

# ERRC JIRR TRIALS – 10<sup>TH</sup> MARCH 2024

## GENERAL COMPETITOR AND SAFETY INSTRUCTIONS

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### GENERAL INFORMATION

- 1. Welcome.** A very warm welcome to all attending ERRC JIRR Trials for 2024.
- 2. Location.** The postcode for navigation is PE3 6LN. Follow signs for *Thorpe Meadows* and *Rowing Course* from the ring road. Full directions can be found on Peterborough City Rowing Club's (PCRC) website at [www.peterboroughcityrowing.co.uk](http://www.peterboroughcityrowing.co.uk). Cars and trailers are to be parked as directed, ensuring space for access between vehicles from different clubs.
- 3. Vehicle Parking.** Boat trailers will be directed to the boat and trailer park and into allocated spaces. Drivers with vehicles carrying boats will be directed to unload in the boat park and then move to the designated parking area. Vehicles should not be left in a manner that obstructs access for others, even for brief periods; remember that large emergency vehicles may require immediate access to incidents. Any infringement of this local rule will result in action being taken against those clubs involved. The cycle path is a public right of way and is not to be obstructed. ERRC nor PCRC will not accept any liability for damage

sustained to vehicles, however caused. Please drive slowly and avoid damaging grass areas.

**4. Photography and Other Media.** Competitors and those responsible for them should be aware that non-official photographers may operate at sporting events and the consequent photographs or videos may be freely used in print, digital media or elsewhere, over which ERRC has no control. Coaches, responsible adults and competitors agree that by entering competitors, they have made the competitors and their parents (or guardians where *in loco parentis*) aware of this. We may have a nominated official recording soundbites and taking photographs for publication on the ERRC website, this person will be clearly identified and will ask for consent from individuals.

**5. Competition Format.** The competition will consist of time trials with the fastest crews to progress to the A Final. The number of Finals raced for any single event will depend on the availability within the racing timetable. The order of Time Trials will be fixed and those wishing to double up in events (either boats or rowers) will need to take this into account. In the unlikely circumstance that a crew member has a race time conflict, that competitor will be expected to decide in which event they will race, notifying Control of their decision.

**6. Identity and Membership Cards.** In accordance with RoR 7-2-3, all competitors shall take their BR membership card or electronic card with them to a competition. If the card is not available, then other forms of photographic identity may be acceptable.

**7. Registration.** All entries and registration will be via BROE. Any substitutions will also be made via BROE and clubs should ensure they have access to mobile technology to facilitate this. Advice will be available via Control.

**8. Cox Weighing.** Cox weighing will take place at Control. Certificates will not be issued; rather, coloured wristbands will be provided for pick up after weighing. Visiting clubs must provide their own deadweight for underweight coxes.

**9. Crew Numbers.** Boats must display the crew's lane identification number of the correct colour and be fitted with a number slot on the bows for this purpose.

**10. Boating.** Each crew will be responsible for boating 20 minutes before their race time, under the guidance of Control Commission.

**11. Results.** The competition will not be providing prizes as this is a Trial to identify candidates to represent the Eastern Region in the National JIRR competition. Results will be published electronically via ERRC website and X (Twitter) feed.

**12. JIRR Selection.** Coaches and crews are reminded that selection for the JIRR Eastern Region team will require a declaration of availability for the JIRR National Competition on the 20 April 2024 and confirmation that the crew entered complies with the selection policy (eg rowing in the designated age group). It is expected that the winner of A Finals will be the selected crew, pending this confirmation. Reserve crews will also be identified.

**13. Queries and Issues.** Queries and issues that arise within the competition should be addressed to Control. Note that only one representative from any crew should attend Control at any time.

**14. Incidents.** In order for the Organising Committee to be aware of any incidents and can coordinate effective responses, please report any incidents on or off the water to Control. **FIRST AID** facilities are located between the PCRC boatshed and the de-boating area.

**15. Toilets.** The toilet facilities in the PCRC Clubhouse are available to visiting clubs but please respect the goodwill of PCRC and keep them clean. Portable toilets will be provided in the trailer park and at the start.

**16. Showers.** The shower facilities in the PCRC Clubhouse are available only in the event of an emergency requiring their use which will be controlled as directed by the event first aiders.

**17. Food & Litter.** Hot drinks will be available from the boathouse on a cash only basis kindly supplied by PCRC volunteers. There will be no food provision on the site. Competitors are responsible for providing their snacks and lunches.

