

WARRINGTON ROWING CLUB

COMPETITOR ESSENTIALS



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.

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 care. Follow the carpark volunteers' directions to your position in the rowing club car park. All rigging is to take place there.

Refreshments will be available to purchase throughout the day with cash or card. There is a water cooler on the left hand side as you enter the lobby of the clubhouse.

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. **Towels and a change of clothes are essential because – it could be you.** 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 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.

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. All crews must boat upstream.

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 at the end of the buoys opposite the landing stage. 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 steerspersons need to be aware that the course includes significant bends, so frequent checks should be made during your race. The return downstream leg will be faster, so even more important to check regularly.** 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. **Crews will start the second leg in the order they finished the first (i.e. a crew will start ahead of any crew 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

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/

Mike Selway
Club Safety Adviser