



# National Schools' Regatta

29<sup>th</sup> – 30<sup>th</sup> May 2021

Instructions for Competitors

The National Schools' Regatta is run in accordance  
with the British Rowing Rules of Racing



## **Covid-19 Measures:**

This event is being run in compliance with current Government legislation and regulations.

In addition to this, the National Schools' Regatta intends on running the event in accordance to British Rowing Covid-19 Guidance and in accordance with the Covid Secure Risk Assessment.

All those attending the National Schools' Regatta are expected to adhere to these measures.

**ALL ATTENDEES ARE REMINDED THAT THEY SHOULD NOT ATTEND THIS EVENT IF THEY HAVE ANY SYMPTOMS. IN THE EVENT OF SYMPTOMS DEVELOPING WHILST ON SITE THIS SHOULD BE REPORTED IMMEDIATELY TO THE COVID OFFICER.**

**No spectators will be allowed on site, access for drop off only.**

Each school/club will be in a bubble and will be asked to nominate a coach to act as Covid liaison officer. They should follow their own safeguarding policy.

The event will collect contact details for NHS Track and Trace, which will be retained for 21 days. For competitors and coaches these details will be given through the BROE entry system. All other attendees will be required to complete a google form. An NHS QR code will be displayed at various points on site.

All attendees are required to follow hygiene, social distancing or other measures as detailed below or as directed by an official.

**The NSR Covid Officer will be briefing the club and school covid reps: 07:30 and 13:45 to the right hand of the boat house. Club / School Covid officers need to attend.**

**Face masks must be worn around the site at all times except when in the designated trailer space.**

## **Arrival and Departure:**

Friday 14:00 to allow trailers into the site: **No training will be allowed.**

Saturday 6:00 (Trailers should arrive at 6:15am)

Sunday 6:00 (Trailers should arrive at 6:15am)

## **A competitor drop-off**

Competitors arriving by coach or minibus should make their way from the **drop-off point** to the trailer park as a bubble.

Those arriving individually should walk on their own to the trailer park maintaining 2m social distancing. There should be no mixing until competitors are in their allocated trailer area. Masks are required at all times.

**No spectators will be allowed. ONLY COACHES and ATHLETES.**

## **Competitor collection**

Those competitors being collected by individual cars should be collected as soon as possible after they have been eliminated.

Once a competitor has been made aware that a car is waiting for them at the **pick-up point**, they should then walk to that point.

## **Designated area**

Each school/club will have a marked area. Please be courteous to the attendants and do as requested. Do not block roads as vehicles must be able to pass.

### **Parking Pass**

Parking passes will be sent to the Club Admin named in BROE this week. Coaches will need to print off their Bus / Trailer pass and have this on display when they arrive. They will then be directed to their [Trailer / Base area](#). This will need to be used to arrive with trailer and minibuses with athletes. We will deal with competitors who are driving themselves. **If it looks like they are bringing extra people on site who are not athletes, they will be denied entry.**

### **Marquees and Gazebos:**

Club marquees are **NOT** allowed by the lake. You will however be allowed to have a small gazebo next to your trailer. Competitors and Coaches will be considered as a bubble and should remain within this allocated area. No mixing with any outside club/school. Face Masks must be worn outside this allocated space. Rigging and boats must be within this allocated area.

Toilet facilities are provided. No changing or shower facilities are available. Handwashing facilities and sanitisation units are available for use and should be used before and after using the toilets.

### **Food and Drink**

All competitors / clubs and schools must bring adequate water and sufficient food / drink for the day. There will be no food / refreshments stalls available on site.

### **Collection of numbers:**

**Time Trials:** Numbers for the time trials (crew and boat) will be available for collection between 15:00-18:00 on Friday afternoon or from 07:00 on Saturday or 08:00 on Sunday. There will be separate envelopes for Saturday and Sunday races.

The person collecting will be required to leave their name and a contact number.

After the time trial has concluded, crews are requested to place the slot number in the buckets of disinfectant before carrying their boat from the raft.

**Finals:** Lane numbers will be available for collection once the race has been called 45 mins before the time scheduled for the final. It will not be possible to collect them earlier. After the final has concluded, crews are requested to place the slot number in the buckets of disinfectant before carrying their boat from the raft.