The competition site is set in a public park and competitors and supporters are asked to dispose of litter responsibly – bring rubbish bags. Additional bags will be available from Control. Visiting clubs should take their litter home with them as there is no additional provision for disposal during the Trial. We further ask that you abide by the Nene park code found here: (<https://www.nenepark.org.uk/FAQs/planning-your-visit-to-thorpe-meadows>)

## SAFETY INSTRUCTIONS

**18. Regulation.** The competition will be run according to the latest revision of British Rowing Regulations, *RoR* and *RowSafe*. These instructions provide information for the duration of the competition. There will be no provision for practice outside the normal timetable of racing. The Trial will endeavour to provide a safe environment within the terms of *RowSafe* although competitors, coxswains and coaches are specifically reminded that all persons using the lake and/or adjacent river do so entirely at their own risk and are solely responsible for:

- a. Their own safety, remembering that they have a duty of care to themselves and to any third party both on the water and on land.
- b. Ensuring that any equipment (eg boats, blades, buoyancy aids etc) is safe and prepared to the standards as required under *RoR* and *RowSafe*. Any failure in this standard may result in exclusion from the event.
- c. The strict observance of the circulation pattern (see below) and of the provisions of *RowSafe*.
- d. Deciding whether or not they are competent to use the lake/river in the prevailing weather conditions. This decision may be taken by the individual or in conjunction with their coach and or crew.
- e. Ensuring that they can swim in accordance with the provisions of *RowSafe*.

**19. Weather Conditions.** The weather in March can be cold and wet. Competitors, coaches, officials, volunteers and other essential attendees should be aware of the risks of hypothermia and are expected to wear appropriate layers of clothing and waterproofs to mitigate these risks. *RowSafe* 8.1 advises *clothing appropriate to the conditions*.

**20. Use of the Course.** All competitors, coaches and participants are also reminded of the following:

- a. Practising on the course is not permitted. The lake will only be available for Trials use between 1045 - 1630 on 10th March 2024.
- b. Outside the hours of racing there will be **NO** safety cover on nor access to the course.
- c. They are responsible for their own safety arrangements if boating on the River Nene. Should the river be used for practice, warming up / down, etc. then it is advised that boats are placed in the channel adjacent to the lake, paddled down to join the river, turning left (cox's left, or stroke side) onto the river and paddled downstream using normal navigation rules. The first lock in this direction is 6 miles downstream. **Note that there are no safety/rescue boats on the river.**
- d. The need to supervise juniors with a high degree of vigilance. A higher standard of care is expected when acting *in loco parentis*.
- e. Coxes' dead-weights must be provided by the clubs concerned – materials are not provided by the Trial. Speaker systems and cox boxes are considered part of the fabric of the boat and therefore are not suitable deadweights.
- f. The need to ensure that **all** access roads/routes are kept clear at all times and that the lakeside public foot and cycle path is not blocked in any way by vehicles, cycles, chairs, etc.
- g. Following races – due to potential incidents, the Organising Committee strongly discourages the following of races along the Clubhouse (north) side of the course on cycles. This is discouraged on safety grounds as it is a public right of way and the Trial has no exclusive access to the path. Any coach or supporter who chooses to disregard this advice is solely responsible for their actions and the outcome. ERRC will not accept any liability for a resultant collision or injury. Anyone wishing to follow a race should do so from the south side of the course (far side from the Boathouse).
- h. When in the boating area, or when boating / de-boating, that right of way should be given to other participants and members of the public, with extra care so as not to cause distress or injury to third parties.
- i. When boating or de-boating, exercise care on the staging to avoid slips, especially during wet weather.
- j. That any incident should, as soon as possible, be drawn to the attention of the nearest Official, who will be able to summon assistance. First Aid cover is provided during the hours of racing and is situated close to Control.

