



INTRODUCTION

Welcome to Wallingford Regatta. We have worked hard to ensure we have plans to deal with most eventualities, but you have a crucial role to play in contributing to this. We ask all coaches and competitors to read, understand and act on these simple instructions to ensure that your crews can have a safe, enjoyable and successful Regatta.

BEFORE THE REGATTA

- Trailer parking access is available on Saturday afternoon from 15.00 to 17:00. Please park trailers in the back field and not on the tarmac area at the entrance to the field.
- Crews wishing to practise on the lake before race day must book directly with Dorney Lake using the following link <https://www.dorneylake.co.uk/rowing-and-canoeing>

ON REGATTA DAY

- The site will open at 06.00.
- Practice outings are not permitted during the Regatta.
- No boating on the River Thames from Dorney Lake is permitted.

SAFETY NOTICES/EMERGENCIES/FIRST AID

- The Regatta is run in accordance with British Rowing's RowSafe. Further safety documents are on the Regatta website.
- First aid posts will be located in front of the boathouse near Crew Control and at the start end of the lake.
- Safety boats will be on the water to provide support and to transport injured athletes to the first aid posts.
- In the event of an emergency the Regatta will broadcast using the X account #REGATTARESULTS and the PA system.

CREW CONTROL / REGISTRATION

- Crew numbers can be collected from Crew Control.
- A representative of each club should collect ALL the numbers for their club at the same time. Crew numbers will only be released when all crew details and any outstanding payments have been dealt with.
- Any crew changes or scratched crews on the day must be made at Crew Control, or via text to 07769 299259 with crew number and club name as soon as possible.

Random crew checks may be conducted during the Regatta. Crews found to have raced with ineligible members or undeclared substitutes WILL BE disqualified, and if this affects winning crews they will be required to return their trophies and pay for a replacement set for the new event winners. Crews who scratch after entries close will not receive a refund of entry fees. Approximately 50 minutes (or 8 races) before your race you should report to Crew Control to collect a bow number for your boat. You may not boat without your bow number. Your boat



must have a number slot on the bow. If you are doubling up and races are close together please inform Crew Control when you register for your first race.

COXES

- Coxes must report to be weighed at Crew Control and must bring a lifejacket or buoyancy aid conforming with RowSafe requirements. A certificate will be issued showing if any additional weight is required.
- Additional weight must be carried safely and not attached to the cox.
- Additional weight may be reweighed after competing.
- Coxes must provide their own additional weight.

INFORMATION FOR COACHES

For many crews this is likely to be their first regatta of the season and for some it may be the first regatta they have ever attended (although we would urge coaches to think hard before entering crews who have had no prior regatta experience; there are no novice events). Please ensure that:

- Your crews collect their bow number and go afloat in plenty of time for their race
- Their equipment is safe and complies with RowSafe Section 7.1 Boats and Blades, and they have fully checked it before heading to the outgoing raft
- The crew and cox/steersman are experienced in attaching quickly to start rafts even under cross-wind conditions
- They are wearing appropriate clothes for the weather conditions
- Every competitor, except coxes, must wear the racing strip of the club he/she represents. Crews must wear a uniform racing strip.
- The race number must be securely attached (pinned at all four corners) to the crew member sitting in bow and be clearly visible to regatta officials during warm up AND racing.

EQUIPMENT

- Please ensure that all boats and equipment comply with RowSafe especially in relation to bowballs, heel restraints and hatch covers.
- Control Commission umpires may inspect your boat before you go afloat for compliance with RowSafe. Boats failing these checks will be prevented from boating until repaired.
- All boats must have a six digit boat ID, this should not be made from electrical tape or similar.

CAR PARKING AND TRAILER PARKING

Unless otherwise notified, car parking for competitors and spectators shall be on the grass banks to the north of the course between 500m and 1000m from the start.

- Only trailers shall be allowed past the control gate at the 1500m mark.
- Each club contact will be issued with an online code to enable competitors to download a set number of car park passes, which are bar-coded and can only be scanned once on the day.



- There is no car parking permitted along the approach road to the lake or next to spectator/club gazebos.
- Car parking charges for extra cars will be £15 if purchased in advance online or £20 on the day. Both cash and card payments will be accepted.
- Parking at the start of the course is for regatta Officials only.
- Coach parking is available offsite in Windsor. Local parking charges apply.

These instructions may possibly change due to ground conditions on the day; please follow Officials instructions on the day, even if they are not as expected. Crews or spectators from clubs that choose to ignore these parking restrictions may lead to penalties being incurred by crews.

RACING LICENCES

- All competitors (including coxes) shall carry their British Rowing Racing Licence with them.
- Any competitor who cannot produce this document when requested by an Official may be disqualified. Random checks may be made throughout the day.

