

AVON AUTUMN HEAD 2018

SAFETY AND RACING INSTRUCTIONS

PLEASE ENSURE THAT ALL CREWS ARE AWARE OF AND FOLLOW THESE INSTRUCTIONS

- 1. RIVER CONDITIONS:** We will monitor the state of river and the forecasts throughout the week prior to the race.
- 2. PERMANENT HAZARDS:** There are two bridges with concrete supports in the middle of the river - one HALFWAY along the long course (BOTTOM BRIDGE) and the other (TOP BRIDGE) just above the start of the long course. There are also boats moored at various places along the bank, and some low-hanging trees. See navigation instructions below.
- 3. POSSIBLE HAZARDS:** Just upstream of the top bridge a stream joins the river on the right. When flowing fast this can push boats towards the bridge support. There are overhanging trees all along the course – some reach down to river level. There may also be branches and tree stumps in the water.
- 4. INFORMATION FOR COXES AND STEERSMEN:** All persons steering boats must be competent steersmen. The course is inspected before the race; any hazards additional to those listed above will be posted on notice boards in Registration. Crews launching from Minerva must send a representative to the ACRC clubhouse to register. The race committee may decide to prevent some or all crews launching if river conditions are difficult. Please respect their decision.
- 5. CREWS BASED AT MINERVA** may launch from their slipway but should collect their numbers from Avon County and have their boats checked before launching and must remain upstream of the bottom bridge.
- 6. BOAT INSPECTION:** Boats may be inspected before launching. It is the responsibility of the crew to ensure that their equipment complies with RowSafe. Crews must wear uniform racing kit above the waist and must be appropriately dressed for the conditions. NB Keep the tunnel under the railway clear at all times for emergency access.
- 7. BOATS ON TRESTLES:** All boats and blades when not being used for racing should be kept on trestles either in the trailer field, or behind the boathouses. All blades must be removed from the raft area and may be stored on the A-frames provided. ACRC and its members are not liable for any injury or damage resulting from use of these frames.
- 8. LAUNCHING:** is at the time stated on the timetable. Please ensure that your trailer arrives in time for you to assemble your boats and launch at the times stated. Some clubs will launch from “Minerva” and need to be in position at the appropriate time. If your launch raft is “Avon” please use the FIVE rafts in front of the Avon County boathouse. Higher numbered crews should launch first. Please observe the land circulation pattern which forms part of these instructions and follow instructions from the raft marshals.
- 9. PLEASE LAUNCH PROMPTLY AND AS QUICKLY AS POSSIBLE** to help the race proceed to time. Crews arriving late at either start may have to wait until other crews have raced and may incur a time penalty.
- 10. SAFETY BOATS:** Two will be on the water whilst crews are proceeding to the start. During racing

they will be based at Minerva and below the bottom bridge. They will follow the last long course crews to the finish. There will also be two boats to marshal crews at the start of the long course and monitors and a marshal in a boat helping at the start of the short course. A safety boat will follow the short course crews to the finish. Please be aware that a safety boat might pass you at very high speed if it is attending an incident or carrying a casualty.

11. FOR THE LONG COURSE: When going up to the start, keep to the right hand side (Avon Bank). Go through the right hand arch of both bridges. Look out for slower crews and other river users coming downstream. Marshal above the third bridge (lower numbered crews nearer the bridge) facing upstream on the right hand side (Avon bank) until told to turn.

12. Before the long start crews will be instructed to turn and paddle through the right (Minerva bank) arch of the top bridge. Watch out for debris caught on the bridge. Crews should build up pace as soon as they are clear of the bridge. The start is about 20-30 metres below the bridge.

13. FOR THE SHORT COURSE: When going up to the start, keep to the right hand side (Avon Bank). Go through the right hand arch of the bottom bridge. Look out for slower crews and other river users coming downstream. Marshal above the bridge (lower numbered crews nearer the bridge) in racing order with your bows pointing facing upstream on the left hand side (Minerva bank). You will be told when to turn.

14. Before the short start crews will be instructed to turn and paddle through the left (Avon bank) arch of the bottom bridge. Watch out for debris caught on the bridge. Crews should build up pace as soon as they are clear of the bridge. The start is about 20-30 metres below the bridge.

15. ALL RACING CREWS must row on the RIGHT (Minerva bank) side of the river, overtaking on the LEFT (Avon bank). Slower crews must give way to faster crews. Time penalties may be awarded for unsafe behaviour.

16. Details of these SAFETY arrangements are on our website. The race monitors can see the whole course and safety boats will follow the long and short courses. If you fall in it is usually the safest option to stay with your boat and follow the instructions you have learnt in your capsized drills. Help will be on its way very quickly.

17. STOPPING THE RACE: If monitors have to stop the race, they will blow a whistle 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 monitors.

18. COACHING FROM THE BANK will be allowed. It is possible to cycle along the tow path although it is likely to be very muddy and there are a couple of gates, but it should be possible to cycle to the short course marshalling area and follow a short course boat. Please be very careful as the tow path is a public footpath.

19. THE RACE COMMITTEE RESERVES THE RIGHT TO DISQUALIFY OR IMPOSE A TIME PENALTY ON ANY CREW DISOBEYING INSTRUCTIONS OR CAUSING INTERFERENCE TO ANY RACING CREW.

20. THE RACE COMMITTEE will adjudicate all penalties. It may, after consultation, determine the finishing order of crews.

21. DISEMBARKING: After the finish crews must continue to paddle light. Crews must go beyond the rafts before turning and approach them upstream. Please wait patiently in the queue for your turn and listen to marshalling instructions. Do not go too far past the rafts as there is a weir further downstream. Crews returning to Minerva must wait on the Avon side facing upstream below the rafts until given permission to proceed.

22. After disembarking move your boat and blades away from the rafts and riverbank as soon as possible. In between divisions, boats and blades may be left on trestles either in the trailer field or behind the boathouses. Your Empacher numbers will be collected as you go back to the trailer field – if not please return them to Registration. A charge of £5 each may be made for numbers damaged or not returned.

23. Be aware of the possibility of Weil's disease. Wash your hands and if you get flu-like symptoms see a doctor. See the club website for further advice.