**21. Key Positions.** During the Trial, the following are key positions:

**Trial Control / Registration** – will be in the PCRC left boat shed (sculling bay)

**First Aid** – adjacent to the clubhouse/inward pontoon

**Landlines** – in the Clubhouse foyer and in the foyer of The Dragonfly Hotel

**Hospital A & E** – Peterborough City Hospital, Bretton Gate, PE3 9GZ

Tel: 01733 678000

**Organising Committee Chair / Event Secretary** – David Porter

**Event Control / Team Manager** – Oli Frazer

**Race Committee Chairman** – Jay Milne

**Race Committee Members** – Jay Milne, Andrew Blit, Teresa Aslett

**Trials Safety Adviser** – Lianne Stanford

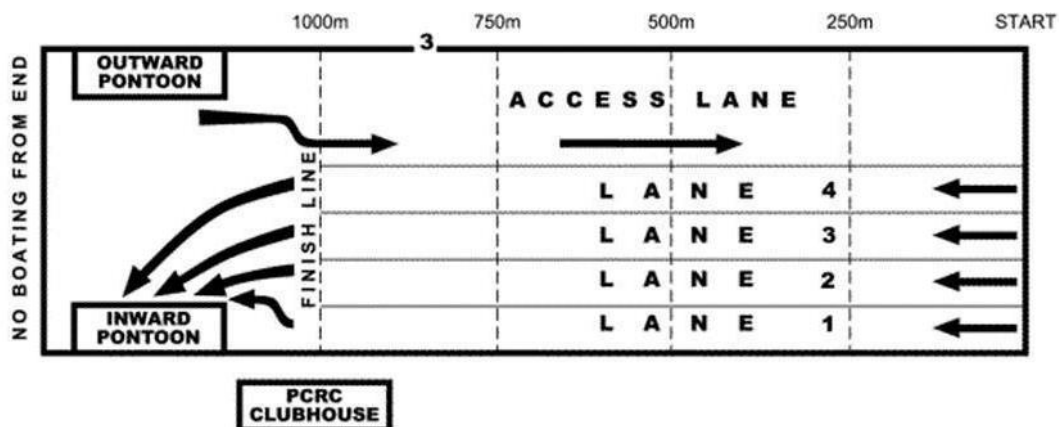
**Trials Welfare Adviser** – Helen Middleton (via Event Control) or on 07824482733

Rowing Club address: Thorpe Meadows, Peterborough

Rowing Club postcode: PE3 6LN

Rowing Club Grid Reference: 174 985

**22. Racing Circulation Pattern.** This applies from 30 minutes before the first race until the last race has finished on each day. Note that the rowing lake is closed outside the racing programme published in the Trial draw.



**Failure to comply with these rules may lead to the removal of crew or club from the event.**

**23. Towards the Start.** When rowing towards the Start, observe the following:

- Once boated, crews should proceed towards the start in the Access Lane with their bows pointing towards the Start end of the lake and be ready to act upon any instructions given by the Marshals, Starter or Race Umpires.
- Crews that are stationary within the access lane must be vigilant and not allow their boat or blades to encroach on the racing lanes.
- When called onto the start, crews should proceed diagonally across the course in lane order, taking extra care when turning and backing onto the stakeboats.

## 24. General Points to note:

- a. **Warming Up** – this is not permitted on the course. No practice starts or high-rate bursts are permitted in the Access Lane.
- b. **Cooling Down** – this is not permitted.
- c. **Boating.** Boating is to be from the outward pontoon and de-boating is to be from the inward pontoon as per the diagram above.
- d. **Lane numbers.** Lane numbers should be returned to Control as soon as a crew is off the water.

## 25. Thunderstorms. In case of thunderstorms or lightning, the Competition Safety Adviser and Race Committee will:

- a. Consult forecasts from the day before and monitor the weather during the competition.
- b. In the event of a storm, constitute the chain of command and use the public address system to warn both competitors and spectators of actions to be taken (this includes identification of 'proper shelter' – see below).
- c. Use the 30:30 criterion to instigate suspension and resumption of activity.
  - Direct Control Commission to stop crews boating until the resumption of racing is signalled.
  - Direct the Start Team, Umpires and Marshalls to instruct crews on the water, where circumstances permit, to return to the landing stages with all speed and seek proper shelter. Where practicable, stages on both sides of the lake will be used for de-boating and an Umpire on the finish line will direct returning crews to one side or the other.
  - Direct Control Commission and the Finish Team to ensure that de-boating is executed as quickly as possible (both these teams will leave one member on the landing stages).

### Specific measures include:

- Control will be exercised by the Race Committee from the Clubhouse sculling boat bay.
- Start team to shelter in vehicles at the Start
- Reduced finish team to shelter in the Clubhouse or vehicles
- Launch observers to return to finish and disembark immediately
- Competitors to shelter in their vehicles or the boathouse
- Blades are to be left on the grass near the landing stages
- One umpire (nominated by the OC) to execute a sweep of the lake from a car

All officials and competitors are asked to familiarise themselves with this general plan so that it can be actioned promptly and effectively should a thunderstorm occur.