

# HAMMERSMITH HEAD

**Sunday 5 March 2017 at 9:30am**

## **Rules and Safety Instructions to Competitors**

### **GENERAL**

- 1) Races will be rowed under the British Rowing Rules of Racing, the PLA Rowing on the Tideway Code of Practice and complying with: British Rowing RowSafe, safety code, the PLA 2014 requirements for rowing races on the Tideway and the PLA system of Ebb Tide Flag Warning.
- 2) The order of start, maps, safety instructions and any up to date amendments will posted on the [Auriol Kensington Website](#) .
- 3) Any change in crew members must be notified in writing to the Entries Secretary (tel. 079 3208 5054, e-mail - [hammersmithhead@outlook.com](mailto:hammersmithhead@outlook.com) ) prior to racing.
- 4) On the day of the race, Race Control can be contacted at Auriol Kensington Boathouse, tel. 079 3208 5054

### **SAFETY**

- 5) Competitors are responsible for their own safety both ashore and afloat, which is of overriding importance at all times.
- 6) When making an entry, club Captains must ensure that that their crews are fully briefed and competent to race in the conditions likely to be experienced on the Tideway. On the day of the event, every individual participant must, with the help where appropriate of a responsible adult, carry out their own personal risk assessment before boating. That risk assessment must include their fitness, health, equipment and technique to determine whether or not they are able to race in the conditions as they find them. **THE RACE ORGANISERS ACCEPT NO LIABILITY FOR ACTIONS OF THE CREWS OTHER THAN WHEN DIRECTLY INSTRUCTED BY THE HEAD ORGANISERS AND MARSHALS AND CREWS RACE AT THEIR OWN RISK.**
- 7) Under TRRC rules, any crew or club which is involved in a verifiable navigation incident on the Tideway may be excluded from the event. This rule will apply to incidents for the fourteen days prior to and including the day of the event.
- 8) All crews and coxes are assumed to have watched the PLA video “[Safely navigating in the upper tidal Thames](#)”. An introduction to rowing on the Tideway is available from the [TRRC website](#) . The act by your club of putting in an entry will be considered as confirmation that every member of the crew has seen these videos and that these have been read and understood by all steersmen.
- 9) The River is closed for this event between Barn Elms and Kew Railway Bridge from 08.30 until 12.00 under PLA NTM U10 of 2016. During that period crews, must navigate in accordance with the requirements of these Rules and the arrangements in the Safety and Emergency Plan for marshalling, racing finishing and abandonment. Crews must give consideration to other river users. You do not have automatic right of way or priority.
- 10) Crews must obey all instructions from Officials. Failure to observe this rule may lead to a time penalty or disqualification.
- 11) Mechanical Breakdown/Failure: Should a crew have a mechanical steering failure it is essential that the crew stop racing and notify an official of the problem. It is important that crews do not put themselves at risk by trying to finish the race with defective steering.
- 12) If a member of a crew should fall out it is essential that the crew stop and help. Following crews must take avoiding action.
- 13) First Aid facilities are available at Auriol Kensington RC and the Boathouses at Barnes Bridge. Points for best access by ambulances are also shown on the course safety map.

14) Crews are advised to carry a mobile phone. Safety cover will be provided by the event for half an hour after the last crew has completed the course. If a crew has to contact the emergency services, they should dial 999 and ask for the COASTGUARD.

### **BOATING ARRANGEMENTS**

15) Non-Tideway crews must make prior arrangements direct with their intended host club regarding availability of changing and boating facilities. These can be limited and host clubs may be unable to cater for unexpected visiting crews.

### **CREW NUMBERS**

16) Prior to racing all crews must collect their crew numbers from Race Control at Auriol Kensington RC. Race Control will be open for the collection of numbers from 10:00 am until 12:30pm on Saturday and from 7:30am on race day. The numbers must be pinned on the back of the bowman and the back of the cox so as to be visible at all times when marshalling and racing. Plastic Numbers are being provided for attachment to the bows. The bow number should be securely fixed and that any numbers lost for whatever reason will mean the forfeit of the £10:00 deposit.

17) Competitors who have not paid their Entry Fees will not be issued with their crew numbers and will not be permitted to race.