### **Boating:**

Practice outings are not permitted.

Time Trials: 30 mins before the time scheduled for the time trial or when crews are called to boat, whichever is later. Crews must NOT head to the boating area until their event has been called. **See communication below.**

Time Trials: 45 mins before the time scheduled for the Final.

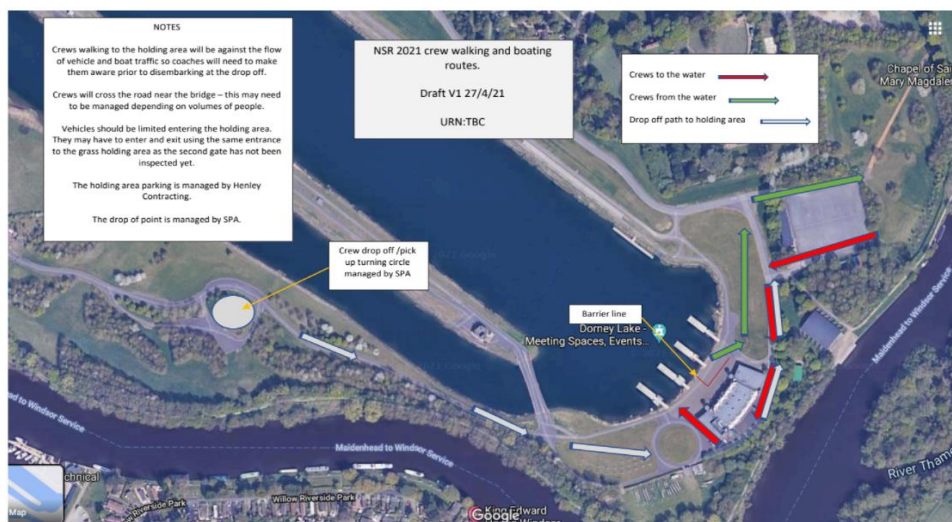
### **Communication: All coaches should have Ludum**

As part of our communications during National Schools will be using **Ludum** to message crew coaches. We will be using it to announce when crews should get hands on. The crew coach will receive an in-app notification. [www.ludum.com](http://www.ludum.com)

1. On Thursday evening, the crew coaches will receive an email invitation from Ludum inviting them to sign up to Ludum and verify their email.
2. They should press the button and then type in their password when creating your account.
3. They will be taken into the web app. There they will see all the events that they have been assigned to in the squads area of the platform. This list was taken from the entries in BROE. We have used the assigned coach for each crew for each event.

4. For the best experience. Please then download the app, both on iOS or Android and login again using your email address and password. Available in [IOS app store](#) and on [Android](#)

**Walking Routes:** There is a one way system in place.



## Outgoing Pontoons

Crews this year will access the pontoon by walking round the back of the boathouse and will be required to keep a safe distance from other crews around them and queue in single file.

Only one crew at a time will be allowed onto one side of the pontoon, with the exception of 1x, 2x or 2- when 2 crews can be on each side. Only one coach will be allowed on the pontoon with their crew. Blades are not allowed to be left on the hard, they must be carried by the coach and cox or the crew. Shoes must not be left on the pontoon; they should be carried in the boat.

Umpires will not be physically checking boats this year; it is the crew's responsibility to ensure their boats are compliant. An umpire will ask you to check your boat whilst you are queuing behind the Boathouse, so that any repairs can be completed before you reach the Pontoons. You will be asked to check the heel restraints; check hatch covers and bow balls. Any boat that fails, must fix the problem before being allowed out on the course. **Bow balls** – if it is loose or broken it must be repaired before going afloat. All boats must comply with Rule 7.2.8c concerning foot stretchers and shoes.

Buoyancy aids must be a good fit and not be loose.

## Incoming Pontoons

Crews must get off the water as quickly as possible. De-briefs should not take place on the pontoon.

Blades must not be left on the pontoon; they must be carried off at the same time as the boat.

## **Coxes:**

Coxes MUST comply with BR guidance on face coverings.

