



NOTICE TO ALL COMPETITORS

Hereford Rowing Club hope all involved will do their best to ensure the safety of everyone involved

- For all clubs entering junior crews a junior contact form must be completed at registration
- Any safety or welfare issues must be reported immediately to the Regatta Safety Advisors and Welfare Officer
- Crews must report to REGISTRATION at least 1 hour before racing to collect their number which must be worn by BOW & COX during racing.
- **As entry is by BROE licenses must only be handed to Registration if you qualify for a final. No prizes will be given until licenses have been examined and, where necessary, punched. All substitutions must be notified to registrations prior to a crew's first race in an event.**
- No number will be issued and therefore a crew will not be allowed to boat until full payment has been received.
- **Remember all boats must have a BOAT ID NUMBER**
- Prizes will be withheld or withdrawn from any competitors if errors of status are found or if misrepresentation has taken place
- No doubling up of boats, crews or any equipment is allowed within a division.
- Crews must report to the BOAT PAIRING AREA, for safety checks, with their opposition. No crew will be allowed to boat without their opposition. Crews should report 30 minutes before they are due to race. The crew must ensure that their boat and life jackets comply with the Rules of Racing and Row Safe Guide.
- All coxes must be weighed before racing and given a weight certificate that must be carried at all times. They are requested to bring their own dead weights, if required, which must comply with British Rowing's Rules of Racing. Checks may be made.
- The Highest numbered crew will take the **Clubhouse station**. Crews should proceed to the start on the Club side of the river and wait at the bridge marshalling area. Care should be taken when negotiating the RAILWAY/ FOOTBRIDGE. PLEASE TAKE INSTRUCTION FROM THE BRIDGE MARSHALL. Once instruction has been given crews will then pass under the bridge and cross to the NON Club side and proceed to the start.
- Crews shall leave the Landing stage ONLY when AUTHORISED to do so by the landing stage marshals.
- Please ensure you are familiar with the map of the course and the circulation pattern on the river.
- Please ensure that you do not impede a race coming down the course.
- Competitors must comply with all instructions issued by umpires, marshals or safety officials positioned along the course.
- **Once crews have crossed the finish line they must slow and ensure they stop by the end of the club steps and once they have passed the club steps they must immediately begin to turn if safe to do so. All boats must be aware that the second bridge downstream from the club is a hazard and cannot be passed through by any boat.**
- At the finish of each race, a bell will be rung from the Judge's tent and the result will be announced. In the event of a dead heat, the crews shall return to the start (without disembarking) and the race will be re-rowed.
- **Coaching from the bank using an amplifying device is prohibited. Coaches and spectators must not use bikes to follow a race. The tow-path is too busy to make this safe.**
- Every competitor will wear the colours of the club he/she is representing in the race concerned. Crews representing a single club shall wear a uniform racing strip.
- The Regatta Committee reserves the right to make any alterations to the programme as may be considered necessary for the better running of the Regatta.
- **Practising on the Regatta course or anywhere on the river is not allowed – it is dangerous - and any crew found doing so will be subject to disqualification**
- **No row-over will be permitted at any time, except in a final where the remaining competitor must row over to claim their prize.**
- **First Aid can be called via any Marshall or Umpire. First aid station will be posted by the boat control area**
- For EMERGENCY SERVICES dial 999.
- ***Any competitor that falls into the river under any circumstances will not be allowed to race again until BR's capsize procedure has been followed (showering etc), dry kit has been obtained and first aid has authorised it.***

The Regatta Committee accepts no responsibility for competitor's (or spectator's) personal property.

We would remind anyone camping not to leave valuable items in their tents.

IN THE INTEREST OF SAFETY NO BARBEQUES OR OPEN FIRES ARE ALLOWED.

Please help us to keep the regatta field clean by putting all rubbish in the bins/bags provided.