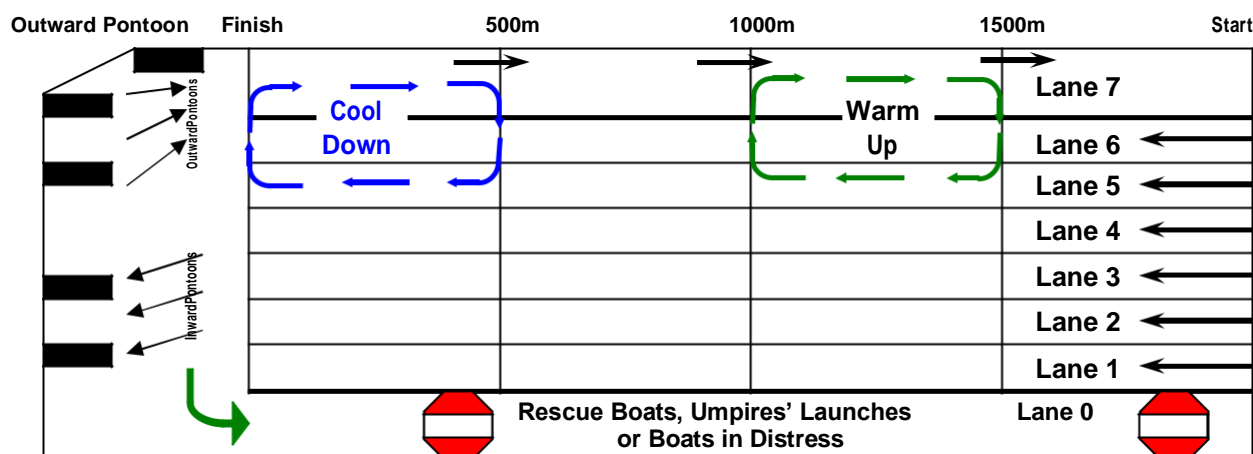
Disembarking

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 Circulation Pattern

Crews, scullers and coaches are reminded that there is no practicing allowed on the lake on race days. Arrangements for use of the lake on Friday must be made directly with the National Water Sports Centre. Crews wishing to practice on the lake on the Friday or before must check circulation patterns with the NWSC staff at the boathouse as these vary dependent on other lake users

Pattern for Prize-giving

Presentations will take place at the pontoon by the Finish Tower immediately after the finish of each final. Crews will be directed to the pontoon in reverse order (3rd, 2nd, 1st) 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, all presentations will take place on land. Winning 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 'winning crews racking'. Further details will be included in the Programme and Safety Instructions.

General Safety and Emergency Information

Cycling, Skating, Rollerblading & Pedestrians

Cycling, skating, rollerblading etc. is prohibited in all Regatta enclosures and in the boating area. The south side of the course will be closed to unauthorised users from one hour before racing starts until half an hour after racing has finished. Coaches and spectators on bicycles and pedestrians **must only** follow races on the North side of the course. Failure to adhere to this risks penalties being awarded to offending crews/clubs.

Drones

The use of drones is not permitted under any circumstances at the National Water Sports Centre. Any University or College which is seen to be using drones for any purpose within the boundary of the venue risks disqualification of their crew being filmed or of all their crews at the Regatta.

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

First Aid can be contacted via the Regatta officials 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, the Red Cross Ambulance will provide medical and first aid facilities at the base of the Finish Tower. Any medical problem arising on the campsite that can safely be brought to the First Aid Centre will be dealt with. 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

Police, West Bridgford 0115 940 0999

Medical Practice, Radcliffe-on-Trent 0115 933 2948

Medical Practice, 214 Musters Road 0115 981 4124

Hospital, Queens Medical Centre 0115 924 9924

NHS 111 (for non-urgent help and advice)

National Water Sports Centre Reception 0115 982 1212

NWSC Address:

The National Water Sports Centre

Adbolton Lane

Holme Pierrepont

Nottingham

NG12 2LU

0115 982 1212