In a stern loader - coxes should wear both a face covering and eye protection - this eye protection could be goggles, sunglasses or a face visor (a visor protects both eyes and additionally keeps the face covering dry). In a bow loader - coxes should wear a face covering.

There is a Local Rule this year covering the weighing of coxes as follows: -

Due to Covid -19 this local rule will be in place for the National Schools' Regatta 2021.

Coxes will be selected at random to be weighed after they have raced time trials, B or C Finals. Scales will be made available all day for coxes to check their weight.

A-Finals: All those coxing A-Finals will be weighed 60min prior to boating.

Coxes must meet the minimum weight as stipulated in rule 7-2-7d.

**Any crew with a cox found to be underweight and not carrying the necessary deadweight will be disqualified from the event.**

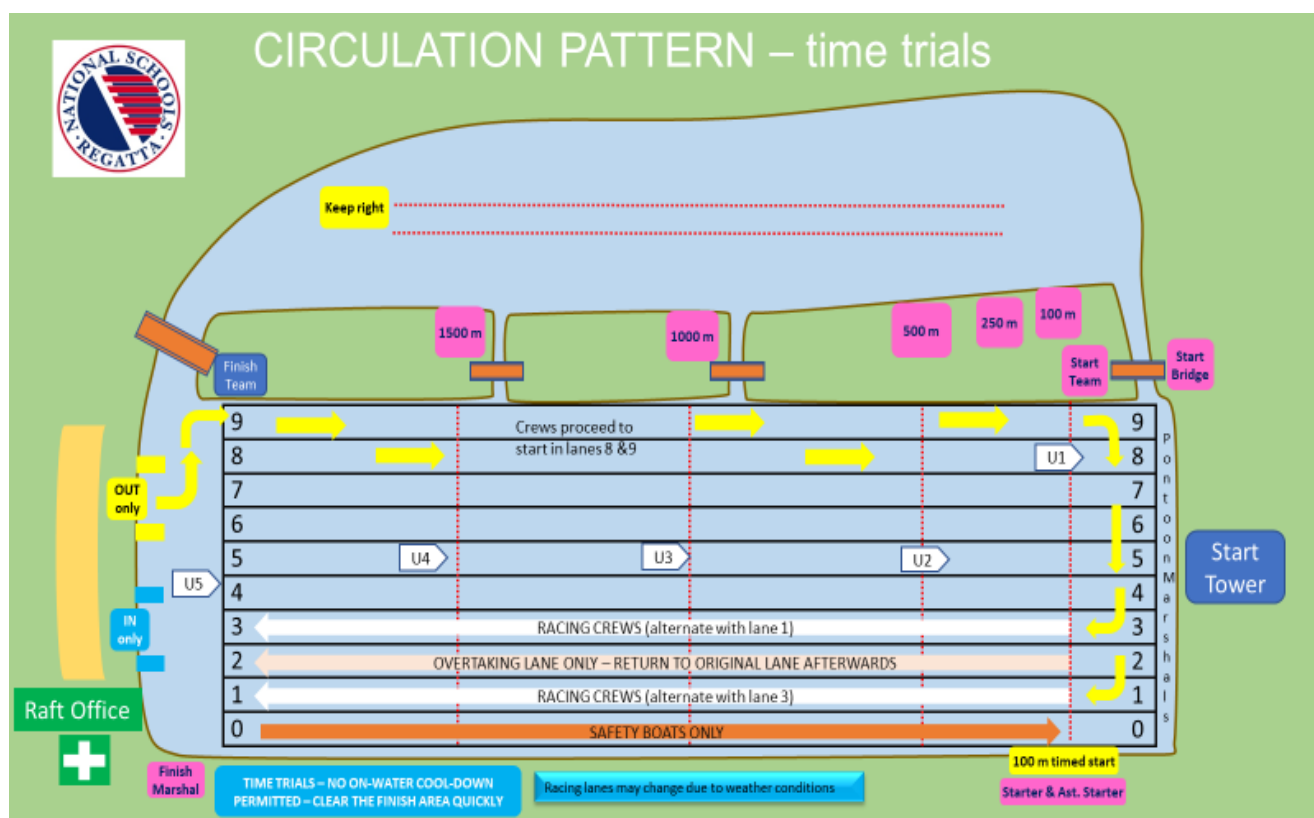
## **Safety**

This regatta will be run according to the British Rowing's Rules of Racing. Competitors who do not comply with these instructions or the instructions of Regatta officials may be penalised or even disqualified from racing.