Winning crews will be required to bring their licences to Crew Control immediately after their final. Failure to do so will result in prizes being withheld and possible disqualification. The whole winning crew will be required to produce their licences in person for their prizes to be awarded.

GETTING TO THE START

- Crews will go afloat from the left-hand two rafts as you look at them from the boathouse (i.e. those closest to the Finish Tower).
- All crews must proceed with extreme caution under the bridge and into the warm-up lake. Keep to the RIGHT (as viewed by the cox).
- If you have sufficient time, you may warm up by travelling around the warm-up loop in an anticlockwise direction (towards the start on the island side, towards the finish on the nature reserve side). Crews may only turn at each end of the warm-up loop (500 and 1500 m) or in the middle of it (1000 m) Turning elsewhere is not permitted as it creates a risk of collision. Stay out of the empty lane in the middle of the warm-up lake.
- You must complete your warm-up and be under control of the Officials at 500m 10 minutes before your race; do NOT expect to be called.
- Crews should line up in lane order and be prepared to move promptly through the bridge when instructed.
- Listen to the Officials and be prepared to remove warm-up kit swiftly when given notice that your race is about to be called onto the start. Once under the bridge you should proceed across the lake to your lane and turn within your lane, WITHIN 50 METRES OF THE START, taking account of the wind direction if it is windy. You should then back down promptly onto the start.

Crews are expected to be able to attach to the start and get straight promptly, even under difficult weather conditions. If a crew requires more than two attempts to get attached to the start rafts and get straight or is in any way delaying the race unnecessarily then that crew is likely to be disqualified.



Wallingford Regatta has published guidance to help crews get attached promptly at the start. The biggest single cause of delays in the race programme is due to crews taking too long to get attached, it is very strongly recommended that all coaches, coxes and steersmen take the time to read, practise and understand this simple but useful advice before the event. The document is available on the Regatta website.

The Regatta runs to a tight race timetable and races will not be held for late-comers. The Starter's decision on a crew's competence to attach or race is final. Any disqualified crews will paddle to the finish in Lane 1, moving into Lane 0 AND STOPPING if the race approaching should catch up with them.

RACING

- All races will be launch umpired.
- During racing, crews (boats and blades) must stay wholly within their assigned lanes.
- To warn a crew the Race Umpire will hold up a WHITE flag, name the crew and instruct the crew in which direction to move by pointing the flag in that direction. NB in bow-coxed fours, the crew member at bow MUST relay these instructions to the cox.
- If the Race Umpire needs to stop the race, they will ring a bell, wave a RED flag and instruct all crews to stop. All crews must stop immediately and wait for further instructions.

Crews ignoring any instructions from any Official may be penalised, and for serious offences risk disqualification.

RETURN TO THE BOATHOUSE

- After your race, return to the incoming rafts (the two rafts furthest away from the Finish Tower).
- No cool down is permitted after racing.

WITHDRAWALS FROM FINALS

Crews withdrawing from a morning event after racing their heat must provide an adequate medical reason to do so; this may be required to be validated by the Regatta Medical Officer. In the event of a crew withdrawal, the Race Committee has the right to disqualify all athletes from racing in the afternoon division if it is felt that the spirit of the sport is not being followed.

RESCHEDULING RACES

No races will be rescheduled. All declared doubling up and boat sharing has been allowed for in the timetable. At least 30 minutes has been allowed between races where we have been advised of doubling up. In the event of scratched crews creating unbalanced heats, the Organising Committee reserves the right to re-draw the affected race(s). Where possible, re-draws will be announced before crews collect bow numbers, but there may be occasions where a re-draw has to be done after some or all crews have gone afloat.

CYCLING



- No pedestrians are allowed on the island.
- Follow the one-way system on the island
- Start to Finish – follow road next to the main lake
- Finish to Start – take upper road on the island or alongside the warm-up lake if coaching a crew
- Coaches and supporters following races on bikes are reminded that it is unsafe to attempt to film races whilst cycling one-handed.
- At the start bridge, please keep on the cycle path side of the bridge (nearer the main lake) and leave the roadway clear for official vehicles.
- No cycling is permitted through spectator areas or in front of the main boathouse.

Official vehicles use the upper road in both directions. Those choosing to ignore this instruction do so entirely at their own risk.

The instructions of all Officials must be obeyed at all times. Cyclists disregarding these rules may be asked to leave the regatta site, and their crews or clubs may be penalised.

PRIZE GIVING

- The trophy tent is located on the grass by the boat racks and main boathouse.
- Prize-giving will take place from 2pm in the Trophy Tent.

LITTER

We are obliged to leave Dorney Lake in a tidy condition. Litter bins are located along the banks of the course, in car parks, by the boating area and in the trailer park area. Collecting litter after the regatta takes the regatta volunteers many hours at the end of a very long day. Please help us by using the litter bins provided or taking your litter home with you.

Thank you and we hope you enjoy a good day's racing!