

Erne Fours Head 2021

INSTRUCTIONS TO CREWS AND SPECTATORS

Race 1 Women's Head 10:30 AM

Race 2 Men's Head 1:00 PM

IT IS THE RESPONSIBILITY OF EVERYONE INCLUDING ATHLETES', OFFICIALS AND SPECTATORS' TO ADHERE TO ROWING IRELAND AND GOVERNMENT GUIDELINES WITH REGARDS TO CORONAVIRUS WHEN ON SITE.

COMPETITORS &/OR COACHES MUST ENSURE THAT THEIR ROWERS ARE CAPABLE OF RACING IN THE CONDITIONS AND WEARING APPROPRIATE KIT.

General Information:

When you arrive on site there will be marshals on hand to facilitate parking, which ensures social distancing between competitors. Clubs will be based at Enniskillen Royal Grammar School. There will no parking on site for spectators. Spectators should park at the Round O carpark. Please ensure that social distancing is practised at all times whilst at the competition and remain with your boat at all times.

Collect your plastic bow number and paper race number in good time from **entries control at Enniskillen Royal Boat Club** and ensure your bow number is securely fastened to the Empacher slot before you boat and your paper number is attached to your race lycra in a visible location. Please practise safe social distancing and wear a mask when possible when collecting your number and limit the number of the people in the queue where possible.

Your bow number will NOT be issued if you have failed to pay entry fees well in advance.

Race Control will be situated at Enniskillen Royal Boat Club however if you are boating from the Round O there will be officials present here throughout the day to assist with any queries or problems.

Face coverings must be worn when inside any of the clubs' buildings and you must adhere to the 1 metre plus guidelines at all times. This means wearing a face covering in situations where the 2 metre minimum distance requirements cannot be observed, whether that be inside or outside. Maintaining a distance of 2 metres between people is preferable. Club buildings will be exclusively used for race control and toilets; there will be no access to changing rooms or showering facilities, except in the event of a capsized. The number of people allowed in each building at a time will be closely controlled and social distancing within the buildings will be expected.

There will be hand sanitising stations located at all of the sites.

If your club is sharing boats between competitors it is **your responsibility** to provide adequate cleaning equipment to clean boats and blades not Enniskillen Royal Boat Clubs, we will not be sharing any equipment at any stage.

Coaches/parents are responsible for ensuring that their athletes adhere to the competition rules as listed in this document.

Your bow number, boating location and hands on time will be shown on the tracker system under boating times. You must boat at the time shown on the start order and set off upstream in plenty of time to get to the start. The last rowers must leave the landing stages by 9:45 am for Race 1 and 12:30 pm for race 2,

The Erne can be quite challenging even in November and you can expect to be on the water for a longish time. Ensure you have adequate clothing with you in the boat. It is the responsibility of coaches to ensure that their rowers - especially juniors - have sufficient warm/waterproof clothing.

Racing Information

You must remain at your allocated site once you arrive at the competition, unless essential to do otherwise.

Clubs/ crews are responsible for the safety of their own boats/ equipment. Crews should be prepared to demonstrate to Control Commission observers that the key safety features (bow ball, buoyancy compartments, heel straps etc) are in place and effective.

Marshals will instruct competitors to get hands on their boats and begin the boating process to ensure adequate time and distance between competitors. Athletes will be expected to boat independently or with the assistance of a household/ social bubble member or coach. **If you are NOT ready to boat at the allocated time, then marshals reserve the right to prevent a competitor from racing.** Additional time has been factored into the boating schedule to maximise the safety of competitors which is why it is essential to be ready on time.

Your hands-on time will ensure you have adequate time to put your oars on the landing steps and to put your boat on the water. Get into your boat as quickly as possible; adjusting your feet etc once you have pushed off from the landing. Move away from the landing promptly so as not to obstruct others behind. Anyone who has been assisting a competitor will be instructed to vacate the jetties immediately, via the one-way system, before the next wave of competitors will be allowed to commence boating. Helpers are expected to wash/ sanitise their hands immediately after assisting a competitor.

You are responsible for making your own way down to the start and for taking up position within the marshalling area; as shown on the course and start/finish maps. Copies of these will be available at each site and prior to the event on the event website. Launch marshals will assist in getting you in the right place.

You must be in position 5 mins before the start time. Crews should assemble as shown on the maps. Launch marshals will ask you to move towards the start in order. You will be started with the words "Number X, Club Y- GO" from the jetty at the Top of the Killyhevlin Straight. Your time will be taken at the start line about 100m further on.

During the race, rowers being overtaken must avoid impeding those behind; allow faster crews the shortest line on corners.

Marshalling and safety boats will be on the course and will be wearing appropriate PPE whilst on the water. If you do have an accident, stay with your boat until help arrives. Do not attempt to swim to the bank without your boat. If you see another boat in serious trouble, please stop and help until a rescue launch arrives. In the event of a capsized RNLI will be on hand to assist and will be equipped with suitable PPE.

At the finish and during the return to the jetty rowers must obey the instructions of the marshals. You must continue rowing through and well past the finish as other Crews may be coming up behind. Turn around the finish launch and return to Jetties. Marshals may ask you to wait on the water while the jetties are cleared of other crews. Please follow these instructions closely and be prepared to land independently or with the help of a household member. If you fall into difficulty there will be volunteers placed on the steps to assist, and they will be equipped with PPE, if it is necessary to intervene.

Once you have finished racing please return bow numbers to the designated buckets at each site. You will then be asked to leave the site as quickly as possible to reduce congestion between Races.

PRIZES

Results of racing and category winners will be published online after the event and prizes will be posted to a nominated club address. Prize giving this year will take place out doors at the boathouse at 2:30pm

LOCAL RULES

Rowers not ready to boat at their allocated time (this means having passed the safety inspection as well) will be liable to a thirty-second-time penalty (or disqualification if they have to be warned repeatedly).

SPECTATORS

As an organising committee we strongly advise **against** mass spectating to eliminate any unnecessary risk of transmission. We urge you to carefully consider the decision to come and watch and hopefully you can understand the reasons why the competition organisers have made this decision.

Any spectators intending on attending the competition or household members remaining on site to assist competitors **MUST** adhere to national social distancing guidelines at all times. .

CHANGING FACILITIES

The changing rooms on all sites will be off limits, except in the event of a capsize, and it is expected that you will arrive at the competition in appropriate kit to race in, bring spare kit with you and be prepared to change in your vehicle if necessary. In the event of adverse weather conditions, where athletes may not be able to change at their vehicle or there is a risk to their health in doing so, there will be indoor space available at each site for changing. Note these spaces will NOT be changing rooms but Gym, boat bays or other large areas repurposed as emergency changing facilities and will adhere to social distancing guidelines. Face coverings must be worn in these areas.

Toilets will be available at all sites for competitors only and Marshalls

FIRST AID

Our first aid provider will be located at Enniskillen Royal grammar School carpark all day and RNLI are fully first aid trained, in case anyone requires medical attention on the water. All first aid providers will be wearing suitable PPE and will treat patients in line with up to date coronavirus medical guidelines.

PARKING Only trailers and towing vehicles can be guaranteed parking at Enniskillen Royal Grammar School. Car parking for crews boating at Enniskillen Royal Grammar School is available at the top of the school). For Round O carpark athletes can park there.

CATERING

We will have catering and hot food available for sale at the Boathouse all day.

Enquiries to dholland835@c2kni.net

Race Day Contacts: Derek Holland – 07789288675,

We look forward to welcoming you to the Enniskillen and hope that you have an enjoyable row.