



## **Soar Head March 29th 2026 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 MINUTES BEFORE THE DIVISION START TIME.**

LOUGHBOROUGH BOAT CLUB TELEPHONE - 01509 842300

- **Indicates Local Rules**

1. ALL BOATS REQUIRE AN EMPACHER SLOT FOR THE NUMBER PROVIDED. THE WATERPROOF PAPER NUMBER MUST BE WORN BY BOW AND FIXED TO BE CLEARLY VISIBLE WHEN RACING.
2. CLUBS AND CREWS HAVE A DUTY TO CAREFULLY SAFETY CHECK THEIR BOATS PRIOR TO BOATING. HOWEVER, BOATS MAY BE SUBJECT TO A SAFETY CHECK BY CONTROL COMMISSION AND CREWS WILL BE ASKED TO PERFORM THIS BY THE BOATING MARSHALS.
3. COXES ARE EXPECTED TO BE THE RIGHT WEIGHT – SPOT CHECKS MAY TAKE PLACE
4. \*ANY COMPETITOR WHO IS NOT ADEQUATELY DRESSED FOR THE CONDITIONS WILL NOT BE ALLOWED TO BOAT.
5. ONCE BOATED CREWS MUST PROCEED DOWNSTREAM TO THE START. ATTEMPTS TO ROW BACK DOWN THE COURSE OR PRACTICE STARTS IN THE MARSHALLING AREA CAN PRODUCE DANGEROUS SITUATIONS AND MUST NOT BE ATTEMPTED. CONTACT A MONITOR IF IN DIFFICULTY.
6. CREWS PROCEEDING TO THE START MUST NOT DELAY THEIR ARRIVAL BY DELIBERATELY HOLDING BACK OR STOPPING. THIS CAN CAUSE BLOCKAGES FOR THEIR CREWS AND UNSAFE SITUATIONS. A MARSHALLED WARM-UP AREA IS PROVIDED NEAR THE START FOR EARLY ARRIVALS – SEE THE CIRCULATION PATTERN INSTRUCTIONS BELOW

<p><b>RULE OF THE RIVER - IN THE EVENT OF MEETING ONCOMING RIVER CRAFT - MOVE TO STARBOARD I.E. COXES RIGHT - ROWERS &amp; SCULLERS LEFT</b></p>
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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 – 10.00 am START – LATEST BOATING 9:30 am  
DIVISION 2 – 12.30pm START – LATEST BOATING 12.00 pm  
DIVISION 3 – 3.00 pm START – LATEST BOATING 2:30 pm**

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 (COX'S 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
13. CLUBS MUST COMPLETE AN ONLINE INCIDENT REPORT INVOLVING ANY OF THEIR MEMBERS - THE EVENT SAFETY ADVISER WILL ALSO SUBMIT A REPORT.

### **WELFARE & SAFEGUARDING**

THE WELFARE AND SAFEGUARDING OFFICERS ARE **VICKY HAINES AND KATE HENRY**  
THEY CAN BE CONTACTED EITHER THROUGH THE REGISTRATION AREA OR ANY OF THE OFFICIALS AND MONITORS WHO ARE IN RADIO CONTACT ALONG THE COURSE

### **CAR & TRAILER PARKING**

**VEHICLES TOWING TRAILERS PLEASE TURN INTO THE BOAT CLUB CAR PARK AND BE PARTICULARLY VIGILANT 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 – SEE ROAD PLAN**

## Soar Head 2026 Warm-up Circulation

1. Crews must keep well to starboard in the warm-up loop and keep a good look out for other crews proceeding to the start
2. The warm-up will run for approximately 300m between the start and 'Soar Lane' or the first moored canal boats.
3. Crews may conduct short pressure pieces rowing downstream (towards the start) provided that the water ahead in clear.
4. **NO** crews may conduct pressure pieces rowing upstream (away from the start). If crews are seen to be doing this, time penalties may be awarded at the discretion of Race Committee
5. It is the responsibility of all crews to present themselves above the start in time for the race.

