

TALKIN TARN REGATTA 2024 INSTRUCTIONS FOR ALL COMPETITORS

It is the competing clubs' responsibility to ensure all of its crews and scullers abide by British Rowing RowSafe guidelines, British Rowing Rules of Racing and the specific local rules as presented in the Competitors Instructions. Coaches must assess the competence of their crews before allowing them to compete. Specifically:

1. There is blue/green algae present at Talkin Tarn.

Blue/green algae is hazardous and coaches must assess the competence of their crews before allowing them to compete where there is a heightened risk of capsize. Out of bounds areas due to high incidence of blue/green algae will be communicated on the day, where necessary. Competitors should take precautions and cover cuts/abrasions with waterproof dressings; avoid walking around in bare feet; do not deliberately splash face or boat fittings with Tarn water; wash hands and face before eating and shower after capsizing. Do not throw coxes in the Tarn.

2. Water levels may be low.

There may be several areas of shallow water; where significant, these will be marked on the Safety Instructions Map.

At the OUT and IN landings please follow instructions of those helping with boating/de-boating. Crews must make their way to the OUT landing and boat bow-first and then spin once on the water before moving up to the start.

At the finish crews must hold hard as soon as the boat has passed the finish post.

3. Weed may be prohibitive in some areas of the Tarn.

There is a potential for excessive growth of weed on the Tarn. In the event that this is due to cause a risk to competitors, the Organising Committee will communicate with Clubs and a revised shorter course (500m) may be used. In the case that a shorter course is required, a revised Safety Instructions Map will be provided showing the areas affected. Crews should not travel outside of the marshalling area or travel too far off-course whilst racing. In the case of weed growth, there may be an enhanced risk of capsize and safety launches may be unable to enter certain areas.

4. Clubs must ensure that all of their boats comply with British Rowing RowSafe standards.

Any boat may be inspected by officials.

5. It is mandatory that all boats have a unique three letter code + three-digit fleet number.

This applies to all clubs including those not affiliated to British Rowing. Any boat not complying with this rule may not be allowed to race.

6. All coxes must wear approved Personal Flotation Devices (lifejacket or buoyancy aid) and be adequately dressed for the prevailing weather conditions and any possible changes.

Only manually operated life jackets may be worn in bow-coxed boats.

Coxes' Personal Flotation Devices may be inspected and the coxes understanding of the correct use of the lifejacket checked by officials.

7. All coxes must be weighed prior to their first race at Race Control.

Certificates confirming achievement of the minimum weight and dead-weight requirement will be issued and may be checked by officials. Such certificates will be issued in compliance to British Rowing's Guidance for weighing coxes.

8. All competitors must be suitably dressed for waiting on the water and may not be allowed to boat if the officials judge they are inappropriately dressed.

Competitors are reminded of the British Rowing Rules of Racing relating to dress code.

- 9. Every competitor, except coxes, should wear the racing strip of the Club they represent.**
Crews representing a single club shall wear a uniform racing strip.
- 10. Competitors must be aware of the Safety Instructions Map and Competitors Instructions and must have been instructed in a capsizing drill.**
- 11. Boats can only be stored in the Trailer Park.**
No boats are to be left on or by the footpaths and/or access routes around the Tarn.
- 12. Prior to boating, blades must be brought to the OUT landing area where temporary storage is provided.**
Blades must not be left against the play area fence. Blades must be removed from the IN landing stage after racing and from the blade area when not competing.
- 13. Crews must boat at the OUT landing and get off the Tarn at the IN landing.**
Crews must follow the one-way system for gaining access to and from the landings. Crews can only approach the landing stage from the Trailer Park on the footpath that runs past Race Control (Alex Boathouse) along the Tarn edge. Crews leaving the Tarn must return to the Trailer Park past TTARC boathouse. There will be signs to reinforce this procedure. Unless instructed to do so by marshals, all crews must land after racing and re-boat again for the next round.
- 14. Crews must arrive at the OUT landing stage with their opposition and in good time.**
Crews will not be able to join the boating queue without their opposition. Crews must be ready to leave the Trailer Park with their opposition 20 minutes before their race time. All boats should be checked prior to leaving the Trailer Park (seats, riggers attached, bow balls, heel restraints etc.). Where possible, please arrange for other club members to help you boat by passing your blades/holding your boat. Failure to follow this may result in boats being turned away from the OUT landing and missing their race.
- 15. Competitors are responsible for proceeding safely, especially to the start and after the finish of their race.**
When doing so, competitors must follow instructions given by officials in respect of the appropriate route to take. Competitors must follow the circulation pattern (see Safety Instructions Map). Competitors may only cross the racing course on instruction of officials.
- 16. Race pace rowing at any time apart from during racing is NOT allowed.**
Warming up is not allowed on or adjacent to the course, including practicing starts.
- 17. Competitors will be assembled by the marshals at Holly Bush with their opposition.**
When instructed, crews must proceed, with their opposition, to the Start Marshal area. The Start Marshal will instruct crews when to proceed to the start.
- 18. Lane allocation**
The first named boat in each race will take the **Yellow** Station, that is, the nearest to the marshalling area.
In two-boat races, the second named crew will take the **Pink** station.
In a three-boat race the second named boat will take the **White** station and the third named crew the **Pink** station.
- 19. Start procedure**
As permitted in the British Rowing Rules of Racing, the Starter shall omit the words “two minutes” and proceed with the start procedure from Rule 7 – 3 – 4c when all other conditions for racing are met.
- 20. Crews must hold hard as soon as the umpires signal for the end of the race.**

