

The Derwentwater Head

Saturday 7th March 2020



Please ensure all crew members are familiar with the race instructions, note that there are two course options and the route will be confirmed on the day. Review both course options in advance of the race.

Competitor Instructions

The race will run over two divisions:

Division 1 race start: 09:45

Division 2 race start: 12:45

General Information

Conditions

Conditions can change quickly, the lake is a large body of water and you, your boat and your crew should be suitably prepared for all weather conditions. All crews are to have suitable warm and waterproof clothing in the boat. Any crew boating without appropriate equipment may be prevented from racing.

All boats must be equipped with adequate, working buoyancy to BR requirements; buoyancy bags are required in boats with no under-seat buoyancy chambers. It is your responsibility to ensure your boat is compliant. Control commission may ask you to confirm that your equipment is compliant. Boats that do not comply will be excluded from the event. Crews are advised to bring bailers.

Boating is from a beached area, you must wear protective footwear, wellington boots are advised and should be taken with you in the boat.

Conditions will be assessed and monitored on the day, you and your crew should be aware of the course, the prevailing wind and the possible conditions.

Parking

Trailers must be parked at Crow Park, access via Theatre by the Lake. If you plan to arrive the day before parking is available at Keswick Rugby Club, see trailer-parking instructions for details. Please inform the race organizers of your trailer's expected arrival time so we can ensure marshals are in position. We recommend coming in to Keswick by Crosthwaite Roundabout to avoid road works.

Cars may not be parked on Crow Park. There are several public car parks in Keswick, crews are advised to park at Keswick Rugby Club, this is the cheapest car park in the area at £4 a day.

Catering and Presentations

Catering will be available in the marquee on Crow Park. A selection of hot and cold food, cakes, and hot drinks will be available. Please bring cash. A discount on hot drinks will be given to those who bring their own mug

Presentations will take place after the end of racing once results have been reviewed at approximately 1430.

Boating Information

Prior to each division there will be a safety brief, this must be attended by the cox or bowman of each crew. The brief will take place at the registration marquee 10 minutes before boating commences for each division.

Numbers should be securely attached to the Empacher slot on the bow of the boat and paper bow numbers are to be worn on the outermost layer of clothing of the crew member at bow. Numbers and safety pins will be available from race control.

You must boat quickly to prevent delay to the race start. Slow, or late boating delays and inconveniences all athletes, be prepared for boating and landing. Boating will be in accordance with the boating schedule to be published in advance of the race. A copy of the schedule will be available at race control and emailed to participating crews before the event. Crews not at the start at the designated cut-off time will be excluded from the event. There will be a 15 second time penalty for any crews boating later than their allocated time.

All equipment should be checked and prepared on land before taking your boat to the water. Control commission checks will take place when leaving Crow Park to boat. Oars must be placed in the designated areas before boating.

Boats should proceed down the road to the waterfront from Crow Park, marshals will monitor the route, but crews should be aware that this is a popular area accessed by the public. Marshals shall instruct crews when to proceed to the water; crews must follow instructions as given.

it is recommended to take footwear in the boat to minimize delays, if you are not taking your footwear with you in the boat, you must have a land support person to collect/return footwear and you must not delay boating in any way.

All participants should be aware that the lake is not closed, other craft and boats may be on the water. Crews must proceed to the start along the racing course, once boated follow the course and row to the appropriate holding areas at the start. All crews must be in position a minimum of 10 minutes before the start of the race.

Circulation Plan

All participants should be aware that the lake is not closed, other craft and boats may be on the water. Safety boats can only monitor the marked course. If you leave the course you may distract safety boats and thus delay racing and/or expose other crews and yourself to hazard.

Proceed to and from the start (whether racing or just paddling back) along the marked racing course unless directed by a race monitor or boat marshal. If you leave the course without due reason, you will be excluded from the race.

All crews must be in position, ready to row, 10 minutes before the start of the race.

See Appendix 1 for the course map, and Appendix 2 and 3 for the West and East start and finish plans.

Crews must assemble in the holding area as identified on the marshalling plan.

Crews 1-16 proceed to holding area A.

Crews 17-34 proceed to holding area B.

Crews 35-50 proceed to holding area C.

NOTE: Crew number groupings is proposed, final grouping to be confirmed on start order.

In the marshaling areas hold your boat head to wind/waves and keep station well away from obstructions (other boats, the shore, rocks). Ensure that crewmembers are always available to row, especially when changing kit.