On land medical facilities will be available at the finish next to the Boathouse. There will be safety boats on the return and main lake. The Regatta Doctor, Ambulance staff and safety boats will all have a regatta radio.

All accidents and emergencies must be reported to a Regatta Official as soon as is practicable. The Official will summon medical support if necessary and will summon any additional support that may be required. The Official will also ensure that the Safety Adviser and the Race Committee are made aware of the incident. A BR Incident Report Form MUST be completed for all accidents, collisions or capsizes. The Rafts Office by the boathouse hold supplies of these forms.

## Circulation Pattern: Time Trials all days



The racing lanes shown above are for illustrative purposes only. Actual racing lanes used will depend on the weather conditions on the day.

### Time Trials: Saturday and Sunday

**Crews will be called up to race using the Ludum app: See communication section: Pg 2 30min prior to racing.**

The first round of all events will be raced as time-trials.

Time trials for all events will be raced in the Main Lake over approximately 1,900m.

Crews will paddle towards the start in Lanes 8 and 9 only. Warming up by turning into lanes 1 – 7 is **not** allowed.

The Marshal at 500m will start to organise crews into numerical order.

The Marshal at 250m will continue to fine tune crews into numerical order and will instruct crews to remove any “Tops” and will encourage them to move on to the 100m marshal in numerical order.

The 100m Marshal will direct crews towards the launch in lane 7, which will be located near the entrance to the warm up lane.

A Water Marshal will be located in Lane 7 and will allocate a lane to each crew as they come into the start area. He will be located close to the 2,000m start pontoon and will ensure that crews keep moving across the lake close to the pontoons.

Marshals will be positioned on the start pontoon and will ensure that crews keep moving quickly into their allocated racing lane. Once in their lane they should move up approximately 3 boat lengths, so that another crew can turn in behind them.

The Starter and Assistant Starter will be located on the bank by lane 0 approximately 60m from the 1900m Start line. The Starter will give the Start command by saying "Crew 1 GO". An Assistant Starter will assist the Starter in starting crews at the correct interval of 15 seconds, which will give a gap between crews of either 30 or 45 seconds depending on whether two or three lanes are used.

Umpires will be located along the course at 600m, 1200m and 1800m. They will observe racing, record any infringements and will direct crews to avoid any incidents.

The water marshal at the finish will be located after the finish line and will direct crews to incoming pontoons that have space. Once all crews have gone afloat all pontoons can be used to disembark.

The start timing team will be located at 1900m.

The finish timing team will be located in the Finish Tower.

Racing lanes will be announced on the day depending on weather conditions. Any crew who is unable to race should return to the boathouse in lane 0.

