



Boston Rowing Club

Boston Head

Sunday 15 January 2023

Competitors Race Instructions

(v2.0 - 110123)

Event location: Boston Rowing Club, Carlton Road, Boston, PE21 8LL

Race Committee Phil Latka (Chair), Sarah Royles, Jane Hindmarch, Bruce Margetts

It is the responsibility of all competitors to study these instructions together with the Course Map and the Start & Finish Area Circulation document within the Boston Head Safety Plan 2023. **Particularly for Circulation and contacts**

Safety Plan on the Head page of Boston Rowing Club website.

Parking

There is ample space for car and trailer parking in the grounds of the Boathouse. However, please take instructions from Boston Rowing Club Stewards to ensure all vehicles are parked in a safe way to make best use of the available parking and trailer areas.

The parking is on a grass field – if you are not prepared to park on the field, please park in town and walk to The Boathouse. The parking around the streets of the Rowing Club is to provide parking for residents only. Please also note the parking maps available. Trailers won't be able to park in the main Club car park.

Registration

On arrival, please proceed to Race Control in the Boathouse to check in, pick up numbers, make alterations to crews etc. All competitors must produce their British Rowing racing license on request.

Refreshments

Tea, Coffee and Hot Food are all available in the Boathouse throughout the day.

Boating

- Boating is in race order – the first boat to start is the first boat onto the water.

Division 1 Boating at 09.30 – 10.05

Division 2 Boating at 12.40 – 13.35

- Boating for each division will be called in numerical blocks i.e. 1-10, 11-20 etc. If your crew fails to boat by the time the next block is underway, they will be required to clear the boating area & wait until all other crews have boated. They will then be permitted to boat if time permits, but may have to race Time Only if unable to join your competition. It is helpful if crews stay as close to numerical order as possible whilst rowing up to the start.
- Please be ready to boat when called.
- Please ensure that you have your blades near the staging area before taking your boat.
- Clear the staging's as quickly as possible.
- Whilst in the boating area you are under the control of the Umpires & Marshals in that area and are required to follow their instructions.
- Crews may require wellingtons for boating depending upon the water level. Sliders are advised. Large bags will be available for crews to keep all their wellingtons/sliders together for when they return to the staging's after the race.
- It is the responsibility of the Coxswain and all competitors to ensure they leave sufficient time to get to the start. More time may be required for novice and junior crews.

The Start

Division 1 racing begins at 10.30

Division 2 racing begins at 14.00

During the race

- You must give way to overtaking crews and keep to starboard (the Cox's right / bowside). Crews being overtaken should move to the starboard bank and allow the overtaking crew to pass them on their portside.
- Coaches are welcome to follow crews along the path of the old railway line. However, please ensure your crews are competent at steering. Crews were getting into trouble last year as it seemed they were rowing on the Port (Stroke) side of the river to hear instructions from Coaches. There are more hazards with trees protruding out on that side and race instructions ask for you to move over to starboard if being overtaken.
- Be aware of the bend at Antons Gowt – the only real bend on the course. Do not take a course too close to the inside of the bend due to the depth of the water and the reed bed.
- Just downstream of Anton's Gowt is a metal jetty on the starboard side. This is usually marked with buoy. Beware! Additional buoys will be sited to highlight this hazard.

The finish

- The finish will be clearly marked and a bell will sound as you cross the finish line.
- Once over the finish line do not stop, but move on as quickly as possible to allow room for boats still finishing steering to port, watching out for boats returning to the staging as you carry on downstream.
- Do not attempt to turn until you are past the buoy positioned in the center of the river just beyond the landing staging.
- When returning to the boating stages please keep to the boathouse side of the river. Follow any instructions that may be given to you by the Marshals while you are in this area.
- Please clear the stages as quickly as possible.

Results and Prize Giving

Provisional results are usually available Live at the Boathouse. The presentation of prizes will commence as soon as possible after the completion of racing.

The final results will be posted on the club website- www.bostonrowingclub.co.uk

General Information / Rules & Local Rules

<https://www.britishrowing.org/wp-content/uploads/2019/03/2019-Rules-of-Racing.pdf>

- The race is run under British Rowing Rules of Racing (see link above) and it is a condition of participation that all crews accept and abide by the rules and safety arrangements.
- The Committee reserve the right to cancel the event if they consider it would be too dangerous to proceed.
- All competitors British Rowing membership cards may be checked.
- You must ensure your boat complies with the British Rowing Rules of Racing guidance - inspection may take place and you may be refused permission to launch your boat.
- Bow Numbers will be issued at registration. Boats are required to have suitable fittings to display Bow numbers so they can be clearly visible to Race Marshals. Failure to suitably display your number may result in no time being registered.
- All coxswains must wear a suitable life jacket or buoyancy aid.
- **Local Rule:** Coxswains will not be weighed for this event. However, please familiarize yourself with Rule 7-2-7. All coxes are expected to have weighed themselves beforehand, and carry appropriate weight to comply with the required minimum weight for your crew. Spot checks may be carried out.
- You must give way to overtaking crews and keep to starboard (the Cox's right / bowside). Crews being overtaken should move to the starboard bank and allow the overtaking crew to pass them on their portside.
- The River Witham is a Canals and River Trust controlled navigation. Competing clubs who normally row on non-CRT water are asked to ensure that they have the appropriate licenses.
- Crews may be instructed to withdraw by Marshals if it is decided by the Safety Advisor or Race Committee that continuing may inhibit the safety of other competitors or the smooth running of the event.
- Crews must ensure they are wearing sufficient clothing for the prevailing weather conditions. Boston Head is rarely warm and you may not be allowed to boat if not suitably prepared for the conditions.
- Inexperienced crews should have experienced coxes
- **Local Rule:** Coxes of inexperienced junior crews can be adults
- **Racing Kit:** The rules on kit are the same for Head races and regattas (rule 7-2-5 still applies). This means you must wear the racing strip of the club you are listed as racing for on the draw. There is no limit to what you wear underneath your racing kit (please be warm).
- Coxswains must be knowledgeable of boating instructions, the course, their crew's ability, weather conditions and safety procedures.

THANK YOU, AND WE HOPE YOU ENJOY THE DAY