### **MARSHALLING**

18) Crews must be in position at least 10 minutes before the race start time. As a guide, it can take 50 minutes to paddle from Putney to Chiswick and 30 minutes from Hammersmith.

19) Crews will be marshalled in five divisions, each division consisting of up to 55 crews.

<b>Crews</b>	<b>Division</b>	<b>Description</b>
<b>1 - 55</b>	<b>Division 1</b>	Crews 1-55 marshalled on Surrey bank, number 1 nearest Chiswick Bridge; number 55 opposite ULO
<b>56-110</b>	<b>Division 2</b>	Crews 56-110 marshalled on Middlesex bank; number 56 above MAA; number 110 off ULO
<b>111-165</b>	<b>Division 3</b>	Crews 111-165 marshalled on Surrey between Barnes Bridge and Chiswick Bridge; number 111 nearest Barnes Bridge; number 165 below Chiswick Bridge
<b>166-220</b>	<b>Division 4</b>	Crews 166-220 marshalled on Middlesex between Barnes Bridge and Chiswick Bridge; number 166 above Barnes Bridge off TTRC; number 220 below Chiswick Bridge off TSS
<b>221-275</b>	<b>Division 5</b>	Crews 221-275 marshalled on Surrey between Barnes Bridge and the Chiswick crossing point, number 221 at the crossing point, number 275 below Barnes Bridge off Emanuel School BC

20) Crews proceeding upstream who have not passed through Barnes Bridge 15 minutes before the start time will be deemed late starters and be held downstream of Chiswick Bridge and will be started at the end. Any crew attempting to pass through Chiswick Bridge after 10 minutes before start time may be penalised or disqualified.

21) When marshalling, remember you are on a tidal river and wind and tide may cause you to drift. You should maintain your position relative to the bank by paddling as required. Ideally your bank side blades should be in contact with the bank and the stream side blades used to keep you stationary.

## **START**

- 22) This will be on time and without reference to absentees. Crews arriving late in the marshalling area may be started at the end of the race.
- 23) On being told to do so by the marshals you are to turn and proceed downstream in numerical order. Crews should pass through the centre arch of Chiswick Bridge to reach the starter below Chiswick Bridge who will start you by saying "Number .... Go!" Timing will begin at Boat Race finish post and not when the starter says, "Go". All crews have a flying start. Boats should be closed up until there are three lengths of clear water between them at the start. On no account are boats to be overlapping when crossing the start line.

## **RACING**

- 24) Race navigation: Racing will take place in the fairway, passing through the centre arch of Barnes Bridge, and the centre arch of Hammersmith Bridge.
- 25) Crews being overtaken should adhere to the PLA Rowing on the Tideway Code of Practice and must not change course relative to the stream so as to obstruct or impede an overtaking crew. An overtaking crew must steer clear of the crew they are overtaking and can overtake on either side but are advised that keeping the overtaken crew to starboard is likely to be faster.

## **RETURNING**

- 26) After passing the finish line at the Hammersmith Bridge crews should continue without overtaking, until the PLA red buoy after Harrods Wharf (Tea Rose buoy) before turning or proceeding downstream. Please beware of finishing crews. Crews should keep a sharp look out particularly after the race when you are tired.
- 27) Crews returning to the AKRC, Fulham Reach and Furnivall boathouses at Hammersmith should turn to the Middlesex bank. Bear in mind that crews on the fairway have right of way.
- 28) Crews returning to boathouses above Dove Pier should turn to the Surrey bank. Stay close to the appropriate bank and do not attempt to cross the course while other crews are still racing until instructed to do so by a race official.

## **DISPUTES**

- 29) Any appeal or complaint must be made to the Chief Umpire at Auriol Kensington RC immediately after the race. No appeal or complaint will be considered after the results have been announced.
- 30) No crew will be given a time faster than that which it actually recorded for the race.
- 31) In any dispute the decision of the Race Committee shall be final and without appeal.

## **REFUNDS**

- 32) If the event is cancelled more than 12 hours before the start time, refunds will be £50 for eights, £30 for fours / quads. If the event is cancelled less than 12 hours before the start time, refunds will be £30 for eights, £20 for fours / quads.