- 21. All crews must have a crew number displayed both on the bow of the boat and the bow-person.**
Clubs will be invoiced for any bow slot numbers not returned.
- 22. Competitors are responsible for bringing to the attention of umpires, marshals, launch crew or other officials, any incident occurring during the event.**
- 23. Competitors should stop and give assistance to any crew or competitor that is in danger in the water if a launch is not present.**
- 24. Every attempt must be made to keep the course clear of obstructions.**
Any obstruction noted should be reported to an official.
- 25. Safety decisions such as cancelling the event, termination or suspension of some or all races, may be taken by the Regatta Safety Advisor or Race Committee Chair, who may involve the Race Committee.**
- 26. Race Control (in Alex Boathouse) is the co-ordination point for any emergency.**
Radio contact can be made with Race Control by any umpire and/or from the safety launches. Race Control also has access to a mobile telephone for use by regatta officials in the case of an emergency. If emergency services are called directly, please inform Race Control.
- 27. In accordance with the British Rowing Rules of Racing all crews must respect and obey instructions from umpires, marshals and safety launch crews at all times.**
Launches have priority on the Tarn at all times and competitors must note that they may have to travel to incidents with haste. All effort will be made to prevent impeding racing crews. Racing may be stopped at any point due to an incident. Marshals and umpires must be respected at all times.
- 28. Sporting Behaviour**
All competitors and supporters are expected to uphold a standard of respect and politeness towards one another whilst in attendance.
- 29. First Aid is based adjacent to the Tea Rooms on the waterfront by the landings and can be contacted through Race Control (Alex Boathouse)**
- 30. Cycling is not permitted at any time on the path around the Tarn or in the Trailer Park.**
- 31. BBQs are not permitted around the Tarn or in the Trailer Park.**
There is a BBQ area provided behind the TTARC Boathouse, on the campsite.
- 32. Scratchings**
If you know you are unable to make your event, please let us know as soon as possible on BROE and/or by email to avoid others from making unnecessary journeys. Please bear in mind that as per our conditions of entry, entry fees are not refundable once the draw has been made. On the day of competition, please report scratchings to Race Control.
- 33. Substitutions**
All foreseen substitutions, including coxes, must be made before you race in accordance with the Rules of Racing, on BROE before 21:00 on Friday 5th July. On the day of competition, please report full details of other substitutions to Race Control.
- 34. Prize Giving**
Prizes may be collected at the end of each division from Race Control. British Rowing Race Licenses and ID may be checked.

35. British Rowing Membership Insurance

Please note that the British Rowing membership insurance is only valid for UK residents who are resident in this country for more than six months in a year. Competitors are responsible for determining whether or not they are resident when they apply for membership with a UK address.

36. Contact Details and Officials

Race Control:

Hannah Rigby	Club Secretary & Regatta Secretary	07412 573888
Jon Britton	Club Chair & Regatta Secretary	07584 572308

Race Committee:

Chris Pratt	Race Committee Chair/Coordinating Umpire Can be contacted by radio via any umpire or via Race Control.
Jon Britton/Hannah Rigby	Regatta Secretaries
Rick De Souza Walker	Regatta Safety Adviser
Dudley Smith	Regatta Welfare Officer

Emergency Services/Medical Services:

Ambulance/Fire/Police	999
Local Police (non emergency)	101
Brampton Medical Practice	01697 72551
Talkin Tarn Country Park Warden	01697 73129