

# Bristol Avon Regatta

## NOTES FOR COMPETITORS

### General

**TRAILER AND CAR PARKING:** See separate Note.

**REGISTRATION:** will open at 07.30. ALL COMPETITORS MUST BRING THEIR BRITISH ROWING LICENCES and show them if they win their event. Subs can be registered on the day but if they are not in another event, please bring their licence to registration.

**COXES:** will be weighed. Please bring dead-weights as necessary.

**PRIZEGIVING:** Winning crews should apply to Race Control for a certificate. This should be presented to Registration for their prizes. There are trophies for some events (see the Draw). These will on display at Registration and winning crews may be photographed with the trophies.

**REFRESHMENTS:** will be on sale – see the site map in the Circulation Pattern.

**TOILETS:** please use the portaloos near the boatshed – see the site map in the Circulation Pattern.

### Safety and racing instructions

**Please ensure that all crews are aware of and follow these instructions, which should be read in conjunction with the Circulation Pattern and the Timetable.**

**HAZARDS:** Points of danger are as follows:

- There is a weir downstream of the boathouse – see Circulation Pattern There will be a marshal on the boating raft instructing crews to turn; please follow his instructions.
- The banks along the course have been cleared but please be aware that there are isolated trees which stick out into the river, marked with buoys
- There will be boats moored along the course – watch out

#### **NO SAFETY COVER WILL BE PROVIDED ABOVE THE FIRST BRIDGE UPSTREAM OF THE BOATHOUSE**

**INSPECTION:** British Rowing's Rules of Racing state that it is the responsibility of the competitors to ensure that their boats are safe and prepared to the standards required by "Row Safe", and are suitable for the crew and conditions in which they are to be used. Regatta Officials will make spot check inspections of as many boats as possible before they are launched and shall exclude any boat that is found to fail to meet the required standards.

**BOATING, RACING AND DISEMBARKING:** Races are sent up to the start in batches of 8 or more races. The boating time for each batch is indicated on the Timetable. Please make sure you know which batch you are in and its boating time, and ensure that you join the boating queue in good time. Please keep the tunnel under the railway arch clear at all times for emergency access.

**BOATING FROM MINERVA:** Crews boating from Minerva should be registered and collect their numbers at Avon County in the normal way. Before their race, they may row from Minerva direct to the start.

**RESCUE LAUNCHES:** Two will be on the water at all times during racing: one near the start and one in the second half of the course.

**STOPPING THE RACE:** If umpires have to stop the race, they will ring a bell and wave a red flag and/or instruct crews to STOP. All crews must stop rowing and remain where they are until given further instructions by the race umpires.

**IN THE EVENT OF AN INCIDENT:** Racing will be stopped and umpires will call for help. If you fall in you should stay with your boat and follow the instructions you have learnt in your capsized drills.

**COACHING FROM THE BANK:** The use of loud hailers/megaphones is not permitted.

**THE RACE COMMITTEE RESERVE THE RIGHT** to disqualify or give an official warning to any crew disobeying instructions or causing interference to any racing crew. If you wish to complain about any aspect of your race, please make your complaint to Race Control within 30 minutes of the end of your race.

**ON LAND:** Please be careful:

- Not to cause any harm to others when you are manoeuvring your boat in the boating areas.
- To clear the track under the railway tunnel if it is needed for emergency access
- To allow the general public to enjoy the public footpath along the river

**POOR RIVER WATER QUALITY (AND WEIL'S DISEASE):** The River Avon water quality is poor. Good hygiene practice should be maintained, as described on the next page.

If you fall in, please be advised by First Aid and note that showers for capsized victims are available.

**BIOSECURITY:** There is a need to minimise transfer of harmful or alien species between waterways. Please wash boats and other equipment before coming to the event, and wash them again before use back at home. Buckets of water will be provided.

**WILDLIFE:** Please take care not to harm swans and other wildlife in the area

## **FIRST AID and RESCUE**

**THE FIRST AID POINT IS ON THE GROUND FLOOR OF THE  
SALTFORD ROWING CENTRE**

**2 RESCUE LAUNCHES ARE PROVIDED**

**UMPIRES HAVE RADIOS AND MOBILE PHONES**

# **CAUTION - POOR WATER QUALITY**

**Cover cuts, grazes and blisters with waterproof plasters**

**Do not swallow river water**

**Wash your hands after rowing, especially before eating (antiseptic handwash will be provided at the catering facility)**

**Keep your water bottles away from contaminated surfaces including water in the bottom of the boat. Ensure the bottle has a closed top**

**Always wear footwear when on the bank or pontoons**

**Clean down all equipment when back on land**

**If you fall into the river, the race officials will ask you take a shower immediately - you are strongly advised to do this**

## Leptospirosis / Weil's Disease

If you feel unwell with 'flu-like' symptoms (vomiting, high temperature, headache, muscular pains) after the regatta then you should contact your doctor straight away so that the proper treatment may be initiated immediately.

Sources: British Rowing document Guidance for Rowing when water quality is poor, British Rowing website with link to Environment Agency

# **BIOSECURITY**

There is a need to minimise transfer of harmful or alien species between waterways.

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**BUCKETS OF WATER WILL BE AVAILABLE**