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President: Stuart Ward

LOUGHBOROUGH BOAT CLUB

The Spirit of Rowing

Soar Head of the River Notes to Spectators

1. INTRODUCTION

This document is to provide some guidance and notes to all spectators and supporters at Soar Head of the River without whom the racing crews would have little more than 3000m to race without any cheering on. Within this document is information about safety, timings of the day, the facilities and hospitality and the all-important places to spectate. Over the day there are expected to be over 100 racing crews spread across three divisions.

2. WELFARE

Loughborough Boat Club is committed to the safeguarding, welfare and wellbeing of juniors, vulnerable adults and all visitors to the Event. The Organising Committee complies with the British Rowing Safeguarding and Protecting Children Policy. There is an appointed Event Welfare Officer (Kate Henry) for the Event. The event takes place on public land and as such there will be members of the public around, if you notice anything that you feel needs to be shared please pass this on to Kate. We encourage all supporters to celebrate the successes of their friends, partners and children and appreciate that photos and videos will be taken. We ask you only to consider who is being recorded in any media that you create.

COVID-19 PRECAUTIONS

The COVID-19 pandemic continues, and COVID-19 remains a dangerous and highly infectious virus with further potential for the spread of variants. Loughborough Boat Club (LBC) has sought to provide a safe competition within the boat club site but this safety depends on each and every attendee applying common sense in context, actively taking responsibility for their own actions and showing due consideration for others. All attendees are expected to follow and comply with current advice, British Rowing (BR) guidance and these instructions. Current NHS guidance is [here](#). BR's latest guidance is [here](#).

General Points

- a. Where possible, all attendees are requested to undertake a COVID-19 lateral flow test before travelling to the competition.
- b. Any person, be they coach, competitor or essential support, should not attend the Head if they are experiencing any possible COVID-19 symptoms (high temperature, new and persistent cough, shortness of breath, loss of or change in sense of taste or smell), or should be isolating for any reason.
- c. In accordance with BR guidance, whilst no longer required by law, personnel (subject to medically approved exemptions) should wear a face covering if in crowded and enclosed settings where you are coming into contact with people you wouldn't normally meet. Personnel should also bring and use hand sanitiser to maintain personal hygiene.
- d. Competitor registration can be accessed outside via the veranda.

- e. The bar area will be open serving hot food and in addition a cake stand set up in the boat house will serve hot drinks. Please observe social distancing whilst queuing in both areas, and do not stand around either facility after obtaining your refreshments.
- f. A one-way system will be in place in the club room allowing entrance from the boathouse and exit through the veranda doors.
- g. Indoor seating will be provided both in the bar area and in the general boathouse. LBC encourages everyone, weather permitting, to stay outside as much as possible. The table and chairs will be spaced to encourage social distancing. Please encourage members of your club to only socialize with those they are regularly in contact with, and to avoid inter-club mixing.
- h. The boathouse will be clear of most boats to allow shelter in the event of poor weather.
- i. The changing rooms and showers will be off limits except in emergencies and so please prepare to come to the Head in racing gear.
- j. The indoor toilets will be open, but please observe social distancing rules whilst queuing, and do not have more than 2 people in any of the toilet facilities. Outside toilets will also be available.
- k. If after the event any attendee tests positive within 5 days of the event, please notify the organisers so that the organisers can inform other attendees of the fact.

3. SAFETY

Loughborough Boat Club believes that safety is everyone's responsibility and everyone should ensure that their actions or inactions do not have a detrimental effect on their own or others' safety. Should you notice anything that you feel is not in keeping with a positive safety culture please pass this on to any Official who will then inform the Event Safety Adviser.

While the course is fully covered by Officials, if there is an incident, please immediately inform the nearest Official to you.

4. HOSPITALITY

4.1 Refreshments

During the day you will be able to find refreshments in the Club House and Boat House. There will be a range of breakfast food available from early, a much renowned chili and chips over lunch as well as many other menu items. With the time of year and nature of the weather, the Event offers complimentary tea and coffee to all competitors and spectators which is self-service in the boathouse. Other refreshments are available over the bar with the bar licence starting at 1200. The all-important cake stall will be hard to miss in the Boat House and filled with many homemade cakes baked by our Members.



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4.2 Facilities

Loughborough Boat Club has Ladies' and Gentlemen's toilets in the Club Room, these are to the right upon entry and will be sign posted. Please note that the lights in the toilets are on a timer switch so it is recommended to push the switch upon entry even if the lights are currently on.

Loughborough Boat Club has an accessible toilet by the Gym, this also will be sign posted. If there is anything you want to know, please just ask. Outside toilets are also available

5. TIMINGS OF THE DAY

The following are key timings for the day so you know where to be and when. The divisions start at 0930, 1145 and 1400 with crews starting boating between 60 and 30 minutes before this. This will give you plenty of time see your crews boat and then to get in position along the riverbank for cheering on.

All prizes will be awarded at the end of the day after racing has finished. The presentations will take place in the Club Room at 1530 at the latest, with winners receiving their medals in front of all other Competitors and Supporters.

6. WATCHING THE RACING

There are good viewing points to watch the racing along nearly the entire of the 3km course. What3Words locations are used for key points on the way to the finish to aid your arrival if you wish to use them. To access the tow path for watching the racing, you will need to leave the Club and head to the main road, turning left at the entrance to the Club, walking over the County Bridge and then across the field on your left to Zouch Lock (See map below). The finish is approximately a 0.75 mile (1200 metre) walk from the Club. From the finish, there are good places to spectate along the bank for the final 1000m of racing although many prefer the final 200m of the course.

6.1 Spectator Course Map

The map below shows the route you will need to take to get to the finish, from the finish simply follow the river to the spectating position of your choice.

County Bridge, Rempstone Road, Zouch, Leicestershire, LE12 5JN
01509 842300
www.loughboroughboatclub.co.uk
info@loughboroughboatclub.co.uk

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From all at Loughborough Boat Club we wish you a most pleasant and enjoyable visit to the Soar Head. Don't forget to share your day with us #SoarHead2021. We hope to see you again next year.



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