

Erne Fours Head 2023

INSTRUCTIONS TO CREWS AND SPECTATORS

Race 1 Men's Head 11:00 AM

Race 2 Women's Head 2:00 PM

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, Clubs will be based at Enniskillen Royal Grammar School and the Round O carpark, If required as a backup we will use Stewarts carpark also. There will no parking on site for spectators. Spectators should park at the Round O carpark.

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.

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.

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 10:15 am for Race 1 and 1:15 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.

Prior to clubs travelling we will indicate to all clubs entered if we are pulling any events. Most likely events to be pulled will be the Junior 14 and J15 quads if the conditions were to be unsuitable.

Racing Information

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 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.

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 up to 25 safety boats will be on the course and 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.

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.

PRIZES

Results of racing and category winners will be published LIVE online using race clocker after the event prize giving will take place will be posted to a nominated club address. Prize giving this year will take place outdoors at the boathouse at 3:30pm at Enniskillen Royal Boat Club.

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).

CHANGING FACILITIES

The changing rooms on all sites will be open and nobody should leave bags or property in the changing rooms.

Toilets will be available at both sites for competitors.

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.

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 after 12pm (prior to this please follow instruvctions). For Round O carpark athletes can park there.

Please note when the carpark is full you will have to find other carparking elsewhere.

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.