

**STAINES AMATEUR REGATTA 2010**  
**REGATTA DATA SHEET & INSTRUCTIONS TO COMPETITORS**

Ref ARA Rules of Racing 2-2-3.

<b>CODE, CONDUCT &amp; COMPETENCE</b>	<b>REGISTRATION &amp; RACE CONTROL</b>
<p>Staines Amateur Regatta and competing crews will comply with the ARA Rules of Racing and the ARA Guide to Safe Practice in Rowing. Crews and competitors should make themselves familiar with the requirements of these.</p> <p>Local rules and particular navigation arrangements are detailed in these Instructions, the Course Map and Safety Plan specific to this Regatta.</p> <p>All crews must be competent and <b>Coxswains and Steers</b> in particular must be aware of the navigation instructions and course map.</p> <p>There must be <b>no firm pressure rowing or practice starts in the navigation channel</b> until beyond the start or <b>around the boating area</b>. Umpires may apply official warnings or disqualify crews who fail to observe this safety requirement (Ref Rules of Racing 2-2-5).</p>	<p>Crews to register no later than <b>one hour</b> before the first race in their event.</p> <p>Advise Race Control of any scratchings or any change in points that from previous wins after the close of entries.</p> <p>Race committee may re-draw any event where a competitor has scratched which results in an unbalanced and therefore unfair overall event progression. This will be done by Race Control in the presence of the Chairman of the Race Committee no later than 30 minutes before the time of the first race in that event.</p> <p>Doubling Up: where declared on entry form, at least 30 minutes has been allowed between races.</p> <p>Veteran Handicaps: will be pre-declared by the Regatta and available at Registration. Crews should make themselves aware of the handicap times for their race.</p>
<b>FIRST AID &amp; SAFETY PROVISIONS</b>	<b>RADIO NETS</b>
<p><b>Safety Control, Ambulance and First Aid:</b> St. John Ambulance based near regatta control and boating area.</p> <p><b>Medical &amp; Safety Cover:</b> from approx 30mins before the first race until the end of racing.</p> <p><b>Emergency Telephone:</b> Public Phone on Wheatsheaf Lane</p> <p><b>Rescue Boats:</b> 2 off fully equipped semi-ribbed launches (St. John Ambulance and Brent Lifeguards), manned with Lifesavers – no single helms.</p>	<p><b>Ch 1 Umpire / Safety Net: Launch Umpires / Safety Boats / Ambulance</b></p> <p><b>Ch 2 General Net: Commentary</b></p> <p><b>Ch 3 Info / Race Net: Control Commission / Start Manager / Race Control / Judges</b></p> <p>Chairman of Race Committee will have a radio monitoring channel 1 and channel 3.</p>
<b>COXES</b>	<b>BOAT SAFETY CHECKS</b>
<p>Coxes plus dead weight minimum weights:</p> <ul style="list-style-type: none"> <li>■ 55kg for Senior Open, Veteran Men, J18 and J16 events,</li> <li>■ 50kg for Senior or Veteran Women, WJ18 and WJ16 events,</li> <li>■ 45kg for all J15 and J14 events.</li> </ul> <p>Coxes to provide own deadweight (if needed) which must not be worn on their person.</p> <p>Coxes MAY be weighed in wearing their life jacket or buoyancy aid but NOT carrying a cox box (part of boat).</p> <p>Coxes in front (bow) loading boats must wear <b>manually inflating life jackets</b> only.</p> <p>Cox's weight certificate, showing any dead weight required shall be presented to regatta officials prior to boating.</p>	<p><b>Check your boat each time before you use it!</b></p> <p>You may be asked to demonstrate compliance with the ARA Water Safety Code:-</p> <ul style="list-style-type: none"> <li>■ <b>Bow ball</b> is not perished or torn, is FIRMLY attached and does not deflect.</li> <li>■ <b>Heel restraints</b> are attached independently, sufficiently short and strong to restrain the heel below the fixed point of the shoe so as to facilitate escape in the event of a capsized.</li> <li>■ <b>Rudder lines</b> are functioning and in good condition.</li> <li>■ Boats designed with enclosed underseat compartments MUST have ALL <b>hatchcovers</b> in place.</li> </ul> <p>In accordance with the ARA Rules of Racing, boats failing to comply with the requirements will be excluded from racing.</p>
<b>BOATING &amp; MARSHALLING</b>	<b>RIVER AUTHORITIES</b>
<ul style="list-style-type: none"> <li>• Report to the Control Commission pen a minimum of 30 minutes before race time. Boats must pair up with their opposition before boating.</li> <li>• Be at the start 10 mins before your race time and attached ready to race 2 mins before your race time.</li> <li>• Have your number pinned on your back can be seen</li> <li>• Inform the start manager or race control of any delays</li> </ul>	<p><b>Environment Agency (EA)</b></p> <p>The EA has been notified of the event and navigation boards are erected at each end of the course advising general river traffic of the diverted navigation channel.</p> <p>From 1<sup>st</sup> October 2007 it became a requirement for all rowing boats on any part of the Thames to carry a boat ID.</p>
<b>ARA LICENCES (POINTS CARDS)</b>	<b>PRIZEGIVING</b>
<ul style="list-style-type: none"> <li>• Required in event of subs &amp; prior to receipt of prizes.</li> <li>• Random checks during the event.</li> </ul>	<p>At end of day's racing.</p>
<b>KEY RACE OFFICIALS</b>	
Chairman of the Race Committee	Ashley Tilling (07941 595538)
Safety Advisor	Craig Twaddle (07742 087869)
Head of Race Control / Entries Secretary	Adam Gill (07540 799270)
Umpire Support & Coordination	Diane Gill (07974 774268)
Duty Umpire Commissioner	Paul Baldwin