

Nottingham Autumn Head Races

Sunday October 19th 2008

Incorporating the Nottingham Sculling Head and the Nottingham Autumn Head

Division 1 **Nottingham Scullers' Head - start time 1100 from The Pipe**

- Collect your numbers from the Britannia Boathouse on arrival. All scullers must be boated by 1000 in order to allow adequate time to reach the start, which is located about one mile (1600 m) upstream of Clifton Bridge.
 - All scullers should wait with bows pointed upstream, with the lowest numbers nearest to the start, with number 1 by the pipe. **Tuck into the bank above Clifton Bridge, as scullers will be racing past downstream.**
 - **Practice pieces downstream are not allowed under any circumstances** due to the risk of collision with scullers proceeding upstream to the start.
 - When instructed, scullers will go upstream until instructed to turn and proceed down to the start. The starter will shout "Number *...Go!" The timing will start on "Go".
 - **Please leave 10 second intervals between scullers. Crowding may cause the timer to miss your start time.**
 - At the start, obey the instruction of marshals, whether on the bank or in a launch.
 - Scullers being overtaken must move over to allow faster scullers to move past on the racing line. Impeding an overtaking sculler may cause disqualification.
 - **The finish is 100m below Trent Bridge.**
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Division 2 **Nottingham Autumn Head - start time 1400 from Clifton Bridge**

- Collect your numbers from the Britannia Boathouse on arrival. All crews and scullers must be boated by 1320 in order to reach the Farm, located ¼ mile (400 m) beyond Clifton Bridge.
- All boats should wait with bows pointed upstream, with the lowest numbers nearest to the start, with number 1 by Grove Farm. **Tuck into the bank above Clifton Bridge as crews and scullers will be racing past downstream.**
- **Practice pieces downstream are not allowed under any circumstances** due to the risk of collision with boats proceeding upstream to the start.
- When instructed, boats will turn and go downstream to proceed to the start just before Clifton Bridge. The starter will shout "Number *...Go!" The timing will start on "Go".
- **Please leave 10 second intervals between crews. Crowding may cause the timer to miss your start time.**
- Eights will be started between the crew boats and the single sculls in the start order. A gap of five minutes will be allowed between the last eight and the first single.
- At the start, obey the instruction of marshals, whether on the bank or in a launch.
- Boats being overtaken must move over to allow faster boats to move past on the racing line. Impeding an overtaking boat may cause disqualification.
- **The finish is 100m below Trent Bridge.**

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Rules

- The races will be conducted under the ARA Rules of Racing.
- **Practice pieces downstream are not permitted and may result in disqualification.**
- Coxes will not be weighed.
- All boats must be fitted with Empacher slots for the plastic numbers.

Car Parking

As parking space on Trentside is very limited, we have permission to use the car parking facilities at the Rushcliffe Civic Centre, which is immediately adjacent to Trentside. However, please note that **access is via Pavilion Road.**

- If you are coming over Trent Bridge from the City Centre, **ignore** the left turn onto Trentside and instead take the next left turn (a matter of a few yards). The Civic Centre is then on your left. Park near the back of the building and you can walk through to the rowing clubs.
- If you are coming from the direction of Holme Pierrepont NWSC along Radcliffe Road, turn right into Pavilion Road before the traffic lights at the end of Radcliffe Road: the Civic Centre is then directly in front of you.
- If you are approaching from the South along the A60, turn right into Radcliffe Road at the traffic lights near the Trent Bridge Inn. After about 75 metres turn left into Pavilion Road: the Civic Centre is then directly in front of you.

Please make sure you leave the car park tidy by taking any litter with you.

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Safety Instructions

WATER SAFETY

- All competitors and coaches are advised to read and take note of the ARA Water Safety Code (WSC).
- Every crew member is expected to be able to swim a minimum of 100m in kit.
- Whilst the race committee endeavours to organise a safe event, each competitor and competing club has duty of care to themselves and others.

TRAFFIC FLOW

- All boats must proceed to the start by going upstream on the Nottingham bank of the river. When passing through the Toll Bridge ensure that you take the smaller arch on the Nottingham side of the river (to the cox's right when heading upstream).
- **When racing downstream, keep to the centre of the river.** Passing through the Toll Bridge, ensure that you take the larger arch (the right-hand arch as seen by the cox). At Trent Bridge, make sure to pass through the **centre** arch.

EQUIPMENT

- It is the responsibility of crew members and coaches to ensure that the equipment they are using is safe and complies with the ARA WSC. In particular, heel restraints, bow balls, buoyancy chambers and the appropriateness of coxes' life jackets should be checked before boating.
- The Umpire in charge of Control Commission will refuse to allow boats to race if there is equipment failure that cannot be rectified in time for the race.

MONITORING

The whole course will be monitored by a team of race marshals, who will be either in safety launches, on the bank, or on bridges. Marshals will be equipped with throw lines, and radios to summon assistance.

CAPSIZES

- In the event of a capsize it is generally safest to stay with your boat and manoeuvre the boat to the bank in order to re-board and continue if possible. If you are unable to continue, wait until assistance arrives.
- If you see an accident, please give assistance if necessary.
- When ordered to do so by a marshal, competing crews must stop racing.

AT THE FINISH

- **Do not stop immediately after the finish** – doing so causes a logjam of crews and the possibility of crashes.
- After hearing the finish signal, continue to paddle on for **100m** and turn only when clear of other boats.
- Return to the stages close by the bank on the club side of the river (West Bridgford bank). Keep well in to the side, and be aware that crews may still be travelling at race speed down the centre of the river.

MEDICAL ASSISTANCE

Medical assistance is available from the St John Ambulance, which will be based on Trentside. In an emergency, 999 calls can be made from Nottingham Boat Club (telephone number 0115 981 1251).

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