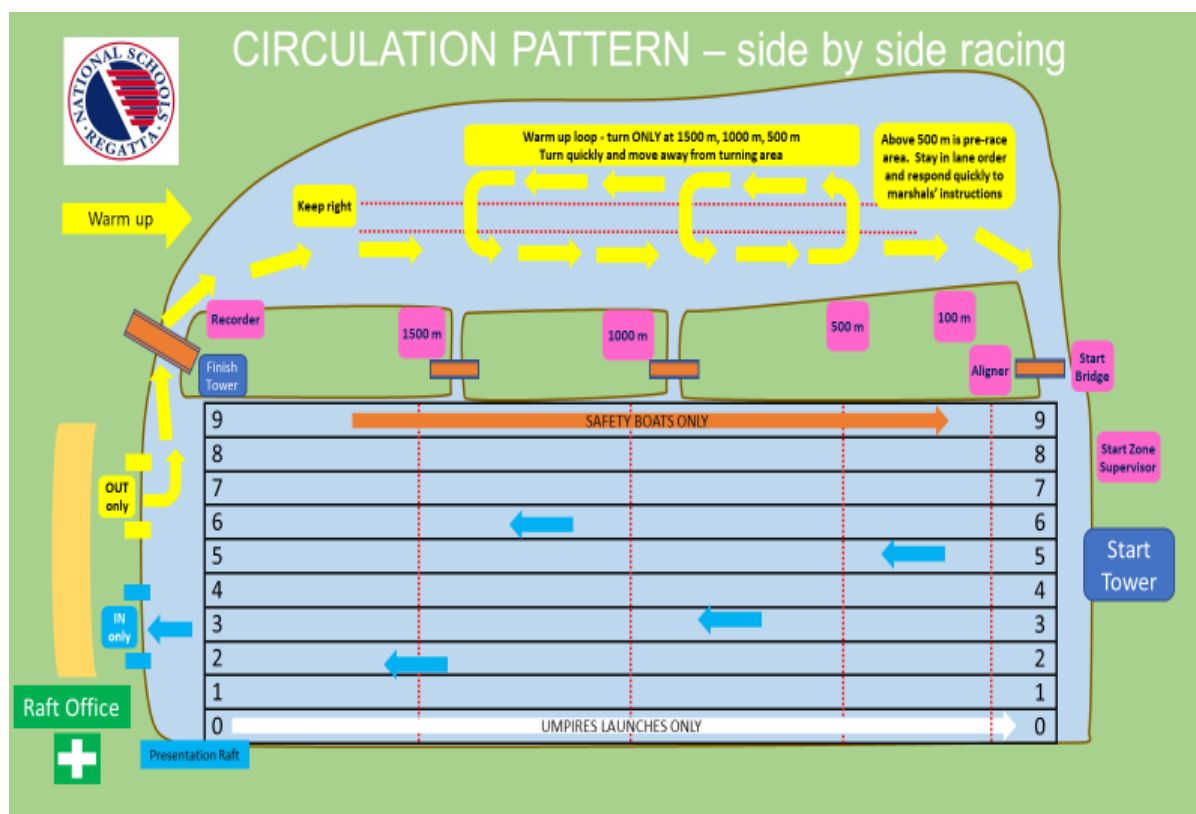
After the finish crews may **not** warm down on the lake.

### **Emergency Stop Procedure**

In the event of it being necessary for a Time Trial to be stopped for any reason, the signal to stop will be a series of loud blasts using the siren on the loudhailer. This will be repeated by all umpires. **ALL RACING CREWS MUST STOP IMMEDIATELY** and then make their way to lane 0. All crews must follow instructions from umpires and rescue boats.



## Circulation Pattern: Side by side racing all days.



### Warming up

All crews will leave the pontoon and proceed to the start in the warm up lake. There are two circulation patterns that can be followed, as per circulation diagram above. Care must be taken if turning at the halfway point of the circulation pattern.

Competitors must be by the 100m marshal and ready to race 10 minutes before the scheduled start time. They will be moved to the Bridge Marshal 5 minutes before the scheduled start time and will be moved through to the course as soon as the previous race has passed the bridge. Crews should marshal in numerical order.

### Finals

Lane numbers will be issued 45 minutes before race time. Crews will be called up to race using the Ludum app: See communication section: Pg 2. Note coxes need to weigh in 60min before racing.

Crews should report to the 250m Marshal in the warm up lake, 10 minutes before race time. Crews will NOT be called. It is a crew's responsibility to report to the Marshal on time Races will start on time irrespective of absentees.

Crews should enter the main lake in lane number order (lane 1 first) and proceed across to their start pontoon. Crews must know how to back onto a pontoon, and how to keep themselves straight in a cross wind. Crews new to multi-lane racing should practise this beforehand. Any crew who cannot attach and get straight and ready in a reasonable time may be excluded from racing in order not to unfairly delay other competitors

A traffic-light starting system will be used.

### Cooling Down

Cooling down is **not** permitted at any time during the regatta.

