

CITY OF BRISTOL HEAD: INSTRUCTIONS FOR COMPETITORS

Thank you for entering this City of Bristol Head. To ensure the safety and enjoyment of all competitors, please note the following rules and instructions which apply for the duration of the race, and practice sessions outside the normal timetable of racing.

****All coxes, coaches and steer persons will be required to read the Race Safety Plan before they boat: this will also be posted next to the registration tent; please pay particular attention to the instructions regarding navigation during racing (see below and sections 7, 8 and 21 of the Race Safety Plan)****

Race Committee

Chief Umpire	Chris Preedy	Head of Race Committee	Lindsay Scott / Jenny Chapman	Safety Advisor	Tom Clark
First Aid	Adrain Wagstaff / Robin Philipp	Welfare Officer	Sarah Smith	Rescue Boats	All Aboard Water Sports
Chief Marshal	Lindsay Scott / Jenny Chapman	Chief Timekeeper	Andrew Osborne	Starter	Ash Haycock

General Safety Information

The Race will be run according to the latest revision of British Rowing's Rules of Racing and Row Safe Guide. Local Rules apply. See below.

The nearest A&E is at the Bristol Royal Infirmary, Upper Maudlin Street, BS2 8HW - follow signposts for BRI.

First Aid & Welfare point is at Registration, next to the boat house.

Competitors, coxswains & coaches are specifically reminded that persons using this water course do so entirely at their own risk & are solely responsible for:

- 1) Their own safety, remembering that they have a duty of care to themselves & any third party both on the water & on land.
- 2) Ensuring that any equipment (e.g. boats, blades, buoyancy aids etc.) are safe & prepared to the standards as required under the Rules of Racing & Row Safe Guide. Any such failure in this standard shall result in exclusion from the event.
- 3) The strict observance of local rules or traffic/circulation pattern along with the Row Safe Guide.
- 4) Deciding whether or not they are competent to use the water course in the prevailing weather conditions, this decision may be taken by the individual or with their coach/crew.
- 5) Taking adequate clothing with them as they may be on the water for some time.
- 6) Ensuring that they can swim in accordance with the Row Safe Guide.

All competitors, coaches & participants are also reminded of the following **in particular**:

- 1) Practicing on the racing course or within the marshalling area below the start is not permitted whilst racing is in progress nor is it permitted within 25 minutes of the first division or for 25 minutes after the last division of that day.
- 2) During the hours of non-racing there will not be an event safety boat on the river.
- 3) They must make their own safety arrangements before & after the day's racing.
- 4) They must supervise juniors with a high degree of vigilance & anticipation – a higher standard of care is expected when acting *in loco parentis*.
- 5) All access roads/routes must be kept clear at all times and must not be blocked in any way by vehicles, cycles, chairs or the like.
- 6) When in the boating area, or when boating/de-boating extra care & right of way should be given to other participants & members of the public so as not to cause distress or injury to third parties.
- 7) Each crew must carry with it a mobile telephone number to enable Officials to contact its coach/trailer driver in case of any need to summon assistance in the further reaches of the course.

8) Any accident should be drawn to the attention of the nearest Official as soon as possible who will be able to summon the emergency services/assistance. Manned First Aid cover is provided at Registration at the embankment, within each safety boat & within the start & finish areas. With regard to accidents & incidents your attention is drawn towards the 'Row Safe Guide' & how to deal with casualties &/or such incidents.

The Organising Committee reserve the right to either run the event in full, cancel specific categories (e.g. Juniors, novices etc.), cancel one or more specific divisions or cancel the event as a whole if weather conditions are deemed to make racing dangerous.

Should any changes be made to the proposed event after the publishing of the timetable then the Organising Committee shall attempt to advise entrants as soon as possible. This may be by direct telephone call, public announcement via <http://www.bristolrowing.co.uk/head.php> or via mobile telephone on the evening prior to the event.

