



St Ives Rowing Club



Regatta Competitor Information Sheet – 20th June 2026

Your **Club Coach or Race Coordinator** is responsible for ensuring that crews:

- Know when and where to be
- Are aware of what to bring
- Have been briefed on the information provided in the SIRC Regatta Safety Plan

Race Control manages race administration and communications during the event.

The notes below are intended as a helpful summary of other key points.

Before the Day

- Crews are responsible for being at the regatta location and ready to race at the published time
- Clubs are responsible for ensuring that all crews, including coxes, are familiar with the Safety Briefing materials
- A Course Map is available for crews to familiarise themselves with the course layout
- Crews are responsible for ensuring that all equipment (including boats and blades) is checked and in a safe condition
- Crews should bring appropriate clothing and equipment for the conditions (e.g. warm layers, waterproofs, sun protection, spare clothing in case of capsized)
- Competitors must bring British Rowing licence details (electronic or day licences are acceptable)
- Coxes must bring a life jacket and a fully charged cox box (if used)
- Food and drinks will be available on site, but crews may wish to bring their own
- Hope for good weather — we will be doing the same!

On the Day

Arrival and Preparation

- Crews must ensure they are registered (via their Club Coach if applicable)
- Check race time and crew number
- Collect crew numbers from Race Control before boating and ensure they are correctly displayed
- Ensure boats are fully rigged and ready before boating
- Boats and equipment must comply with British Rowing RowSafe requirements and may be subject to checks in order to confirm this
- Place blades close to the boating area before carrying boats
- Coxes must:
 - wear a life jacket
 - display a boat number
 - complete weigh-in at Race Control where required



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- Crews may wish to view the course from the bank in advance of racing
- Toilet, first aid, and food/drink facilities are available on site (see Course Map)

Boating and Marshalling

- Do not go afloat for a division until Marshals confirm that safety cover and race control arrangements are in place
- Be ready to boat 20–30 minutes before race time
- Where boats are shared, crews should coordinate to minimise delays
- If running late, inform **Race Control as soon as possible**
- Boat efficiently from the landing stage and remain aware of other river users
- Crews must follow the published circulation pattern per the Course Map at all times
- Crews will proceed downstream and hold position as directed by Marshals
- When instructed, crews will proceed upstream to the start
- Crews must follow all instructions from bank and safety boat Marshals

At the Start

- Stay within earshot of Start Marshals
- Crews will be instructed when to approach and attach to the stake boat
- Follow all instructions promptly and safely

During Racing

- Follow instructions from Umpires and Marshals at all times
- Respect other competitors and maintain safe racing conduct
- If a racing incident occurs, recover and continue where possible (unless instructed otherwise by an Umpire)
- Racing continues until the finish signal sounds (unless an Umpire instructs otherwise)

After the Finish

- Remain alert — other crews will still be racing
- Return to the landing stage as directed
- Assistance will be available for landing where required

Special Circumstances

- Racing may be suspended or altered in accordance with the Regatta Alternative Arrangements Plan – crews must follow instructions from Marshals and Race Control immediately
- Coaches and crews should be aware that racing decisions are based on conditions being safe for all categories of competitor
- **Dead heat:** crews will be instructed to hold and re-race
- **Capsize:** stay with the boat and follow instructions — safety crews will assist
- **Unexpected issues:** can occur – follow instructions from officials and continue safely where possible



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- All incidents must be reported to Race Control as soon as practically possible

Instructions from the Umpires on Race Procedure

- **At The Start**

Crews will be handed over to a **British Rowing licensed Umpire**, who is responsible for enforcing the Rules of Racing.

- **Roll Call**

The Umpire will confirm crews and may outline the race progression. Crews should acknowledge when their club is called.

- **The Start**

The Umpire will:

- raise a red flag
- call “**ATTENTION**”
- pause briefly (1–3 seconds)
- call “**GO**” while lowering the flag

- **False Starts**

If a crew starts early:

- the race will be stopped
- warnings may be issued
- repeated offences may lead to disqualification

- **Keeping on Station**

Crews must remain on their station unless instructed otherwise. Failure to comply with instructions may result in disqualification.

- **Clashing**

If boats or blades make contact:

- the race may be stopped
- or restarted
- or decided by the Umpire

- **The Finish**

If the race is in order:

- the finish Umpire will raise a white flag

- **Disputes**

Any query must be raised immediately after the race

The Umpire will discuss the decision with the crew

Appeals may be made to the Race Committee via Race Control

Appeals must be supported by a Club Captain or the crew's Coach



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After the Race

- Check timings for subsequent races – these may be subject to change if a schedule clash is identified or a crew has to withdraw
- Keep warm, hydrated, and ready
- Results and race updates will be displayed at Race Control

Final Notes

- Contact details provided on British Rowing entries will be used in an emergency
- Competing Clubs must ensure a designated, contactable representative is available throughout the event

We hope all crews have a safe, competitive and enjoyable day of racing.