

GROSVENOR ROWING CLUB, CHESTER
DEE AUTUMN HEAD
Saturday 26th October 2019
INSTRUCTIONS TO COMPETITORS
(INCLUDING LOCAL NAVIGATIONAL RULES AND REGULATIONS)

1. Important Information

a. Getting to the start Ref: Section 10

When proceeding to the start area crews must be past The Red House 25 minutes before the start time of the division. Late crews will not be allowed to start and must return to the finish area.

b. Safety Brief – see section 8

c. Boating Times – See section 9

d. Morning Division: Boat at the time allocated on the Draw. Race starts: 09:30.

e. Afternoon Division: Boat at the time allocated on the Draw. Race starts: 14:15.

2. Organisation

The Event is conducted under British Rowing's Row Safe, Rules of Racing and [Adaptive Rowing Safety Guidance for Event Organisers](#).

In the unlikely event of unsportsmanlike behaviour this will be referred to the Organising Committee and Chief Umpire. Any disciplinary action will be in accordance with our Ruling Body's Rules of Racing.

Entries: use online BROE in accordance with the dates indicate on the event poster

Race Control	Grosvenor RC	01244 311231
Event Chairman & Duty Officer	Adam Webster	07974 161647
Race Safety Advisor	Colin Davies	07919593049
Welfare Officer	Louise Tobias	07913916241
Chairman of the Race Committee	Tim Williams	07849757828
Entries Secretary	Brian Chapman	07833594700
Timing	Jeremy Lush	
Pre-race Publicity/	Ellen Micthell	



CHESTER

Sponsorship		
--------------------	--	--

3. Safety

Please report all incidents to Race Control – Thank You.

Safety Plan and Course Maps can be found online on the Event Website.

<http://grosvenor-rowingclub.org.uk/about-us/dee-autumn-head/>

IT IS YOUR RESPONSIBILITY TO KEEP A LOOK OUT.

4. Trailer Parking & Boat Assembly

Boat trailers can be parked along the Groves, near the bandstand and along past Hickories Bar (CH1 1SD), where the road 'Souter's Lane' has been closed specifically for this purpose. Boats may be assembled along the length of The Groves, however, plenty of space should be allowed for vehicles to pass through the Groves.

PLEASE NOTE: NO PARKING OF TRAILERS OR VEHICLES ALLOWED ON COBBLES OR PAVED AREAS IN THE PUBLIC SEATING AND BANDSTAND AREA.

Please avoid leaving boats opposite local business and domestic premises where vehicles have to come and go.

5. Access to the Trailer Park and Boat Assembly areas

Groves Bandstand Area, access is via Dee Lane and exit by Souter's Lane, also at Queens Park High School (CH4 7AE) via Queens Park Road. Please follow instructions from Marshals when parking vehicles and assembling/moving boats. Towing vehicles must not be parked along the Groves. The nearest public car park is the NCP car park on Pepper Street (CH1 1DF) multi-storey car park, however due to height restrictions this is only suitable for cars. All larger towing trucks, vans and minibuses should park at the Little Roodee Car Park (CH1 1SL).

6. Visitors and Competitor Car Parking

Car parking for visitors and competitors is normally available on roadsides in Queens Park (on the Meadows side of the river, cross over the suspension footbridge to re- turn to the Groves), or within the various public car parks in Chester city centre. There is no parking provision for cars on the Groves, and only limited car parking available in Dee Lane.

Parking at Grosvenor Rowing Club on the day is reserved for Umpires, Deliveries and other Race Officials.

7. Registration

Registration for ALL crews is in the main Grosvenor Rowing Club's Boat House, on the first floor gym (right at top of stairs).

Revision 2019-2
08 Oct 2019



On arrival, crews should immediately register with the entries secretary, confirm any substitutions with British Rowing card - and collect their race numbers.

Numbers should be securely pinned to the back of the sculler or crewmember in the bow seat and be clearly visible during racing. Two number stickers supplied need to be fitted to both sax boards near the bow seat.

8. Safety Briefing

A briefing for Coaches, all coxes and scullers will take place in the Gym at Grosvenor Rowing Club prior to boating at the following times:

First division – **07:55**

Second division – **12:30**

Boating commences immediately after the conclusion of the briefing.

9. Boating

The draw indicates from where crews must boat. Crews boating in the Groves may use the two landing stages near the bandstand, or can boat directly off the promenade if the river is high enough. Blades and equipment should not be left on the promenade. The landing stage at Grosvenor Rowing Club can also be used if needed.