Arrival & Registration

ADDRESS for trailers: The Boathouse, Albion Dockside Estate, Hanover Place, Bristol **BS1 6TR**

Turn off Cumberland Road into Hanover Place, sign-posted 'Rowing Club'. Go past the Orchard pub (on your left) and follow the road right, then turn left until Force 4 Chandlery is on your right. Turn into the car park behind the snack van where a marshal will give further directions.

Trailers will be asked to park neatly in the car park behind the Marina Office (marshals will direct you - see below map).

Cars will be asked to park in the surrounding areas. Vehicles park at their own risk. Recommended car park is at Great Western Dockyard, Bristol, **BS1 6TY**. **This is a Pay and Display car park.**

There are changing rooms & toilets in the boat house. There are also public toilets also available near the trailer parking area.

PLEASE REGISTER AND PICK UP YOUR NUMBERS 60 MINUTES BEFORE EACH DIVISION.

One racing number must be attached to the cox's back, the other paper number to the bow person. Empacher numbers will also be available to attach to the boat itself.

Boating, Circulation Pattern & Marshalling (also see Course Map)

1. Boating shall be between 60 and 25 minutes before each division. Failure to do this will result in not being allowed to race.
2. All crews will go through control commission. Cox's are to wear the correct lifejacket for the boat type. All boats must comply with the Rules of Racing.
3. Singles, doubles and pairs will boat and return from the wooden landing stages, fours, quads and eights will be asked to boat and return from the harbour front. *Fig 1*
4. Marshals shall direct all boats after going through Control Commission. Boats failing Control Commission checks shall be reported to British Rowing.
 1. Once boated, all crews:
 1. should proceed upstream on the Starboard (coxswain's right-hand) side towards the start & must be ready to act upon any instructions given by any Race Marshalls.
 2. give way at all bridges. At Bristol Bridge (third bridge you will go under) you must take the middle arch. No overtaking is permitted through any of the bridges.
 3. Should be aware of a new foot bridge just after Bristol bridge, follow the marshalls instructions to navigate through it.
 2. Crews racing the full / long course
 1. should marshal in number order along the south side of the river with the first crews to race being the furthest up the river
 2. will turn and spin beyond the tunnels
 3. will proceed through the tunnels in race order on instruction from the start marshal
 3. Crews racing the short course

1. Will marshal in reverse number order after Passage st bridge with the first crews to race being the closest to the start line
 2. Will turn and spin on instruction from the launch marshal
 3. Will not wind before Brewery Bend or until safely through the Finzels reach bridge
4. All crews, once within the designated start marshalling area, marshals shall direct crews into position within their marshalling group on the south side of the harbour.
 1. Crews shall wait as close to the south side of the harbor once in position
 2. Crews proceeding to their positions shall take the more central river position
 3. static crews within the marshalling area must be vigilant & not allow their boats to drift or to encroach on the main river course thus impeding passing crews.
 4. each crew will proceed through the marshalling area towards the start and spin only when told to do so by marshals.
 5. when called towards the start, crews should proceed through the northern tunnel (where applicable to marshalling position) in numerical order with 30 seconds between each boat & follow marshalling instructions.
 6. Plan B – in adverse conditions the Feeder (See Fig 2) shall be used for small boats. On instruction from the Marshall, proceed through the north tunnel on to the ‘Feeder’. CAUTION, there is a narrow gap to get through. Approach slowly then pull in your blades. **Fig 2**

Navigation during Racing (also see Course Map)

Should assistance be required during racing, seven Rescue Boats will be on the course (one in each start area, others spread down the course) in addition to race marshals.

