

# NORWICH SMALL BOATS HEAD AND NORFOLK SCULLS

## COMPETITOR INFORMATION

SATURDAY 26<sup>th</sup> OCTOBER 2024

### TRAILER AND CAR PARKING

Towing vehicles will be directed past the old NRC entrance on Whitlingham Lane (NR14 8TR) and take the next left hand turn which will lead to the Whitlingham boathouse, quayside and NRC. Only towing vehicles, cars carrying boats or those requiring disabled access will be allowed down this track to the trailer park area. The track is also an emergency access route to the Whitlingham Outdoor Education Centre (WOEC) and must be left clear for emergency vehicles. Disabled parking is available outside the boathouse.

All other cars need to be parked in the large and small *Pay and Display* car parks located further along Whitlingham Lane beyond NRC – please see the NRC map for locations.

### REGISTRATION

Race Control is located upstairs in the Clubhouse. Please report here from 08:00 for registration and race numbers. Crews will be provided with one empacher slot number in addition to two paper numbers – one for warm up kit and one for race kit. Please ensure that all payments and substitutions are submitted via BROE prior to registration. No numbers will be released until full payment has been received. Numbers for all divisions can be collected from 08:00.

A safety briefing will take place at 08:00 in the Clubroom for race marshals. Competitors are also welcome to attend.

### BOATING

**Tidal Conditions** – the times of high and low water on Saturday 26<sup>th</sup> October are as follows:

High Tide: 08:45

Low Tide: 16:07

**Boating Times** – All crews will boat from the NRC quayside. Please see the boating schedule for individual crew boating times. It is essential that crews adhere to the boating times to enable everyone to get to the start in good time. Marshals will be in the boating area – please heed their instructions.

**Boat Safety** – Marshals may perform spot checks prior to launching and any boat that fails to meet the relevant BR safety standards will NOT be allowed to boat. Spot checks on heel restraints and bow balls may be carried out prior to boating. All coxes shall wear a lifejacket appropriate for either stern or bow-loaded positions and each boat will need to have heel restraints and bow balls appropriately fixed.

**Clothing** – Competitors can expect to be on the water for some time (1-1.5hrs) so please ensure all competitors are attired for a range of different weather conditions on the day. Race marshals will prohibit any crew from racing if they are not suitably attired.

**Footwear** – A major limiting factor to getting crews on and off the water efficiently is dealing with footwear. Shoes and wellington boots must NOT be left on the quayside as they constitute a significant trip hazard. If you are not taking footwear in your boat please arrange for club colleagues to collect and return your footwear in a timely manner. Any footwear left on the quayside will be removed.

**Oars and blades** – Oars and blades must be stored at either end of the quayside, preferably on the scaffolding frames. They must NOT be stored on the quayside as they are a serious trip hazard. Any unattended blades on the quayside will be removed by the marshals.

No crews will be permitted to boat after 09:30 for Division 1, 12:30 for Divisions 2 and 3. Please ensure you are at the start, in your marshalling position at least 5 minutes before the start time for all divisions. Any crews causing a delay at the start will incur a 5 second time penalty for every minute of delay. Please give yourself enough time to reach the start area. There is plenty of open river downstream of the start to enable you to keep warm if you arrive early.

## **NAVIGATION**

The river will NOT be closed during the day. Normal rules of navigation apply while paddling to the start and after the finish with crews required to keep to the starboard/bowside bank. All crews must use utmost caution at all times since this is a navigable waterway and you may encounter cruisers, craft and fishermen. Crews must therefore follow instructions provided by race marshals positioned along the course.

**Capsize** – In the event of a capsize follow usual capsize advice (stay with the boat and use it as a flotation device). Bank based marshals, umpire and a rescue boat will support you if required. In the event of capsize you will not be allowed to continue to the start or to finish the race.

## **EMERGENCIES**

Medical support will be based on the water during racing and at the clubhouse at other times. The medics will be located near the Finish line whilst racing is underway.

In the event of an emergency the Medical Officer, Emergency Co-ordinator and Race Control will manage the incident and have mobile phones to contact Emergency Services and dispatch someone to direct an ambulance or other services to the incident. Umpires, launch drivers and race marshals will also have mobile phone communication with Race Control. **Please see the attached Safety Plan for further safety information relating to the event.**

## **MARSHALLING**

**Short Course** – Competitors will be marshalled in the area downstream of the short course start. Please ensure you marshal close to the south river bank according to the Marshal's instructions with bows upstream. On passing the finish keep rowing towards NRC to enable following boats to complete the race.

**Long Course** – Long course crews will marshal downstream from the start towards the Waters Edge Pub. Please follow the marshal's instructions to direct you to your marshaling position. Long course crews with even numbers will marshal on the north bank (same side as the start timing team) while those with odd numbers will marshal on the opposite side of the river. Crews will be instructed to move to the start at 10 second intervals by the marshals. On passing the finish keep rowing towards NRC to enable following boats to complete the race.

## **RESULTS**

All results will be available in the clubhouse as soon as possible after each division and will be uploaded to the NRC website later in the day [www.norwichrowingclub.com](http://www.norwichrowingclub.com). Pots will be presented in the clubroom as soon as possible after Division 3.

## **FACILITIES**

Changing, shower and toilet facilities will be available at NRC from 08:00. Hot drinks, bacon rolls and cakes will be available all day.