All stages will be under control of a Marshal. Although it's your responsibility; boat safety life jackets and suitable clothing checks will be made on a random basis. Bow balls, heel restraints and/or buoyancy not up to standard will stop you boating.

Coaches and Athletes to shall ensure their boats and blades conform to Row Safe's guidelines Ref. section 7.1 Ref: Equipment Checklist.

Marshals will be calling crews to boat at their allotted time and will be controlling the boating process. Crews dressed inappropriately for the conditions may be prevented from boating. Crews can spend a considerable time waiting to turn and go down through the start. Bring warm/waterproof clothing be prepared to use it if conditions require it.

Coaches please advise your crews if they identify signs of Hypothermia, bring this to the attention of the Marshals or Umpires.

Signs of Hypothermia; shivering, slurred speech or mumbling, slow/shallow breathing, weak pulse, clumsiness or lack of coordination, drowsiness or very low energy, confusion or memory loss, loss of consciousness.

All crews must ensure that they are boated in time to be at the start at least 10 minutes before start time. An average crew paddling at steady half pressure will take 30 minutes to paddle the Course, assuming no delays.



Boating times have been provided. It is critical that these are followed. **Grosvenor Rowing Club** Do not arrive at the departing stages late, if you cause delay to other crews who have arrived at their correct time your crew may receive a time penalty.

10. Getting up to the start

Boats should proceed up stream on the 'Meadows Side' of the river, i.e. keep to the cox's right / sculler's left. Boats may overtake on the way up, using the centre of the river.

Respect the efforts of your fellow competitors, marshals and umpires and get to the start on time, alternatively:

- **A marshal will be positioned at The Red House, 1 km upstream from the finish and will not allow any crew to proceed to the start who has not reached that point at least 25 minutes before the race start time.**

11. Start Assembly

Refer to the course map. There are marshalling areas – A,B,C and D. These will be marked on the Eccleston bank 75m upstream of the (bridge) start. **Crews should refer to the race draw to find their marshalling area.**

There will be Start Marshals both on the riverbank and in Launches to assist you. Please don't make it difficult by not knowing your number or what side of the river you are stationed. **Lower numbered boats nearer the start and higher numbered boats further upstream.**

Crews should proceed past the start i.e the 'Motorway Bridge', remain bows pointing upstream and position themselves in numerical order in the relevant area as follows:

EVEN numbers along the Eccleston bank **(Cox's right hand side, scullers left going upstream)**

ODD numbers along the Huntington bank **(Cox's left hand side, scullers right going upstream)**

Crews should not turn until instructed to do so but be prepared if you see boats turning, Tops Off, Check Equipment, Stow Kit, Hydrate, etc.

12. Starting

Competitors must obey the instructions of the Start Marshal at all times. When instructed to turn, boats should turn and paddle downstream lightly maintaining numerical sequence and 3 - 4 lengths of clear water. Crews will be started by the command "Number ...Go" approximately 50m from the "Motorway Bridge" start line. Timing will commence as each boat passes under the 'Motorway' bridge.



Overtaking is only allowed once boats have passed the Motorway Bridge start.

13. Racing

All crews must comply with instructions of umpires.

Heron Bridge Bend (ref course map) requires caution, for those boats equipped for straight line racing, may require a combination of both rudder and pressure to maintain the racing line.

However, the Starter will attempt to ensure that there is adequate space between boats at this stage of the race. Please also listen out for instructions from the Umpires and Marshals.

Boats being overtaken must give way in good time to allow faster boats to follow the racing (line) course. Failure to obey this request and other instructions from Umpires may result in a time penalty or disqualification. Time bonuses will not be awarded, penalties may. Complaints of interference must be registered with the Chief Umpire.

Coaches please, help the Umpires and instruct your coxes and scullers on Port and Starboard manoeuvres.

Crews should be aware of other river traffic not involved in the race. Once crews have passed the Red House restaurant (large glass-fronted building (refer to course map), all crews must race on the Meadows (cox's left hand, scullers right hand) side of the river.

THE RIVER WILL NOT BE CLOSED TO OTHER CRAFT.

We have an agreement with larger commercial boats that they will use the City side of the river. Please be aware that other river users not connected with the race may be on the water and may not know the rules.

