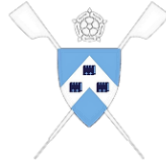


UNIVERSITY OF YORK BOAT CLUB



WHITE ROSE HEAD • December 16th 2023

COMPETITOR INSTRUCTIONS

It is the responsibility of the competing clubs to study these instructions together with the Safety Plan, Safety Map, Start Plan and Finish Plan.

SAFETY

It is the competing clubs' responsibility to ensure that all of their crews, scullers, coaches and those charged with the welfare of those racing have read and understood the following instructions. Captains and coaches must ensure that only competent crews have been entered and that their crews are properly prepared for the race. All Coxes must be sufficiently competent and inexperienced crews should have experienced coxes.

Captains should ensure that their crews follow the standards for safety set out in the British Rowing Guide to Good Practice in Rowing and that all equipment is safe and secure, in particular bow balls and heel restraints. All coxes must wear a PFD (personal flotation device) on top of other garments, as must any competitor who cannot demonstrate the ability to meet the swimming standard or if they suffer from any medical condition, which means they could become unconscious or immobile.

Coxes, crews and scullers should all be suitably dressed for the weather conditions; it can be very cold and boats could be on the water for up to two hours.

Hypothermia is a real danger so hats, gloves and other warm clothing are essential. Any competitor without sufficient kit or safety equipment will be returned to the nearest landing stage and may be disqualified as per the British Rowing Rules of Racing.

The Committee does not accept any liability for crews or their equipment.

BOATING PROCEDURE

From York City RC

Crews boating from YCRC must boat with their bows pointing downstream, handles on bowside pointing to stern. Crews will then proceed downstream along the entirety of the course to the marshalling area giving keeping aware of other river traffic.

On their return, after the finish, crews returning to YCRC will be marshalled straight through the holding area between Lendal and Ouse Bridge. Coxes and Steers should remain aware of crews not returning to YCRC who will be stopping in the holding area and pulling into the right.

Marshals will be available to help and to catch blades on landing if needed.

From UYBC

Once the steps have been reached, we recommend holding boats at heads until you are ready to gently place the boat down and place it out. If river levels are high, please be aware that there will be some build-up of mud on the edge of the steps. Make sure 8+ boats are lowered carefully.

At UYBC, you must boat with your bow pointing upstream (right) with bowside handles forward to the person in front to accommodate the step, and then row up to the crossing point marked by a safety launch, spin and then proceed downstream to the marshalling area.

After the finish, crews returning to UYBC will be marshalled to row on through the first bridge, and then pull into the right-hand side of the river and await orders to spin. When landing, crews returning to UYBC must row past the boathouse, past the last houseboat on the straight, spin and then queue up to land in the same direction as you boated. Crews must be reminded to pass their handles forward as they come onto the step.

Marshals will be available to help and to catch blades on landing if needed.

GETTING TO THE START

Crews will be boating from three points: the University of York Boat Club (UYBC), York City Rowing Club (YCRC), and York St. John's (YSJ).

Crews must pass under the A64 bridge before turning around to wait in the Start order. Start Marshall will give instructions on where to line up along the bank.

Crews will be expected to race past Blue Bridge, and through Skeldergate Bridge. Crews will not be passing under Blue Bridge and over the River Foss under any circumstances. All crews will stay on the main channel.

MARSHALLING

Please take time to look at the Marshalling Plan so you know where you will be, which side of the river you will be marshalling on and which way the boat should be pointing. Always listen to the Marshals and obey their instructions. Keep your kit on until you are turned and ready to race. As you approach the start keep close to the boat ahead of you.

FINISH



The finish line will be marked by a sign on the bowside. When the finish line is crossed, crews will keep rowing through the **central arch** and listen to instructions from marshals.

- Crews boating from York St John and York City BC continue to the relevant boathouses.
- Crews landing at YCRC should exercise caution when crossing the river to land as there may be oncoming traffic.

Crews returning to UYBC Boat House will pass under Ouse Bridge to ensure safety and minimise traffic. Crews will not spin until they are told to.

TIME PENALTIES & DISQUALIFICATION

Penalties for Steering Infringements:

Any crew hindering a faster overtaking crew may incur a 10-second penalty.

Any crew racing on the inside/Station side of the buoys at the Blue Bridge bend will receive a 10-second time penalty and may risk disqualification... crews **MUST** keep these buoys on their port side; cutting this corner involves rowing on the wrong side of the river which is obviously dangerous.

In extreme cases, you may be disqualified.

Racing numbers will be available for pick-up at your assigned boating area and should be returned at the end of the day. Clubs will be charged for plastic numbers not returned (£5/number).

Scratching on the day of the race should be made known to race control as soon as the intention to withdraw is known. This is an important safety requirement.

REGISTRATION will take place at your boating area.

Boating Areas

York St John BC: Marygate, York YO30 7DT St Peters Westminster Road, York YO30 6LY

York City BC: The Boathouse West Esplanade York YO1 6FZ University

of York BC: Fulford Moorings, St Oswalds Road, YO10, 4FA.

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