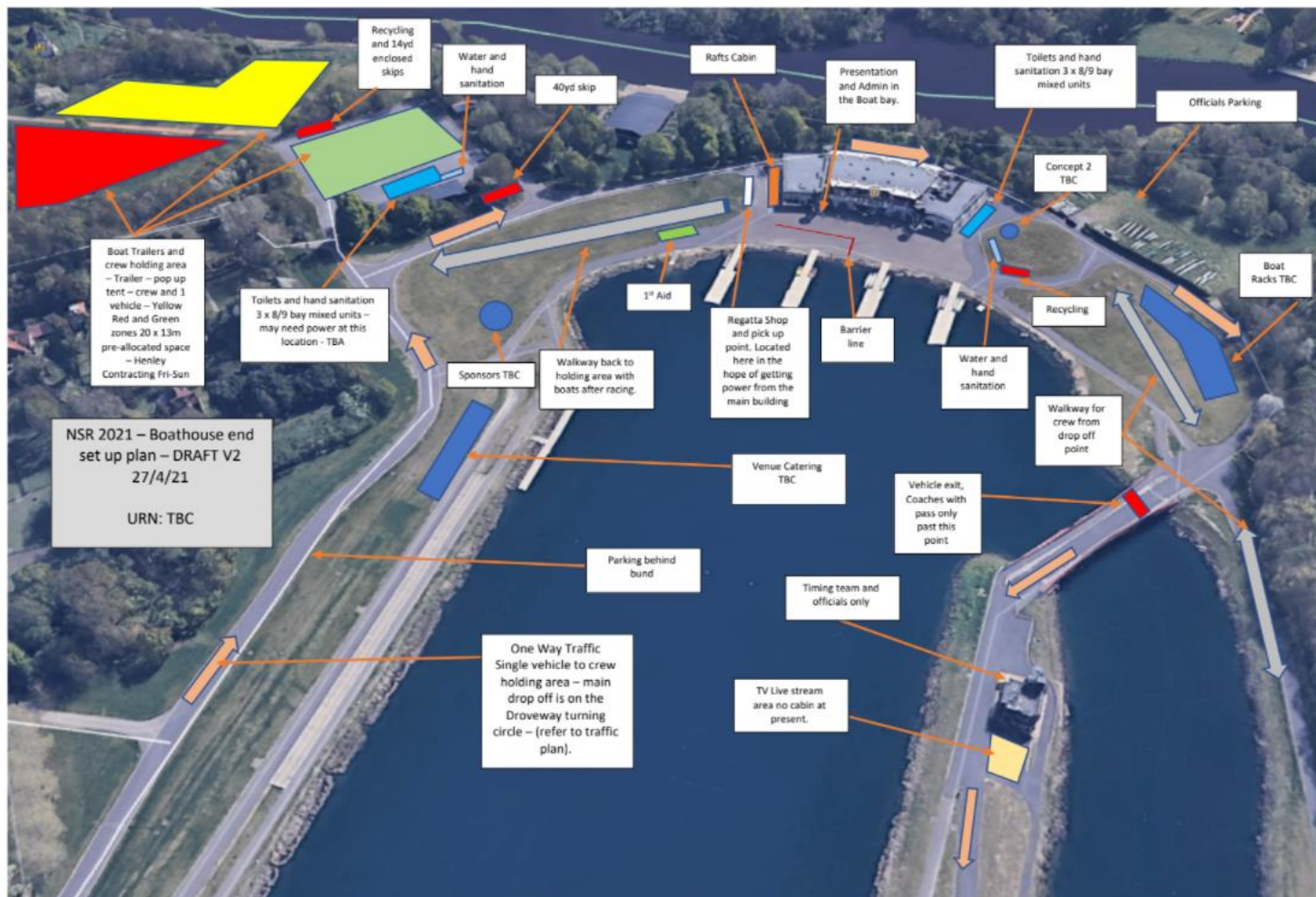
## Presentation

Presentation of medals will not take place this year. Crews will collect their medals from the Prize giving area in one of the boat bays in the Boathouse, once they have taken their boats off the water.

## Welfare and Safeguarding:

All coaches and staff are expected to read the welfare and safety documents including the appendices to this document. In addition to this, coaches and staff are expected to relay this to all of your rowers.

## NSR Site plan:



## Trailer and School/Club locations:

The sites indicated in Red, Yellow and Green are trailer / School/Club locations. These will be allocated in the week leading up to the event.