



STAR CLUB REGATTA 2024

COMPETITORS INSTRUCTIONS

Race Committee: Ian Donald (Chairman), Simon White, Chris Callow, David Gowing

Organising Committee: Ian Donald (Chairman), Nicky Durrant (Secretary), David Gowing (Safety Adviser), Simon White, Clive Thompson, George French, Steve Sangster, David Dixon, Simon Clark, Chris Callow, Simon Bennewith,

Welcome. We hope you have a successful and enjoyable day. Safety is of paramount concern. Please read carefully the following which contains important information and instructions regarding safety. Further detail may be found in the Safety Plan

IN AN EMERGENCY the nearest official will take charge summoning any additional help as deemed necessary. If you see an accident give assistance if this looks necessary; you will be allowed to race again without penalty if you render assistance to a crew in distress.

IN THE EVENT OF A CAPSIZE the marshals and umpires will alert the safety crews. It is generally safest to stay with your boat until assistance arrives. All marshals and umpires are equipped with throw lines and there will be a safety boat on patrol on the river throughout the event.

IN THE EVENT OF AN ACCIDENT OCCURRING ON LAND contact the nearest official (see maps) or go to Control at Mill Meadows.

RESPONSIBILITY OF COMPETITORS. Individuals must be members of British Rowing, be able to swim 50 metres in rowing kit, and if coxing wear an approved life jacket. All boats must have heel restraints and a securely fastened bow-ball. Ensure that all hatches are securely fastened before boating. Umpires will be making random boat checks.

KEY PERSONNEL. Control and registration at Mill Meadows. First Aid will also be positioned at Mill Meadows and Star Club

BOATING. Where possible please find your opposition and boat together 30 minutes before your race time. Please note – there is **NO WARMING UP** on the course.

AT THE START. Progress upstream of The County Bridge and await instructions from the marshals.

WHILE RACING. Stay in your racing lane and take the correct arch of the Town Bridge. The extreme left and right arches are not to be used

AT THE FINISH. Please keep moving after you have finished to clear for following races.

AT OTHER TIMES. When moving upstream to the start or from the finish, keep to the right of the river.

REMEMBER, SAFETY COMES FIRST AT ALL TIMES