1. all crews will race on the Starboard (coxswain’s right-hand) side of the harbour.
2. crews will not start to increase the rate until safely through the tunnels (long course) and Brewers bend (short course)
3. all crews will be aware of the additional steering challenge posed by the new bridge after Brewery Bend
4. overtaking is not permitted 100m before Redcliffe, Prince’s Street Bridge. Crews must adhere to any instructions from these marshals. Failure will result in time penalties or disqualification **Fig 3**
5. while on the main harbour, all crews must keep to the Starboard (coxswain’s right-hand) side. At no point must any crew go on the Port (coxswain’s left hand) side of the harbour. Instant disqualification will apply to any crew that breaks this rule.
6. on approach to the SS Great Britain there will be buoys in the middle of the harbour. All crews must proceed to the Starboard (coxswain’s right-hand) side of these. Instant disqualification will apply to any crew that breaks this rule **Fig 4**
5. at the finish, all crews should continue paddling downstream so as not to obstruct the finish line for crews racing behind them.
6. once you have turned, you can then put clothes back on and take a drink.
7. Return to the landing stages and disembark.
8. PLEASE NOTE, take extra care while taking boats off the water during division one and boating of division two as the area is often busy with non-rowers /supporters.
KEEP ALL PATH AND ROAD WAYS CLEAR.