If you capsize or for whatever reason follow your capsize drill. Draw attention from the umpires or marshals and wait for a safety boat to respond. **Remember keep clear of the engine prop.**

14. After the race

KEEP TO THE MEADOW'S RACING LINE TO AVOID MOORINGS ON THE CITY SIDE JUST AFTER THE FINISH

The MARKED race finish is by the stone steps at the bottom of Dee Lane. **There will be no signal.** As soon as a boat has passed the finish line, competitors should wind down to light pressure and continue paddling. **DO NOT STOP ON THE FINISH**

Returning to the landing stages. Boats should continue on the Meadows (cox's left / scullers right) side of the river from this point, down towards the Turning Buoy and Suspension Bridge.

Unless instructed NOT to do so:



Grosvenor Rowing Club RC
CHESTER

Crews returning upstream to Kings RC, Grosvenor RC, Royal Chester and Queens Park

High School should turn clockwise around the Buoy located before the Suspension Bridge, and proceed back to their stages on the City/ Grosvenor side of the river. Crews returning to QPHS should follow the boating pattern and cross over to their stage as and when it is safe to do so avoiding finishing crews.

Crews returning to the Groves/Bandstand should turn and paddle to the landing stage as they pass under the Suspension Bridge approaching the landing stages upstream, **avoiding the**

yellow danger buoys protecting the Weir, crew members should disembark immediately and move the boat alongside the stage to allow following boats to do the same.

Failure to comply with the above rules may put other boats at risk and will render crews liable to disqualification or a time penalty, as may be deemed appropriate.

An aid memoir:

Boat Circulation at the Finish

For safety reasons it is essential that these instructions are followed...

After finishing, continue paddling down towards the suspension bridge keeping to the QPHS bank until instructed to turn.

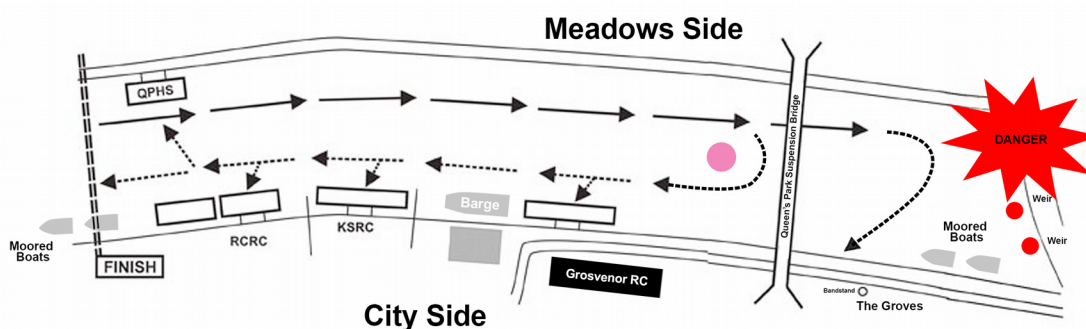
Do not stop in the finish area.

Do not turn before the bridge unless instructed to do so.

Return upstream keeping to the Groves bank staying well into the side if you are landing at GRC, KSRC or RCRC.

Crews landing at QPHS stage should wait until the river is clear to cross.

Failure to follow these instructions will result in disqualification.



15. Results and Medals



Grosvenor Rowing Club
CHESTER

Provisional results will be posted outside Grosvenor Rowing Club as soon as possible and copies will be distributed as soon as possible. Results will also be posted on the Internet at <http://grosvenor-rowingclub.org.uk/about-us/dee-autumn-head/> .

Appeals with respect to timings must be made to the Race Committee immediately after publication of results.

Medals will be presented and may be collected from the Entries desk immediately after the results have been published.

ALL BOATS MUST HAVE A CREW ID ON THEIR BOATS, IF NO ID IS VISIBLE THEN AN AUTOMATIC TIME PENALTY WILL BE PLACED ON THE CREW.

Note Changes on the River for those familiar with the River DEE.

Some leisure boat moorings have moved from opposite Grosvenor Rowing Club, on the meadows side, to the City side near Royal Chester Rowing Club and just after the finish. Please make a note of this change when passing the finish on your way up to the start.

The Boat House Pub has a Barge (beer garden) attached to it, partially restricting visibility of traffic coming up river on the City Side.

Below the Suspension Bridge there is a weir, highlighted by three yellow buoys, keep clear of this area and the large moorings, gauge the stream and once under the suspension bridge turn, do not leave it too late as you may drift towards these hazards.

BE SAFE AND HAVE AN ENJOYABLE AND SUCCESFULL EVENT