

AVON COUNTY SPRING HEAD 2019

GENERAL NOTES FOR COMPETITORS

1. **WELFARE:** This race is run in accordance with the British Rowing Safeguarding and Protecting Children Guidance Guidelines for Rowing Competitions (SPCG11). Our Welfare Statement has been sent to all competing clubs.
2. **CANCELLATION:** If we have to cancel we hope to be able to refund most of the entry fee. This will be at the discretion of the Organising Committee. We expect to make a clear decision to run or cancel by Thursday 12 noon and will display this on our website as soon as possible. However, conditions on our river can improve or deteriorate in just a few hours. Should conditions on Thursday be borderline we will explain the situation on our website, so clubs travelling from afar can decide whether to travel. Any refund of entry fees will be at the discretion of the committee.
3. **KIT** Please ensure that you and/or any crews you are coaching are wearing kit appropriate for the weather conditions on the day. You are strongly advised not to wear wellingtons on the boat launching pontoons. Wellingtons may be useful elsewhere particularly on the towpath which is often muddy.
4. **PARKING - Boats and trailers** The field on the club land next to the A4 will be reserved for boats and trailers only.
5. **PARKING - Private cars** Please do your best to share cars; this event is always busy.
6. **PARKING - Private cars** Please park in the Barnsdale Park Field. This is on the A4 through the gate about 100m to the Bath side of the rowing club and will be signposted. It will be open from 0700 and will be closed and locked at 1800. Please ensure that your vehicle is removed before 18:00; otherwise you risk being locked in overnight. Vehicles are parked at the owners' risk; the club does not accept any liability for injury to persons, damage to or loss of property in the use of this facility. If you bring a dog with you, please ensure that any mess is cleared up.
7. **PARKING - Coaches** – Once competitors have been dropped off, please park coaches either in the lay-by on the A4 or in Pixash Lane. Please make arrangements for your coach drivers to be notified to come and pick up only when competitors are ready to leave.
8. **CHANGING and TOILETS:** No changing facilities are available. Toilets will be provided in the vicinity of Avon County boathouse. NB: There are no showers generally available at the club so bring a change of dry clothing. Anyone who falls into the river will be offered access to showers; the First Aiders will show you where they are.
9. **THE NEAREST HOSPITAL** is the Royal United Hospital which is about 10 mins by car from Saltford. The First Aiders will advise. The phone number of the hospital is 01225 428331 and its address is Combe Park, Bath BA1 3NG.
10. **REGISTRATION:** Will open about one hour before first launch time. Crews who have not entered using the British Rowing Online Entry, and all substitutes, must show their racing licences. To avoid congestion please will crews racing in Divisions 3 to 6 wait until all crews in Divisions 1 and 2 have launched before registering. All crews must wear paper numbers on the racing kit of both bow and cox and carry Empacher numbers on the bow of the boat. Empacher numbers not returned will be charged at £5 each.

11. **COXES** are reminded that they should meet the minimum weight requirements for the crews they are coxing. Coxes should bring their own deadweights if appropriate and will be weighed at the event.

12. **CATERING** We have magnificent hot and cold food, featuring quality produce from the local farm shop available at the BBQ and tasty homemade fayre including chilli and soup, all at very reasonable prices so you don't need to bring a picnic! Catering opens at 08:00 and closes at 5pm.

13. **CANAL & RIVER TRUST** ask that you should be careful of other people using the towpath.

14. **LITTER:** Please take all your litter home.

15. **PRIZES:** There will be no official prize giving after the race. Crews who have won may come to Registration to collect their medals as soon as it is clear that they have won their event. All prize-winners must be prepared to show their racing licences or prizes may be withheld.

16. **DIVISION TIMES AND BOATING TIMES FROM AVON COUNTY** are as below:

	Morning		Midday		Afternoon	
	Div 1	Div 2	Div 3	Div 4	Div 5	Div 6
	short	long	short	long	short	long
Launching starts	09:00	08:55	11:40	11:30	14:30	14:05
Last boat on the water	09:15	09:30	12:00	12:15	14:45	15:00
Race	09:45	10:00	12:30	12:45	15:15	15:30