

Upton Rowing Club Guidance notes for running a mini-head

1. A few days ahead check the weather forecast and the river level conditions and read these notes!

On the day

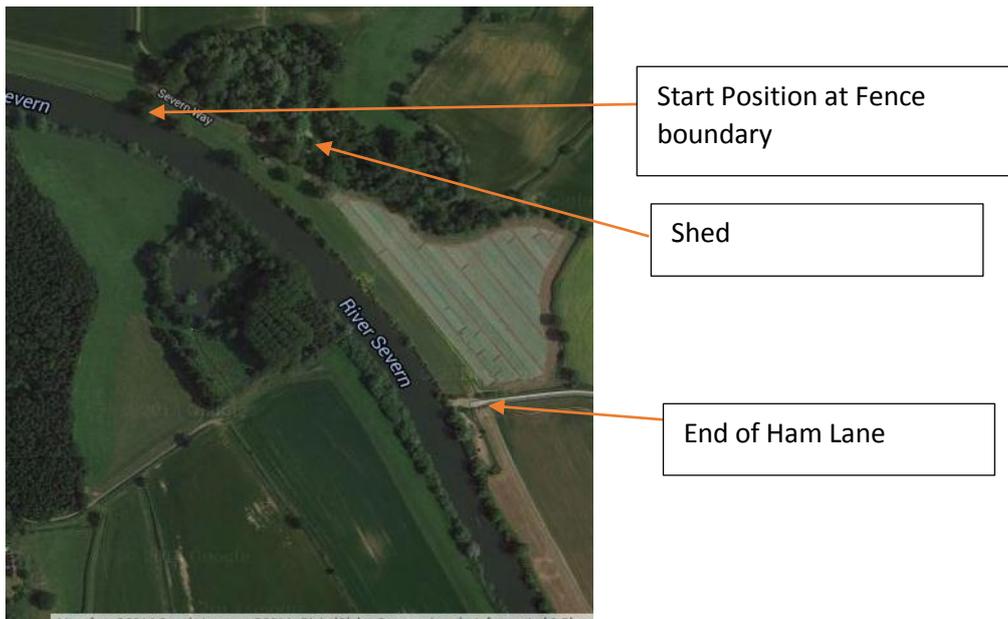
2. Bring appropriate warm clothes, waterproofs and wellies. Please also bring a mobile phone which has been charged, a notebook and pen.
3. Meet with the other race starters and finishers at 10am at the boathouse.
4. Check with the Captain that conditions are OK and that the normal course will be used.
5. Identify who will be the starters and the finishers.
6. Exchange phone numbers between the starters and finishers so you can say what is happening (e.g. delays). Also get the phone number of MISAR rescue crews.
7. Familiarise yourselves with the stop watches and then synchronise the clocks.
8. Starters – grab a megaphone (and check it works).
9. Both starters and finishers - get the starting list of crews from the Captain.

Starters

10. Starters head off to the start position when crews start to launch boats.
Starters have several options to get to the start.
 - a. Get a ride up the river with MISAR
 - b. Take one of the club launches (assuming you are competent and have taken appropriate safety measures). If you plan to use a club launch, it is recommended you bring a 5 litre container of unleaded fuel to top up the tank before you head off.
 - c. Drive/ride to Severn Stoke (A38) and turn left into Ham Lane just after Rose & Crown. Go to the far end and park. Walk upstream along the bank to the start (about 500m).

The starting position is the fence line about 100m upstream of the 'shed', about 5km upstream of the town.





Starting the race.

11. As boats arrive at the start, ask crews to row past the start position and line up in starting order, first nearest the start line, higher numbers further upstream.
12. As the final crews arrive, call the finishers to tell them crews will be starting soon and confirm that the finishers are ready.
13. Once all the crews have passed the start line, ask the boats to turn and row down to the start in sequence.
14. As the bow of the first boat crosses the start line, tell the crew they have started, record the time on the stopwatch and note the crew name/number (in case crews get out of sequence).
15. Call the next crew down to the start, ideally spacing the start times by ~ 15 seconds. Repeat the start sequence for each crew in turn.
16. Once all boats have started, head back to the club house or Anchor pub to get together with the finishers.

Unplanned events at the start

If a crew has a safety issue e.g. capsize when turning, use your phone to contact MISAR. Suspend all starting until the crew have been recovered. Inform the finishers what is happening. Once the crew are safe and the boat has been secured, resume the race starting sequence.

If a crew is very late getting to the start (e.g. due to technical problem), you can move their start to the end of the sequence and get the race underway. Start other crews as normal, but do warn them there is a boat coming upstream to the start.

Finishers

17. Take up the finish position at the flagpole on the bridge abutment next to the Kings Head Terrace in good time. You should be contacted just before the first crews start and confirm you are ready. Crews are likely to arrive ~ 15 minutes later.
18. As the bow of each crew crosses the finish line (the flag pole), acknowledge the finish with a sound or call and record the time on the stopwatch. Note the finish sequence of the crew number or name.

Finally

19. Once all crews have finished, get together with the starters.
20. Recall and note the recorded start and finish times for each crew.
21. Calculate the race time for each crew and determine the final position based on elapsed time.
22. Pass the results to the Captain.

Thank you

M Stanley

Upton RC Captain

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9/12/14