

Thames Valley Trial Head

Sunday 29th. January 2012

INSTRUCTIONS TO CREWS, to be read in conjunction with the Safety Plan

1. **Entry to the Site** will be possible only from 7.00am on Sunday morning. All vehicles must park as directed by traffic marshals. All trailers must be parked on the hard standing car park, following the directions of officials. Competitors cars will be segregated at a point on the entrance road. Exact car parking details depend on ground conditions on the day; **there may be some distance to walk.**
2. Crews must **register** at least one hour before the division start time.
3. Raft marshals will be instructed not to allow crew wearing inadequate clothing to take part. Please ensure that all competitors, particularly young ones, **wear clothing appropriate for the weather.**
4. No crew will be allowed to go afloat without a **Race number**. No crew will be allowed to go afloat until safety boats are on the water. All boats must have the 6 digit Boat ID (e.g. MAR 123), as required by British Rowing.
5. Crews must **boat in start order**, at the times specified, following marshals' instructions.
6. Crews must follow the circulation pattern.
7. Crews will be instructed to await the start by marshals in launches and on the bank, in start order.
8. The Starter's Assistant will call crews forward and they will proceed across the lake and turn as instructed by Marshals (see Circulation diagram).
9. The start interval will be approximately 15 seconds. The course is from a point ~ 100m from the Regatta start, to the Regatta Finish.
10. If a crew is being overtaken, it must move out of its designated lane, into one reserved for crews that are being overtaken, to allow the faster crew to remain in its racing lane (see Circulation diagram). Umpires will be stationed along the course to instruct crews as necessary.
11. All crews must obey an Instruction from the Umpires who will be positioned at each 500m point down the course; failure to do so may result in a time penalty or disqualification.
12. A lane closest to the bank is reserved for Safety Boats or Emergency use only.
13. **No cycling is allowed on the apron** in front of the boathouse. Coaches on bicycles are allowed on the South (Finish Tower) side of the course, and must follow the one-way circulation pattern; high road going towards the start, lower lake-side road going towards the Finish. They will be allowed to accompany crews during the race on the North side of the Lake, but take care if pedestrians are present, and not ride in the Finish area.
14. Coaches may accompany their crews before and during the race, but no powered megaphones or other electronic device may be used.
15. When a crew has finished the course, it must proceed directly to the rafts and disembark, unless instructed to complete a warm down loop to ease congestion in the finish area. Until all crews from one division have disembarked, no crew will be allowed to boat for the next Division.
16. **TAKE YOUR RUBBISH HOME!** When crews are loading trailers and cars to leave the site, please check to ensure that you haven't left any rubbish, water bottles, tape or old numbers on the ground. We have to clear it up!

Results will be available as soon as possible after each Division and displayed by the Information Office.

Refreshments will be available in the Lake View Room above the boathouse. Competitors may not consume their own food in the Lake View Room.