

WARRINGTON ROWING CLUB

ESSENTIALS FOR COMPETITORS



GENERAL ARRANGEMENTS

Warrington Rowing Club welcomes you to its annual Head of the Mersey which is run over two legs of 1800m. The first leg is upstream and the second, after a short interval, is back downstream. There are six divisions – the first starts at 9.00am and the last at 3.00pm. Further details of timings and crew entries can be found on the WRC website.

The club is committed to ensure that the competition is run under the **British Rowing Rules of Racing & Rowsafe** and expects all competitors to abide by these rules and procedures.

PRE-COMPETITION INFORMATION

The WRC Organising Committee has been responsible for the planning and setting up of this competition, as well as providing detailed information on the website, including directions & maps of our location and parking arrangements on & adjacent to our site. If you have any queries prior to your arrival, the committee can be contacted via racing@warringtonrowing.org.uk

Be assured that we have put in place all the appropriate safety procedures as laid down in **Rowsafe**, and in return we expect that you have also followed **Rowsafe** guidance, in particular the safety and maintenance of your boats and equipment (**Rowsafe 7.1**) and the health & competency of your club members (**Rowsafe 3.6 & 3.7**). All clubs will be sent a video safety briefing a week before the competition.

INFORMATION PRIOR TO BOATING

The WRC Race Committee are responsible for the co-ordination of activities during the day, and they are located in the gym at the back of the Boathouse. They can be contacted on 07432 835113, or via any competition official. Any club members with known medical conditions or communication problems which limit their rowing abilities, should notify race officials prior to boating. Any last-minute safety issues will be announced over the PA.

The person at bow and the cox should display their crew number on their back and numbers are provided for both sides of the boat. Crews should boat at the time specified. When carrying boats to and from the landing stage care should be taken in avoiding contact with other competitors or spectators. The circulation of boats on land is **anti-clockwise** round the back of the boathouse and onto the landing stage. All crews must boat upstream. The stage marshals check boats to ensure compliance with **Rowsafe** guidance, and to ensure appropriate clothing is worn and long hair tied up, before crews are permitted to boat. Sometimes the river may encroach on our landing stage, therefore competitors are advised

to bring wellies or other water-tolerant footwear. **Dry Robes or any garment with hoodies or open pockets are prohibited.**

CIRCULATION PATTERN ON WATER

Crews must observe the circulation pattern. **BR Rules of Racing 7.1.3** outlines penalties for not doing so.

When proceeding to the Start: all crews must boat under the control of the stage marshals and proceed upstream along the clubhouse side of the river. Crews should remain on the clubhouse side of the river while continuing to the marshalling area at Paddington Bank. If marshals are concerned about crews getting cold before the start, a circulation pattern will be introduced downstream of the start. Crews in the circulation pattern should turn well before Kingsway Bridge to avoid being swept onto the pier. Crews must be at the start **at least 2 minutes** before the scheduled time or face the possibility of disqualification.

On the course: Launches and bank umpires are positioned along the course to ensure the smooth running of the competition and to be alert to any incidents or safety issues. All launches are equipped as required by **RowSafe 7.4.1**. **During racing a slower crew should give way to an overtaking crew and move out of the overtaking crew's intended path.**

At Woolston: Having completed the first leg, crews must follow the marshals' instructions. Crews will be marshalled upstream of the Woolston bend prior to starting the second leg. The launch at Woolston will have an AED available. **Crews will start the second leg in the order they finished the first (i.e. a crew will start ahead of any that it had already overtaken).**

At the Finish: Crews must continue rowing downstream on the left-hand side of the river, passing through the left-hand arch of Kingsway Bridge. Crews should be aware, in certain conditions, waves can develop under the bridge and extend downstream. Once beyond the orange buoys, spin the boat, row upstream on the clubhouse side, returning to the landing stage and disembark as promptly as possible, following the stage marshals' instructions. **Returning boats are carried up the slipway straight into the trailer park.**

IN CASE OF INCIDENTS

If you observe any dangerous incidents while on the course, in the first instance alert the nearest race official. **If you are involved in any safety incidents, report back to your club to enable details to be recorded on the BR Incident Report System.** Alternatively, the Club Safety Adviser, Mike Selway (0771 258 8718), can be informed, and he will enter the details.

First aid is provided at the Clubhouse under the control of Adrian Cunliffe (0755 734 3713), and there is a defibrillator in the clubhouse lobby. For any welfare issues contact the Club Welfare Adviser, Frankie Sinnott (07891 412084). Accidents and emergencies will be taken to Warrington General Hospital, Lovely Lane, Warrington WA5 1QG (01925 635911).

The club address is Howley Lane, Warrington WA1 2DN or <https://what3words.com/jukebox.chill.noises>.

FURTHER INFORMATION

Trailer parking will be in the rowing club car park, which is where boat rigging will also take place. Upon arrival you will be directed down Howley Lane towards the rowing club. This part of the road is also shared with pedestrians and fronts residential housing. Therefore, the **maximum speed limit is 15mph**. The final approach to the club is an uneven surface – **drive in first gear only down here** otherwise you could risk damaging your boats and/or your trailer. The worst of the potholes on this road have been filled, but still do take care.

Competitors parking can be found at the following businesses on Holmsfield Road and Howley Lane: NRS, Creamline Diaries, Warrington Fire and Dutton Mowers (please be careful of their lawn as they use this to promote their business). To view where additional parking is available, please refer to the parking instructions on our website. Parking attendants will be available in high vis vests to direct you where to park. Please ensure you follow their instructions. **Do not park on Kingsway bridge or in the housing estate. Do not park in a manner which obstructs local residents or pedestrians. Avoid pavement parking where possible.**

There will be no coxes briefing on the day of the event. Instead, please ensure your competitors and coxes have watched the briefing video on our website before race day. This can be found by scrolling down the Head of the Mersey events page on our website.

A map of the course is posted in the Clubhouse lobby, and in each of the changerooms. A copy of the WRC Safety Policy and Emergency Action Plan are posted on the Safety Noticeboard in the lobby.

Copies of the relevant documentation for this competition can also be found on the club's website at www.warringtonrowing.org.uk/events/head-of-the-mersey/

BROE2 will be closed for subs and payments on the morning of race day. Any entries unpaid by that point will be scratched from the draw and unable to race. Any substitutions to crews on race day must be made at the registration desk which will be situated in front of the gym in the club house. This will also be where race numbers for clubs can be collected upon arrival. If you have requested to borrow any boats, please come to the registration desk where you will be shown which boat you have been allocated. For any other queries on the day, please speak to anyone wearing a high vis vest or come to the registration desk where we will be able to help you.

Refreshments will be available to purchase throughout the day with cash or card.

Mike Selway
Club Safety Adviser