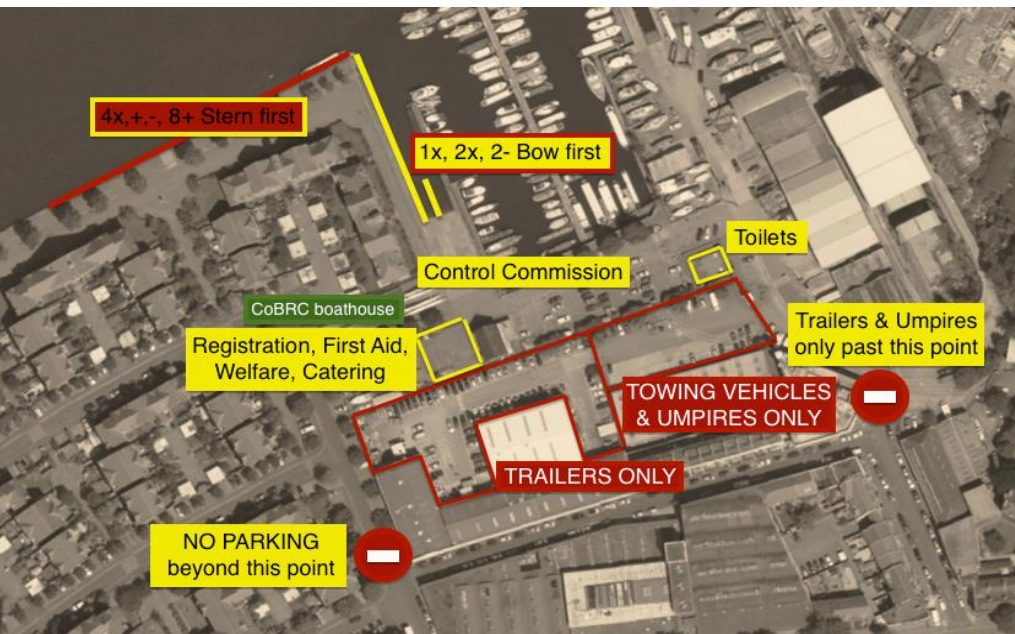


Fig. 1: Landing Stages and Facilities

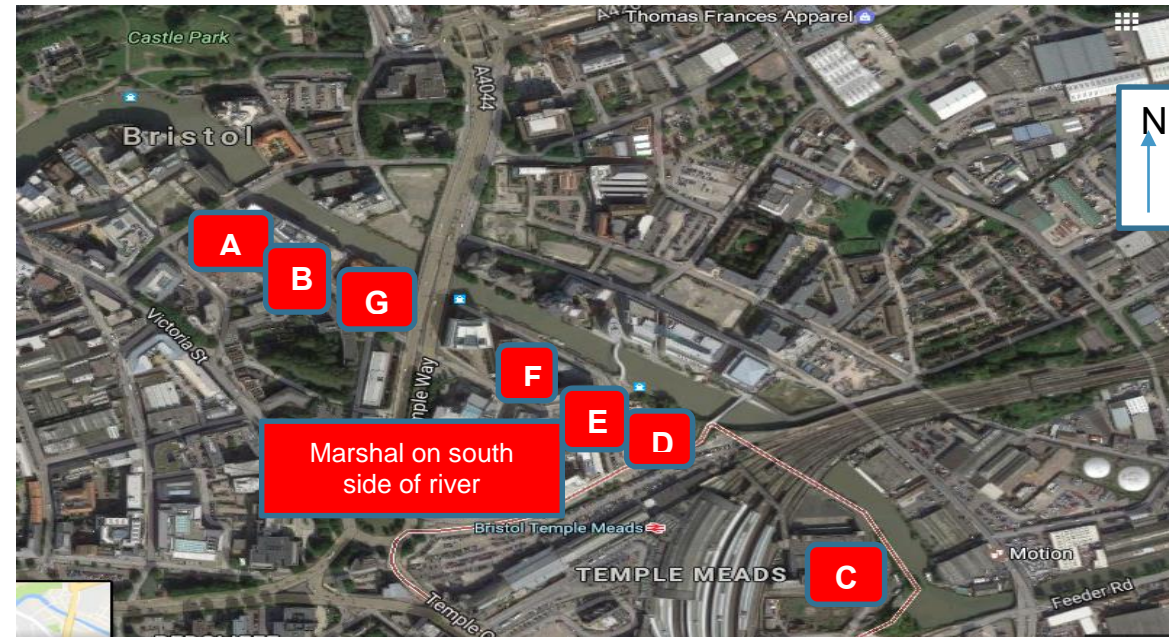


Fig. 2: Start marshalling area



Fig. 3: Narrow bridges (Redcliffe & Princes St), no overtaking allowed

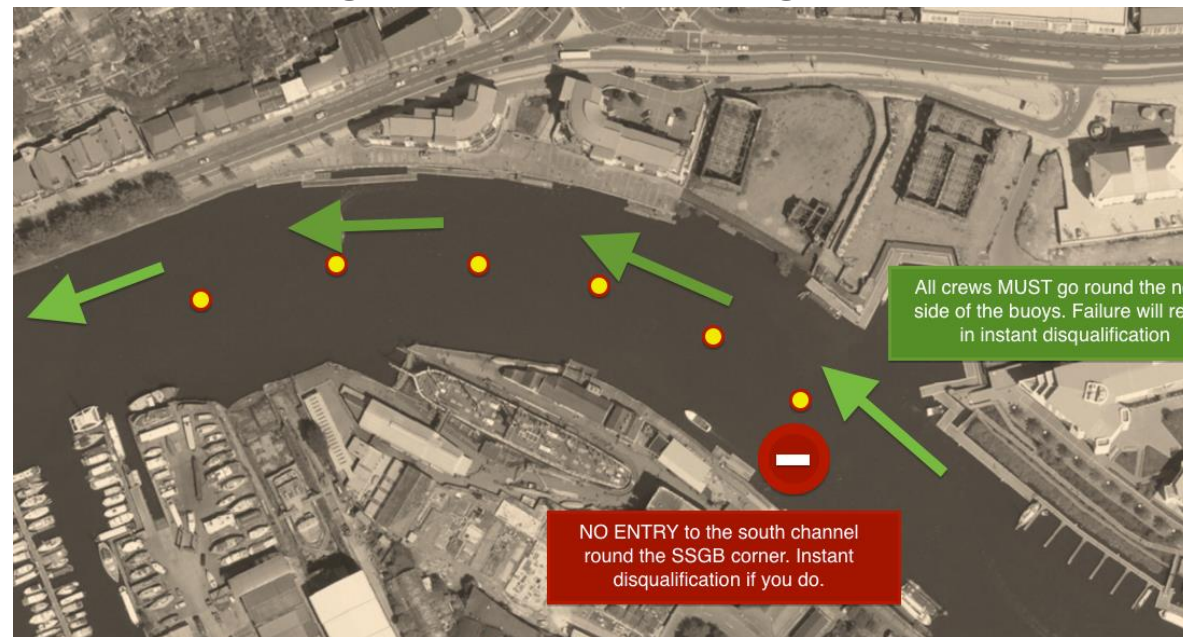


Fig. 4: SS Great Britain Bend, Navigation Buoy

