



# BRISTOL AVON REGATTA 2026

## NOTES FOR COMPETITORS

### General

**TRAILER AND CAR PARKING:** See separate note

**REGISTRATION:** Will open at 07:15 underneath the balcony. All competitors must be ready to show their BR licence if requested if they win their event.

**COXES:** will be weighed. Please bring dead weights if necessary if your cox doesn't meet the minimum weight:

Coxes of crews J15 or younger – 45kg+

Coxes of crews older than J15 or adult – 55kg+

**PRIZEGIVING:** Winning crews should come to registration under the balcony who will get confirmation they have won from race control. There are trophies associated with some events (see the Draw). These will be on display at registration. Winning crews can be photographed with the trophies.

**REFRESHMENTS:** will be on sale from the catering area behind the Avon boatshed. See site map for details.

**TOILETS:** please use the Portaloos near the site entrance – see site map for details

**BOATING TIMES:** will start at 08:15 for the first batch, please see separate sheet for boating times

### 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 Plan and Timetable**

#### HAZARDS:

- There is a weir downstream of the boathouse – see Circulation Plan. There will be a marshal on the boating raft instructing crews when to turn, please follow their instructions.
- The banks along the course have been cleared but please be aware that there may be isolated trees which out into the river which will be marked with buoys
- Please look out for any boats moored along the course

**NO SAFETY COVER WILL BE PROVIDED ABOVE THE FIRST BRIDGE UPSTREAM OF THE BOATHOUSE SO PLEASE DO NOT ROW UNDER THIS BRIDGE UNLESS YOU ARE BOATING FROM MINERVA**

**INSPECTION:** British Rowing Rules of Racing state that it is the responsibility of competitors to ensure that their boats are safe and prepared to the standards required under '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 fails to meet the required standards.

**BOATING, RACING AND DISEMBARKING:** Crews are sent to the start in batches of 8 or more races. The boating time for each batch is indicated in the Timetable. Please make sure you know which batch you are in and the 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 too allow for emergency access.

**BOATING FROM MINERVA:** Crews boating from Minerva should be registered and collect their numbers from Minerva. These crews can row directly to the start from Minerva.

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

**STOPPING THE RACE:** If umpires need to stop the race for any reason, they will ring a bell and wave a reg 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 ACCIDENT:** Racing will be stopped and umpires will call for help. If you fall in, please stay with your boat and follow the instructions you learnt in your capsized drills.

**COACHING FROM THE BANK:** The use of loudhailers/megaphones by coaches or supporters 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 area
- To keep the track under the railway bridge to allow for emergency access
- To allow the general public to enjoy the public footpath along the riverbank

**POOR WATER QUALITY AND WEIL'S DISEASE:** The River Avon river quality is poor. Good hygiene practice should be maintained:

- Cover cuts, grazes and blisters with waterproof plasters
- Do not swallow river water
- Wash your hands after rowing, especially before eating
- 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

If you fall in, please be advised by First Aid. Shower access is available for capsized victims

**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.

**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 again before use back at your home club.

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

## **FIRST AID and RESCUE**

**THE FIRST AID POINT IS OUTSIDE THE CLUBHOUSE FRONT DOOR**

**2 RESCUE LAUNCHES ARE PROVIDED**

**UMPIRES HAVE RADIOS AND MOBILE PHONES**