

CHRISTCHURCH ROWING CLUB

River Bank, Wick Lane, Christchurch, Dorset. BH23 1HU

Telephone 01202 484964

www.christchurchrc.org.uk



HEAD OF THE STOUR

SUNDAY 12TH MARCH 2017

DIVISIONS AT 10.30AM AND 12.30PM

IMPORTANT INFORMATION FOR CLUB CAPTAINS

GENERAL

- Captains must ensure that they only enter competent crews and that their crews are properly prepared for the race.
- The weather in March can still be wet and cold. Hypothermia is a real danger. Crews should take sufficient warm clothing on the water with them. A plastic bag is useful for placing clothing in during the course of the race.
- Christchurch Rowing Club will determine the order of start. It will generally be in time order from the previous year's race with entrants in order of application and crew letter (if more than one entrant from a club).
- Christchurch Rowing Club does not accept any liability for injury to competitors and crews, loss or damage to equipment or for damage or injury caused by competitors to a third party.

CHANGES

- If you need to scratch or make late entries please telephone Emma Kelly (01425 470569 / 07799 625404). Emails are preferred and may be sent at any time after you receive the draw (emma_j_kelly@btinternet.co.uk) On race day notice may be handed in at entries desk.
- Any alteration in composition of a crew must be notified to the Entries Secretary. The entries Secretary must receive this on race day, at least one hour before the start of the division. Failure to comply with this rule will render a crew ineligible for any prize and may result in disqualification.
- No crew will be allowed to change class of boat or status after the draw unless agreed by the Head of the Stour Committee.
- Any crew unable to make its original status due to crew changes after the draw has been made either will be allowed to row up a class or will row as unclassified. Unclassified crews will be ineligible for prizes.

CAR PARKING

- Clubs can park their **trailers** for free in the Willow Way car park opposite Twynham School. However, please note that towing vehicles and competitors will have to pay.



COURSE AND SAFETY TALK

- A coxswains and captains briefing will take place at 9.15am in the club lounge.
- A copy of the Christchurch Head of the Stour safety procedure along with the risk assessment will be available for clubs to inspect.
- A map of the course is enclosed with this pack of information.

RESULTS AND PRIZE GIVING

- In the event of two or more crews returning the same time they will be placed at the same position and awarded the same medal if applicable. (Additional prizes may need to be purchased after the race to cover this eventuality and may not be presented on the day itself.)
- A full list of results and times will be available in the Boathouse as soon as possible after the prize giving. Final results will be posted on our website as soon as possible.
- Prizes will be awarded at 2.30pm (approximately one hour after the last of the crews are off the water). At this time results sheets will be offered to every club.

COMPETITORS NUMBERS

- Club captains must book into the Entries Secretary to collect racing numbers for their crews. Numbers will only be given out once the club has received the correct payment for the relevant entries.
- The card number should be attached to the back of bow's/sculler's racing kit with four safety pins at the corners. Care must be taken when removing outer layers of clothing to make sure that the number is not removed.
- We cannot guarantee to produce a time for crews that fail to comply with these instructions.

GETTING AFLOAT

- On this water, it is dangerous to start the races before all crews have reached the start. Allow at least 30 minutes to get to the start once you are afloat. Younger crews may need to allow longer times.
- Bear in mind that there will be queues to get afloat and so leave plenty of time.
- Crews who hold up the start of divisions may be liable to time penalties or disqualification with no refund.
- Crews must adjust away from the stages.
- When rowing to the start line, please obey local water rules. Stay to the right of the channel, no firm pressure between the Rowing Club and the Sailing Club and oar powered boats must give way to sail



THE RACE

- It is the crews' responsibility to line up in number order before the race. A marshal may be there to assist.
- Crews must be at the start at least 10 minutes before the race. Failure to be at the starting line up when called up will result in being left out of the race.
- The starters will be prepared to hold up boats at the start if particularly slow boats are ahead.
- To ensure fair racing there will be no coaching from the bank during the races. However, steering advice may be given to coxless boats to avoid accidents.
- Crews being overtaken must give way to overtaking crews and if necessary give audible warning as to which way they are moving. Overtaking crews may do so on either side

MARSHALLS

- The Head of the Stour is run for the benefit of the competitors. The Marshalls are all experienced people and are there to assist you and ensure the safe and smooth running of the race. **Please obey their instructions at all times.** This does not negate your responsibility for the safe navigation of your craft.

AFTER THE RACE

- Do not 'easy' until you have gone some distance past the Sailing Club and are on the straight leading back to the Rowing Club.
- Failure to comply with this instruction could cause serious accidents and will certainly lead to time penalties and even disqualification.

FACILITIES

- Changing rooms and toilet facilities will be available for use within the clubhouse.

REFRESHMENTS

- Hot and cold food will be available throughout the day. The clubhouse bar will be open during the day.



HEAD OF THE STOUR

SAFETY INSTRUCTIONS

- Please make sure before launching that all boats comply with the appropriate safety regulations, including:
 - have secure hatches/bungs for all buoyancy compartments
 - have no holes in the canvases
 - have secure heel restraints for all rowing/sculling shoes
- All coxswains should be wearing an approved lifejacket or buoyancy aid.
- Coxswains of front loading boats must wear a lifejacket which will not inflate or provide buoyancy until the wearer is clear of the boat.
- All members of the crew must be adequately dressed for winter conditions.

ANY CREW, WHICH DOES NOT COMPLY WITH THE ABOVE, WILL NOT BE ALLOWED TO GO AFLOAT.

- Crews that are withdrawn on the day for this reason will be NOT be refunded.
- Please make sure that your boat and its coxswain are fit to go afloat before approaching the landing stages.
- Coaches, please make sure that all your crews are competent to race on the day, i.e. can cope with the weather, water & racing conditions pertaining.
- The race Co-ordinator and race safety officer, reserves the right to deny permission to race to any crew which is, in his opinion, not competent to race and may be a hazard to itself and other competitors.
- Crews that are denied permission will be refunded by post less a small administration fee.
- Please get on the water in good time and do not hold up the races.
- During the race the whole course will be within sight of a number of Race Monitors who are in radio communication with safety launches. Should you be unfortunate enough to fall in or get into other difficulties, please make every effort to get your boat to the side whilst awaiting the arrival of a launch.
- Remember that your boat will float even when capsized so **STAY WITH IT** and be prepared to shout warnings to oncoming crews.
- The launch will tow you to the bank where you can get into it and be taken quickly to the boathouse.
- All competitors must comply with the requests of the race monitors. Failure to do so could risk lives and may lead to disqualification.