Racing

Racing will follow either the East or West course; this will be confirmed and explained in the race brief. This may be modified due to weather conditions, all crews should review up to date information at race control on the day of the race to confirm.

The safety boat or on shore marshals will direct crews to move forwards before starting. Please sequence yourself in number order as you move off and keep a length or so behind the lower-numbered boat ahead of you.

You will be directed to the start itself by marshals. You may be instructed to stop and wait before you reach the start if you are too close to the crew ahead or if a timing gap is needed between boat classes. Be ready to stop and hold your boat quickly.

At the pre- start gate (Pink Buoys) the starter will give the race command “Number X plus name of club-GO”. The time will be taken from the start line as marked on the map.

During the race, crews being overtaken must avoid impeding overtaking crews. This calls for care on bends. Crews in bow-loading boats must keep their cox informed if they are being overtaken. **Crews may be disqualified or issued with a time penalty of up to up to 30 seconds for impeding other crews.**

The racecourse is buoyed; all crews must proceed on the course as marked on the course map. Crews must not row outside of the marked course unless instructed otherwise by a marshal. Any crew rowing around the marker buoys without specific instruction will be disqualified.

A rescue boat will follow the race and others will be stationed along the course. If you do have a serious accident, stay with your boat until help arrives. If you capsize DO NOT attempt to swim to the shore without your boat. If you are swamped attempt to remain in your boat and row slowly towards calmer water: when it is safe to do so, some of the crew should use bailers. Rescue boats will be stationed along the course, if you are not immediately seen, wave clothing to attract attention. **Crews near an incident (even if racing) are asked to stop and help if it is safe to do so, and a safety launch is not to hand immediately.** Please report any incidents afterwards to Race Control.

On completion of the course crews should follow the finishing plan (appendix 2 and 3) and adhere to the instructions of marshals. Any crew not following instructions or the finishing plan may be disqualified or awarded a time penalty.

Action in rough water

If you encounter wash (in particular from the tourist boat) reduce your speed in good time (even when racing – an extra couple of seconds on your time is better than rowing with a full boat, or worse, sinking). If possible attempt to steer perpendicular to the wave, pointing your bow or stern into the wave to prevent waves hitting the boat side on.

Abandonment or postponement plan

If the event has to be abandoned for any reason whilst crews are marshalling or racing the race monitors and rescue boat crews will signal to the crews with any of these signals: instructions via loudhailer, red flags, hand bells, amber flashing lights.

Immediately: STOP racing rowing, but where it is safe to do so, slowly and gently row on or back to the landing area at a light pressure. Remain within the line of the racing course unless instructed otherwise.

If you have to turn, keep away from the lea shore and keep blades on the water when sideways on to the waves. If necessary, steer a zigzag course to avoid side waves. If there is a risk of your boat swamping, and it is safe to do so let half the crew use bailers while the other half keeps the boat manoeuvrable.

Keep a look out for other crews who may not have been informed of the abandonment or who are in difficulties.

Follow instruction from the marshals.

First Aid and Welfare

First aid will be available from Crow Park, if you require assistance please report to race control.

Race Controllers:

