

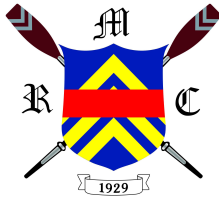


## Head of the River 2023

### Instructions for Competitors

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 in achieving these objectives.

- 1. There will be brief meetings for all coxes and steersmen/women at the bottom of the boathouse ramp at 9:45am for div 1, 12:15am for div 2 & 2:45pm for div 3. All club captains are asked to ensure representation to allow competitors to be fully aware of up to date safety and navigation matters.**
- 2. Point of contact for First Aid will be race control in the club house where 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 wherever possible (please note that this conforms to standard navigation in Monmouth – we are a little unusual!).
6. Upon arrival at the marshalling area, crews will marshal to their allotted positions according to the marshalling instructions.
7. Crews will proceed past the start and turn upon instructions from marshals continuing down to start in a continuous flow at approximately 20-30 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.
10. Crews are responsible for ensuring that their boats conform to WARA 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.
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.



# Monmouth Rowing Club

[www.monmouthrc.org.uk](http://www.monmouthrc.org.uk)

## 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 12:15, commence boating at 12:30 for 13:00 start
  - c. Division 3  
Briefing at 14:45, commence boating at 15:00 for 15:30 start
3. Prizes will be awarded for all events in which 3 or more crews start in their designated division.
4. Entries in other events will be on a 'time only' basis (and charged 50% race fee)
5. Refreshments will be available throughout the day.
6. All competitors must bring with them valid BR cards (on phones is fine). These may be checked at the discretion of the Event Secretary and will be checked for all winning crews.
7. Prizes will be awarded after the final division.
8. Results will be posted on the Monmouth Rowing Club website at [www.monmouthrc.org.uk](http://www.monmouthrc.org.uk) as soon as possible after the event.
9. Crews rowing out of designated divisions may be considered for prizes at the discretion of the race committee.
10. **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.