



Junior Sculling Regatta at Dorney Lake

Sunday 14th May 2017

Held under British Rowing's Rules of Racing

Instructions to Competitors

Lanes are numbered from 0 on the North bank to 9 on the South bank (where the Finish Tower is situated).

- Side by side races will be over 2000m using lanes 1 to 6, with elimination time trials where necessary over 1750m in Lanes 3 to 5.
- Lane 7 is a safety buffer lane to be kept empty throughout the day.
- No one may paddle in lane 0 in any circumstances unless under direct instruction from an official.
- Lanes 8 and 9 may be used for warming down by J16 and above crews during side by side racing only: see details in rule 26 below.
- Safety boats will be in lanes 0 and 9.

All crews go to the start via the Return Lake and assemble in order on the North (Island) side. The anti-clockwise warm-up circuit in the first half of the Return Lake is marked by arrows on the circulation plan. There is a double line of buoys in the Return Lake: crews must go up one side of them and down the other. Do not row between the buoy lines.

No practice outings are permitted on either lake.

General Instructions

1. Competitors are responsible for deciding, together with their coaches, whether or not they are competent to race and properly dressed for the prevailing weather conditions. .
2. Please park only where directed even if it is not where you would like to be. Parked cars must display their ticket and follow the road circulation on the attached course plan. A charge of £10 will be made per parked car to include a programme – no exceptions other than minibuses. If just dropping off competitors at the Ash Tree, cars are to drive out as instructed.
3. The drop off and collection point for large coaches is behind the boathouse and coaches must drive out via the Island road as shown. They must not drive on the grass but may park in the designated area near the entrance gates or leave the site.
4. Please do not use the Boveney public car park next to the trailer field as it is not a Dorney Lake facility – anyone found doing so risks getting their crew penalised or their vehicle impounded by the authorities.
5. There could be as many as 75 trailers in the trailer and overflow park beyond it. Please be courteous to the attendants and do as requested. Do not block roads as vehicles must be able to pass.
6. Rigging and racking must be undertaken only in the specified areas but please be considerate to others.
7. Gazebos or tents may be erected only between the Ash Tree and the Finish as directed. No barbeques, tea urns or other cooking devices may be used anywhere.
8. Toilet facilities are provided at several points and competitors may change and shower in the boathouse.
9. Owing to the high number of spectators, no cycling is allowed on the North side of the Main Lake or in front of the boathouse. Any supporters of crews cycling in these areas risk disqualification of their crews. Coaches on bicycles are allowed to follow their crews only on the South (Finish Tower) side of the course, and only on the lower path. Please limit followers to only 2 per crew. If crews have an excessive number of followers they may be stopped or crews may be penalised.
10. Coaches accompanying their crews during the race may not use megaphones or electronic communication devices.



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Registration

11. The registration desk is in the boat bay next to Reception in the main boathouse. On arrival clubs should collect their numbers and pins which will be issued in the CLUB REGISTRATION ENVELOPE.
12. An "Empacher" bow slot number is issued for all crews doing time trials which must be securely fixed. The number will be taken from the boat after the race when the boat comes into the stage. If for any reason it is not, please return it to registration.
13. For side by side races a bow-slot lane number will be issued. These should be collected from registration not earlier than 40 mins before each crew's race time.
14. Every crew must wear the fabric numbers provided for all races. They must be pinned to bow's racing and warm-up tops.
15. British Rowing cards must be produced at registration for any substitution not made via BROE and must be handed in to registration for all crews in A finals.

Time Trials

16. Most events will start with a Time Trial. Crews boat from one of the two South-side stages and proceed to the Return Lake. There is room to warm up if time permits but we recommend a warm-up on land before boating.
17. At the end of the Return Lake crews should get into number order supervised by officials on the Island bank.
18. Crews will turn through the start bridge and proceed to lanes 4 to 6 as directed. They will be timed from the 250m mark to the finish, a distance of 1750m.
19. There is no room for a warm-down loop after time trials and crews who have finished should keep moving slowly into the two North-side stages.

Finals

20. Crews will be placed in A and B finals depending on their time trial results.
21. Crews will collect a lane number from registration, then boat from one of the two South-side stages and proceed up the Return Lake where they may warm up if time permits. We recommend warming up on land before you go out.
22. When crews are called they must get into lane number order supervised by officials on the bank, with lane 1 nearest the start.
23. Crews will enter the lake in lane number order 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 and read the Pontoon Starting Guide published on the Scullery website. Any crew who cannot attach to the start and get straight and ready in a reasonable time may be excluded from racing in order not to unfairly delay other competitors.
24. A traffic-light starting system will be used as described in the Guide and in accordance with BR Rule of Racing 7.3. Crews should ensure they are familiar with this.
25. All side by side races will be over 2000m and will be launch umpired.



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26. After racing crews should keep moving to clear the finish and paddle slowly into the North-side stages. J14 and 15 crews may not warm down. J16 and above crews may warm down by paddling back up the course in Lanes 8 and 9 of the Main Lake to the 1500m mark. They should then check that it is safe to go back onto the course without impeding racing crews, cross into Lanes 2 and 3, and paddle back to the North-side stages.

Boating

27. Practice outings will not be permitted: warming up and stretching must be undertaken before going afloat.

28. Crews must launch in the order called by officials.

29. No crew will be allowed to go afloat without a boat number or before safety boats are on the water.

30. Crews must follow the published site Circulation Pattern at all times.

31. The Committee may change the Circulation Pattern or Race Pattern for safety or fairness if conditions dictate this.

General

Results will be published on the Scullery website as soon as they are available and will be shown on a screen and notice boards around the site.

Medals will be presented to the first three finishers in any event, and to the second-fastest boat from any club or school in an event provided that at least one further boat starts. These could be decided by finish position in the Time Trials.

Refreshments will be available in the Lake View Room above the boathouse, and from the catering vans in the spectator area. Competitors may not consume their own food in the Lake View Room but may do so outside or in their club tent.

Water Safety

1. Please read the Safety Plan: it is provided for *your* benefit.
2. Safety boats will be on duty whenever crews are afloat: crews will only be allowed to boat when they are in place.
3. Crews **MUST** give assistance to any other crew that has capsized until a safety boat has arrived.

First Aid

An Ambulance Service unit with qualified first-aid members will be located next to the boathouse near registration. Any person requiring hospital treatment will be taken to Wexham Park Hospital near Slough.

Welfare and Safeguarding

Please read and make all responsible adults aware of the Welfare and Child Safeguarding Policy. In the event of an urgent issue please go to registration, or ask any official with a radio around the course to contact Laura Lion.

Emergency Numbers

In the event of an emergency please call 07969 889 779 (Andy Crawford) or 07785 288347 (Chris Williams).