Katherine Gordon

Simon Bamforth

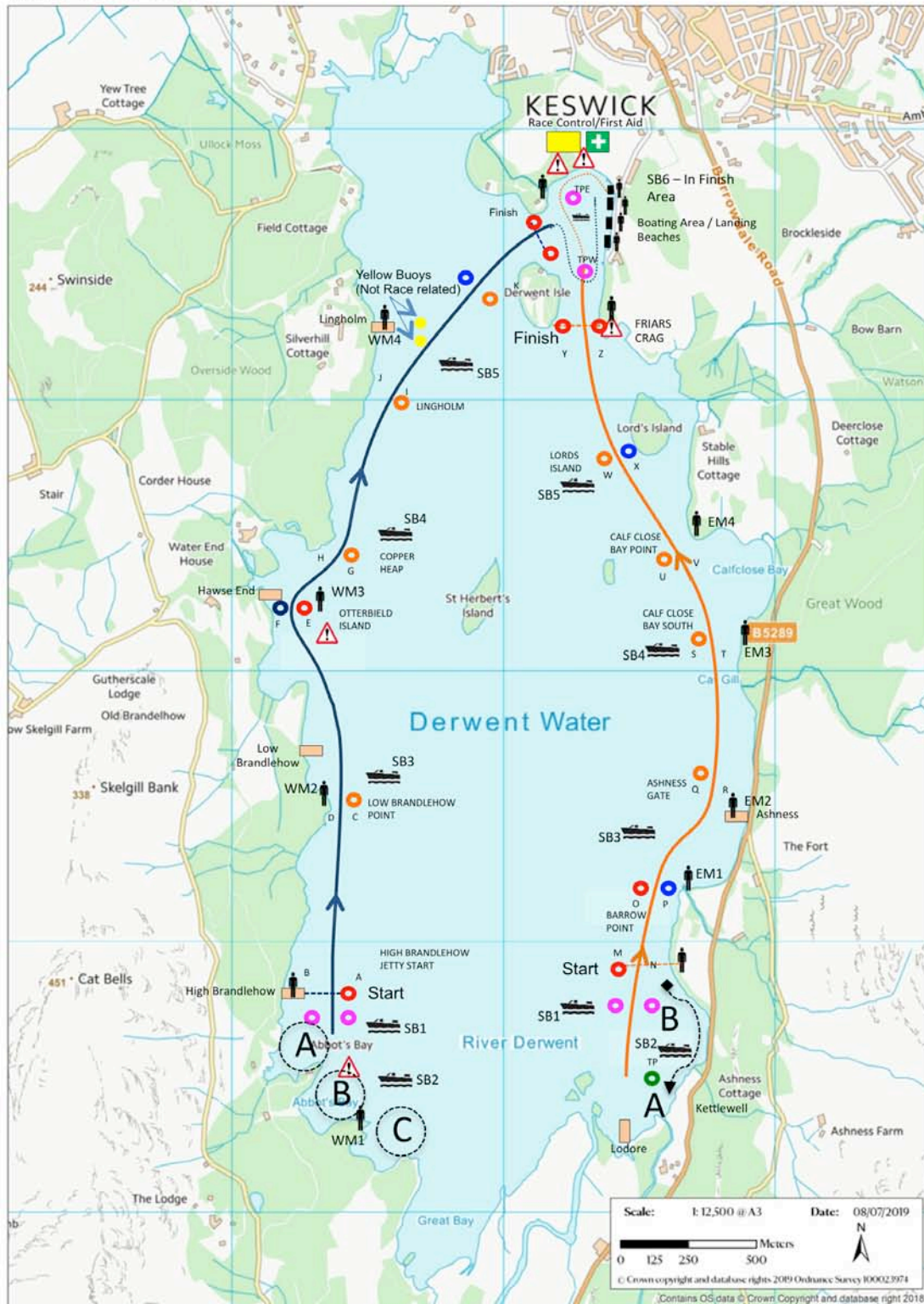
Appendix 1: Course map

Event	Derwentwater Head
Host Club	Lakeland Rowing Club
Date	7 th March 2020
Length of Course	3000m

