

# Soar Head 2016

## Instructions to Competitors

Clubs, coaches and all crewmembers have a responsibility to study these instructions together with the Safety Map and Safety Plan "Clubs' and Competitors' Responsibilities ". All these instructions can be viewed on the Loughborough Boat Club web site

**PLEASE REGISTER AT LEAST 60 MINS BEFORE THE DIVISION START TIME.**

**\* Indicates Local Rules**

1. \*THE SELF-ADHESIVE NUMBERS MUST BE STUCK AT THE BOW END OF BOTH THE PORT AND STARBOARD SIDES OF THE SAXBOARDS. THE LARGER WATERPROOF PAPER NUMBER MUST BE WORN BY BOW AND FIXED TO BE CLEARLY VISIBLE WHEN RACING.
2. ALL BOATS MAY BE SUBJECT TO A SAFETY CHECK PRIOR TO BOATING AND CREWS WILL BE ASKED TO PERFORM THIS BY THE BOATING MARSHALS.
3. \*ANY COMPETITOR WHO IS NOT ADEQUATELY DRESSED FOR THE CONDITIONS WILL NOT BE ALLOWED TO BOAT.
4. \*ONCE BOATED CREWS MUST PROCEED DOWNSTREAM TO THE START. ATTEMPTS TO ROW BACK DOWN THE COURSE CAN PRODUCE DANGEROUS SITUATIONS AND MUST NOT BE ATTEMPTED. CONTACT A MONITOR IF IN DIFFICULTY.
5. \*CREWS PROCEEDING TO THE START MUST NOT DELAY THEIR ARRIVAL BY DELIBERATELY HOLDING BACK OR STOPPING. THIS CAN CAUSE BLOCKAGES FOR OTHER CREWS AND UNSAFE SITUATIONS

**6. RULE OF THE RIVER - IN THE EVENT OF MEETING ONCOMING RIVER CRAFT - MOVE TO STARBOARD I.E. COXSWAINS RIGHT - SCULLERS LEFT**

7. \*CREWS MUST PRESENT THEMSELVES TO BOAT AT THEIR ALLOCATED TIME. **A TIME PENALTY WILL BE GIVEN WHERE THIS IS NOT OBSERVED AND THE CREW NOT ALLOWED TO HOLD UP THE BOATING OF CREWS WHO PRESENT ON TIME.** 30 MINUTES IS ALLOWED PRIOR TO DIVISION START TIME TO ENABLE CREWS TO REACH THE START 10 MINUTES PRIOR TO START TIME. **CREWS WILL NOT BE ALLOWED TO BOAT AFTER THE LATEST BOATING TIME.**  
**DIVISION 1 – 09:30 START – LATEST BOATING 9:00**  
**DIVISION 2 – 11:45 START – LATEST BOATING 11:15**  
**DIVISION 3 – 14:00 START – LATEST BOATING 13:30**
8. \*ANY CREW CONSIDERED A HAZARD TO OTHER COMPETITORS EITHER DUE TO INEXPERIENCE OR DISREGARD FOR THE SAFETY OF OTHERS WILL BE TAKEN OUT OF THE RACE.
9. \*DURING THE RACE A CREW BEING OVERTAKEN MUST NOT IMPEDE THE OVERTAKING CREW AND MUST MOVE OVER TO ALLOW SAFE OVERTAKING. A TIME PENALTY MAY BE GIVEN TO CREWS WHO DO NOT GIVE WAY SAFELY.
10. \*CREWS BEING OVERTAKEN MUST MOVE TO STARBOARD (COXSWAINS RIGHT – SCULLERS LEFT)
11. ALL CREWS MUST FOLLOW THE INSTRUCTION GIVEN BY MARSHALLS AND MONITORS
12. \*AFTER PASSING THE FINISH LINE CREWS MUST CONTINUE ROWING BY WINDING DOWN WELL PAST THIS POINT KEEPING TO STARBOARD.

**WINNERS PRESENTATION WILL TAKE PLACE IN THE CLUBHOUSE AT 16.30**

LOUGHBOROUGH BOAT CLUB TELEPHONE - 01509 842300

**CAR & TRAILER PARKING**

**VEHICLES TOWING TRAILERS PLEASE TURN INTO THE BOAT CLUB CAR PARK AND BE PARTICULARLY VIGILANT PARTICULARLY IN THE DARK AS THE ROAD IS BUSY AND NOT LIT. MARSHALS WILL BE AT THE ENTRANCE TO ASSIST.**

CARS MAY BE DIRECTED TO THE OVERFLOW PARKING AREA.

SOAR HEAD COURSE SHOWING START AND FINISH, MONITORS' POSITIONS, EMERGENCY ACCESS, SAFETY LAUNCHES AND FIRST AID

