

HAMMERSMITH WOMEN'S AND JUNIOR'S HEAD

SUNDAY 22 February 2009 AT 3:00pm

Rules and Safety Instructions to Competitors

GENERAL

- 1) Races will be rowed under the Amateur Rowing Association Rules of Racing, the PLA Rowing on the Tideway Code of Practice and complying with Amateur Rowing Association Row Safe, safety code.
- 2) The order of start, maps, safety instructions and any up to date amendments will posted on the Auriol Kensington website: <http://www.akrowing.com> .
- 3) Any change in crew members must be notified in writing to the Entries Secretary (tel. 07932 085054, e-mail - hammersmithhead@btinternet.com) prior to racing.
- 4) On the day of the race, Race Control can be contacted at Auriol Kensington Boathouse, tel. 0208 748 5352.

SAFETY

- 5) Competitors are responsible for their own safety both ashore and afloat, which is of overriding importance at all times.
- 6) Club Captains must ensure that that their crews are fully briefed and competent to race in the conditions likely to be experienced on the Tideway at this time of year and are capable of doing their own risk assessments. **THE RACE ORGANISERS ACCEPT NO LIABILITY FOR ACTIONS OF THE CREWS OTHER THAN WHEN DIRECTLY INSTRUCTED BY THE HEAD ORGANISERS AND MARSHALS AND CREWS RACE AT THEIR OWN RISK.**
- 7) All crews and coxes are assumed to have watched the safety video "Coxing a Tideway Head" provided free to all clubs by the Tideway Processional Races Committee. The act by your club of putting in an entry will be considered as confirmation that every member of the crew has seen this video.
- 8) If a member of a crew should fall out it is essential that the crew stop and help. Following crews must take avoiding action.
- 9) The River is NOT closed for this event and the normal rules for navigation on the Tideway apply. Here is a link to the PLA Rowing Code that should be read by all crew members and must be read by all steersmen http://www.ara-rowing.org/Asp/uploadedFiles/File/PLA_RowingonTideway_CodeofPractice06.pdf . The act of putting in an entry will be considered as confirmation that these have been read and understood by all steersmen. Crews must give consideration to other river users. You do not have automatic right of way or priority.
- 10) Crews must obey all instructions from Officials. Failure to observe this rule may lead to a time penalty or disqualification.
- 11) First Aid facilities are available at Auriol Kensington RC. Points for best access by ambulances are also shown on the course map.

BOATING ARRANGEMENTS

- 12) Non-Tideway crews must make prior arrangements direct with their intended host club regarding availability of changing and boating facilities. These can be limited and host clubs may be unable to cater for unexpected visiting crews.

CREW NUMBERS

- 13) Numbers for crews that have sent correct and paid up entries will be posted out with the draw. Prior to racing all crews who have not been sent their numbers must collect their crew numbers from Race Control at Auriol Kensington RC. The numbers must be pinned on the back of the bowman and the back of the cox so as to be visible at all times when marshalling and racing. Plastic Numbers are being provided for attachment to the bows. The bow number should be securely fixed and that any numbers lost for whatever reason will mean the forfeit of the £10:00 deposit.
- 14) Competitors who have not paid their Entry Fees will not be issued with their crew numbers and will not be permitted to race.

MARSHALLING

- 15) Crews must be in position at least 10 minutes before the race start time. As a guide it can take 50 minutes to paddle from Putney to Chiswick and 30 minutes from Hammersmith.
- 16) Crews will be marshalled in two divisions upstream of Chiswick Bridge. Crew nos. 1 to 45 on the Middlesex bank with crew no. 1 by Cubbits Dock. Crew nos. 46 to 90 on the Surrey Bank with crew no. 46 by Mortlake steps. Crews should assemble in ascending order upstream away from Chiswick Bridge with their bows facing upstream against the tide. If there are less than 50 entries marshalling will take place on the Middlesex bank only. Please refer to the marshalling map for more details.
- 17) Crews proceeding upstream who have not passed through Chiswick Bridge 15 minutes before the start time will be deemed late starters and be held on the Middlesex side of the river by Tideway Scullers boathouse and will be started at the end. Any crew attempting to pass through Chiswick Bridge after 15 minutes before start time may be penalised or disqualified.
- 18) When marshalling, remember you are on a tidal river and wind and tide may cause you to drift. You should maintain your position relative to the bank by paddling as required. Ideally your bank side blades should be in contact with the bank and the stream side blades used to keep you stationary.

START

- 19) This will be on time and without reference to absentees. Crews arriving late in the marshalling area may be started at the end of the race.
- 20) On being told to do so by the marshals you are to turn and proceed downstream in numerical order to the starter above Chiswick Bridge who will start you by saying "Number Go!" Timing will begin at Chiswick Bridge and not when the starter says, "Go". All crews have a flying start. Boats should be closed up until there are three lengths of clear water between them at the start. On no account are boats to be overlapping when crossing the start line.

COURSE

- 21) All crews must pass through the Starboard side of the centre arches of Chiswick Bridge, Barnes Railway Bridge and Hammersmith Bridge.
- 22) After passing the finish line at the ARA landing stage all crews should continue under Hammersmith Bridge, without overtaking, until the PLA red buoy at Harrods Wharf before turning or proceeding downstream. Please beware of finishing crews. Competing crews should be aware of crews not in the event coming upstream in accordance with the PLA Rowing on the Tideway Code of Practice. Crews should keep a sharp look out particularly after the race when you are tired.
- 23) Crews returning to the ARA, AKRC and Furnival boathouses at Hammersmith should turn to the Middlesex bank. Bear in mind that crews on the fairway have right of way. Crews returning to boathouses above Hammersmith Pier should turn to the Surrey bank. Stay close to the appropriate bank and do not attempt to cross the course until all crews in the race have finished.

OVERTAKING

- 24) Crews being overtaken should adhere to the PLA Rowing on the Tideway Code of Practice and must not change course relative to the stream so as to obstruct or impede an overtaking crew. An overtaking crew must steer clear of the crew they are overtaking and can overtake on either side but are advised that keeping the overtaken crew to starboard is likely to be faster. No overtaking is allowed in the restricted zone at Barnes Bridge.

DISPUTES

- 25) Any appeal or complaint must be made to the Umpire at Auriol Kensington RC immediately after the race. No appeal or complaint will be considered after the results have been announced.
- 26) No crew will be given a time faster than that which it actually recorded for the race.
- 27) In any dispute the decision of the Race Committee shall be final and without appeal.