



Upton Rowing Club

Beginners Regatta

Sunday 8th Sept 2019

Instructions to Competitors

The following list of instructions and advice is given to promote a safe and enjoyable event. Please do take the time to read these notes and the accompanying documents.

Where to park.

Please park in the Hanley Road car park in Upton. This is across the road from the regatta venue and costs £3 for the day. The map overleaf shows where to find the car park. **Please note there are no parking facilities at the marina.**

Registration and Spectators

The Registration desk will be across the road from the car park on the river bank downstream of the road bridge and opens at 0930. When you register your crew will be given a number. The number is for the bow person to wear on his or her back. This will help the umpires and spectators to identify your crew both proceeding to the start and while racing. Safety pins will be provided.

Crews access the floating pontoons from this area. This area also offers good views of the racing.

Briefing for Coxes.

There will be a briefing for coxes (provisionally 10.30am) 30 mins before the first race, downstream of the bridge on the water front in Upton. Please ensure your cox attends this as it will cover safety issues, boating procedure as well as the race arrangements.

Start Time and Subsequent Timings.

Crews for the first two races will start boating at 10.40 (provisional) for the expected start at 11.00. Each race thereafter is at 10 minute intervals so crews should be assembled at least 30 mins before their race time to ensure they boat in time. Crews will be called to boat by their number, club and stroke's surname to ensure the correct crew boat. **Listen out for being called.**

The Boats you will be Using.

All races will take place in stable boats and you will use macon blades. The boats will be paired up and you will be told which boats to use. There is a high chance you will be in a different boat each time you race. Please be careful when adjusting foot stretchers as incorrect adjustment can cause damage and delays. If you have small feet you may wish to bring an extra pair of socks to get a better fit in the boat.

When on the Water.

Coxes should look at the safety plan to familiarise themselves with the circulation pattern. As crews leaving the landing stage will be crossing the line of racing great care is needed. Please be aware of this for your own and others' safety. You will be escorted by an umpire in a launch who will be giving you instructions. Listen to what the umpire says and obey any instructions, if in doubt ask – they are there to help you. You will be able to practice a racing start beyond the starting line before turning.

Conduct of the Race

All races will be run over a 500m course from a free start at Pool House to the finish line just above the King's Head. The course is buoyed into two lanes and the crew on the Town side will have the benefit of a half-length staggered start to take account of the bend. In addition, where the crews have a different number of male and female rowers, the crew with more women will be given a handicap start of two seconds for every extra female member. All races will be umpired from a launch and the umpire will start the race.

What to Wear.

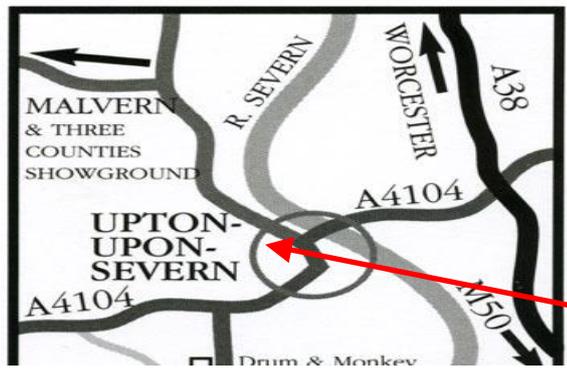
We are requesting each crew to wear similar colour tops when racing—they do not need to be identical. You need to ensure that you wear close fitting clothes so they don't get caught in the sliding seats. At this time of year be prepared for both hot sunshine and cold wet conditions. There may be slippery conditions around the

landing stages, particularly if wet, so non slip shoes are advisable. Take care when moving on the stone steps and the landing stage as there are a number of possible trip hazards such as uneven ground, large steps, oars, riggers and mooring lines.

Toilet Facilities and Catering.

Toilets are located at Hanley Road Car Park, and Lower High Street (see map below). Food and drink will be available from stalls near the bridge as well as nearby pubs, cafes and shops on the High Street. If you plan to eat at one of the pubs or cafes, it is recommended to pre-order food if you intend to eat during the lunch interval as it can get busy.

Upton Car Park WR8 0HX



Hanley Road Car Park
Upton on Severn

