

WARRINGTON ROWING CLUB

COMPETITOR ESSENTIALS



GENERAL ARRANGEMENTS

Warrington Rowing Club welcomes you to its annual Warrington Regatta which is run upstream over a buoyed course of approx. 500m. 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 and maps of our location and parking arrangements on and 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 also follow **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.

Trailers on arrival, will be directed down Howley Lane - please respect our residents by limiting your speed to 10mph. The final approach to the club is an uneven surface so please proceed with extreme caution in no higher than first gear. The worst of the potholes have been filled, but care is still required. Follow the carpark volunteers' directions to your position in the rowing club car park. All rigging is to take place there.

POTENTIAL INFECTIONS FROM THE RIVER

Recent publicity has highlighted the level of pollution in all our rivers, and the Mersey is no exception. There are several steps which clubs can take to reduce the risk of rowers picking up infections. Rowers with existing cuts, abrasions or blisters should cover them with waterproof plasters. Enclosed footwear is preferable, as are drinking bottles with enclosed tops. Please bring equipment for washing down boats and blades (we can provide clean water). Hot showers are provided for anyone who capsizes or feels they have had too much contact with river water. Finally, remind your rowers that if they develop an infection following our regatta, they should seek medical advice.

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. 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 **clockwise** from the trailer area, down the slipway and onto the landing stage.

To facilitate the smooth running of our regatta, crews should only boat at the same time as their opponents. Crews granted a bye should not boat until their opponents have finished their previous race.

BOATING

The stage marshals may check boats to ensure compliance with **BR Rules of Racing & Rowsafe** guidance, and to ensure appropriate clothing is worn with 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. Crews should be at the landing stage ready to boat 10 minutes before their scheduled race time.

All crews must boat downstream.

CIRCULATION PATTERN ON THE WATER

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

Going to the Start: All crews must boat under the control of the stage marshals, and then proceed promptly downstream along the clubhouse side of the river beyond the Regatta start to the marshalling area. They must stay in the Navigation Lane and be alert to the risk of racing crews leaving the race lane. Crews must be at the start **at least 2 minutes** before the scheduled time or face the possible disqualification. **In no circumstances should crews proceed under the footbridge, as there is a weir beyond it.**

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**.

At the Finish: Crews must promptly row through the Victoria Park arch of Kingsway Bridge, following instructions from the launch in the finish area. They must not go further upstream out of sight of the bridge. They should spin and return through the Clubhouse arch to reach either the landing stage or Navigation Lane back to the start. Once back at the landing stage, follow the stage marshals' instructions, and disembark as promptly as possible. Returning boats are carried around the back of the boathouse, **clockwise**, to the trailer area.

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. Accidents and emergencies will be taken to Warrington General Hospital, Lovely Lane, Warrington WA5 1QG. For any welfare issues contact the Club Welfare Adviser, Frankie Sinnott (07891412084). The club address is Howley Lane, Warrington, WA1 2DN or <https://what3words.com/jukebox.chill.noises>.

FURTHER INFORMATION

A copy of the Club Safety Policy, Club Emergency Plans and a map of the course are posted in the Clubhouse lobby.

Mike Selway
Club Safety Adviser
June 2024