



Monmouth Winter Head of the River 2023

Safety Instructions

It is our intention to run a safe enjoyable event, holding as close as possible to the published start times. By reading these instructions and following them, you will be providing a lot of assistance towards this.

- 1. There will be briefings for all coxes and steersmen/women at the bottom of the boathouse ramp at 09:45am for Division 1 (10:30 start), & 12:45pm for Division 2 (13:30 start). All club captains are asked to ensure representation to allow competitors to be fully aware of up-to-date safety and navigation matters, as well as up-to-date weather situation.**
2. Point of contact for First Aid will be race control in the club house where a first aid kit will be available and a doctor can be immediately contacted if necessary.
3. Crews will need to leave the landing stage according to the timetable at the end of this document. Failure to do so will jeopardise the timely start of the divisions.
4. Crews who are late to the start will be disqualified or will start at the end of the division at the discretion of the race committee.
5. Crews must proceed to the start holding to the PORT (clubhouse) side of the river at all times (please note that this conforms to standard navigation in Monmouth – we are a little unusual!).
6. As far as possible, boat in number order, with final adjustment to race order taking place before the “Pumping Station” (steel building on the far side, approx. 500m upstream).
7. Crews will proceed up past the start and turn upon instructions from marshals continuing down to start in a continuous flow at approximately 20-second intervals.
8. During racing, coxswains and steersmen/women should maintain what they consider to be their best safe course, but must not obstruct or impede a faster crew that is overtaking. Failure to do so may result in time penalties or disqualification at the discretion of the race committee.
9. Crews must carry a visible bow number (obtained from crew registration) at all times. Not to do so may result in delayed publication of results and frustrating inaccuracies. (Please return the numbers afterwards).
10. Crews are responsible for ensuring that their boats conform to Welsh Rowing recommended regulations (including securely attached bow ball, heel restraints and life jackets for coxswains, etc.).
11. Failure to obey instructions from marshals and umpires may result in time penalties or disqualification at the discretion of the race committee.
12. Monmouth Rowing Club will not accept liability for crews or their equipment entering this event and reserve the right to refuse crews boating for safety or health reasons.



Monmouth Rowing Club

www.monmouthrc.org.uk

13. After finishing, crews are requested to turn promptly, unless specified otherwise by a marshal. Please note that turning between the downstream landing stage and the Wye Bridge can be very dangerous and requires extra care.
14. An emergency telephone is available for use inside the Monmouth RC boathouse and connects solely to the emergency services.

General Information for Crews

1. Conditions permitting, the course will be 2,250m downstream.
2. Boating Times:
NOTE THAT CREWS ARE TO BOAT IN NUMBER ORDER
 - a. **Division 1**
Briefing at **09:45**, commence boating at **10:00** for **10:30** start
 - b. **Division 2**
Briefing at **12:45**, commence boating at **13:00** for **13:30** start
3. Prizes will be awarded for all events in which 2 or more crews start in their designated division.
4. Masters' categories will compete for a single combined event per boat type using British Rowing Handicap adjustment adapted for our course in Monmouth.
5. Entries in other events will be on a 'time only' basis in there is only one entry.
6. Refreshments will be available throughout the day.
7. All competitors must bring with them valid BR racing licenses. These may be checked at the discretion of the Event Secretary and will be checked for all winning crews.
8. Prizes will be awarded once all crews in a class have raced. Some classes may be across divisions, although we seek to minimise this situation, with Mixed crews only being typically affected.
9. Live results will be available on Webscorer (see link on www.monmouthrc.org.uk), with final results available as soon as possible.
10. Crews rowing out of designated divisions on the list on the race order will not be considered for prizes.
11. **All** junior crews **MUST** provide contact details of their "responsible adult" who is present at the event and can be called in case of any welfare issues. If not provided as requested via BROE, then a form must be completed at registration.

Good Racing! We hope you enjoy your day.