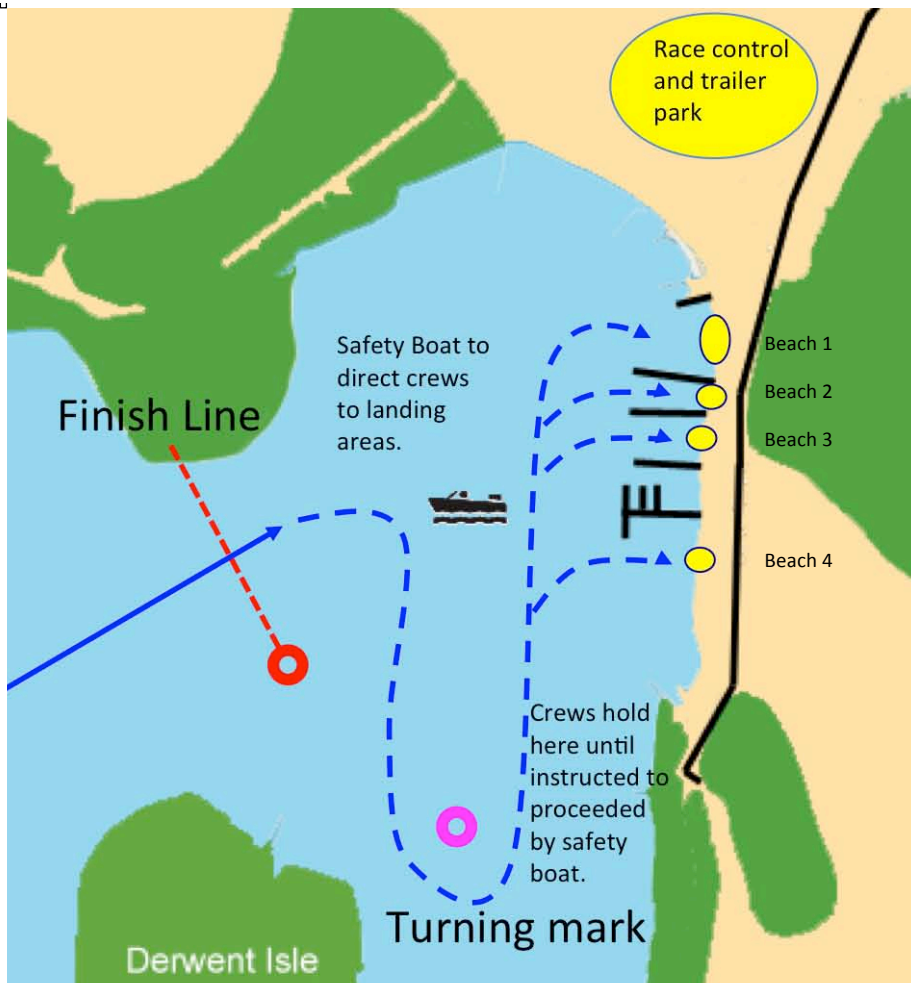
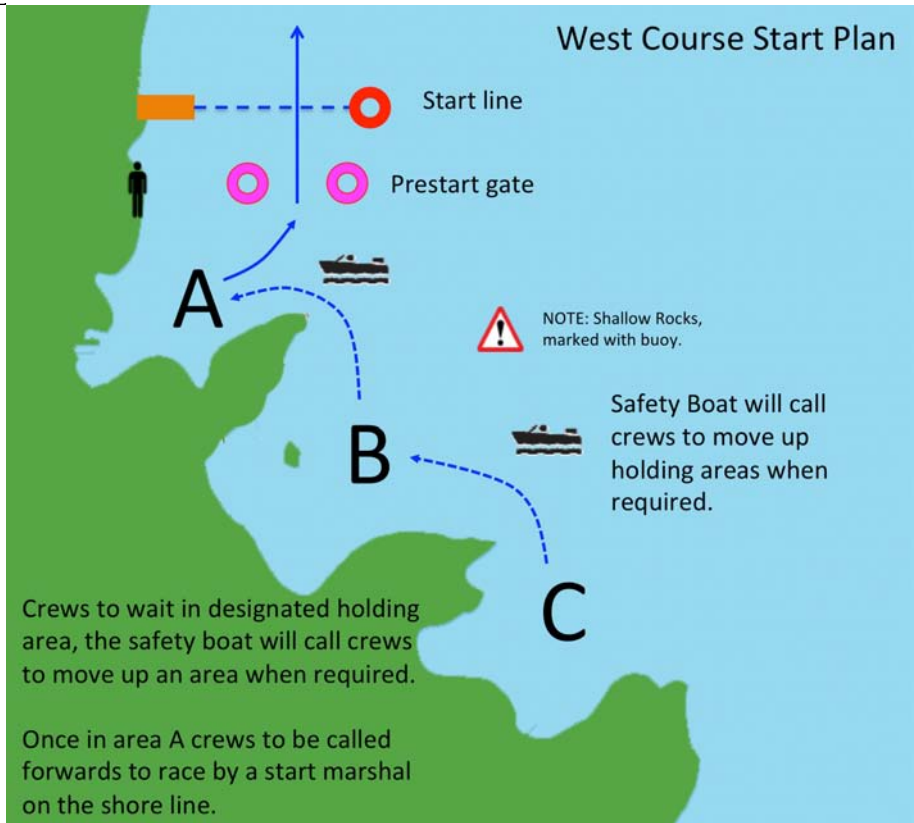
-  Marshall Buoy
-  TP Turning Point Buoy
-  Hazard Buoy
-  Marshall on land
-  Marshall/Safety boat
-  West Coast Course (Option A)
-  East Coast Course (Option B)

 National Trust

Derwent Water



Appendix 2: West Coast start and finish plans



Appendix 3: East coast start and finish plans

