



Notice for Crews participating in the Head of the Shannon 2021

Please note the following points of information regarding the Head of the Shannon 2021 which is to take place on Sat 4th December in Carrick on Shannon. Please refer to the race instructions document on the Rowing Ireland website for further details.

To minimize the risk of Covid-19 spread and considering the potential high volumes of footfall in and around Carrick Rowing Club grounds we would encourage all rowers, coaches and visiting club members to wear face coverings, or masks, whilst on the Carrick Rowing Club grounds.

When outside the rowing club grounds, clubs should follow the recommended HSE Covid guidelines and any Covid protocols that may be in place in their own clubs around the wearing of Masks, physically distancing, hand sanitising, equipment sanitising, loading and unloading of trailers.

We would also encourage visiting club members, where possible, to observe physically distancing guidelines and to make use of the Hand Sanitiser facilities available at locations around the grounds.

Sanitising equipment for Boats and Oars touch points will be available for the crews on the Slips.

Club Officers and coaches should ensure their members are fully briefed as to above.

Notes

- 1.** Entry Fees must be paid before any club will receive their bow numbers and a paper number is attached to your race top in a visible location. Entry Fees for each club must be paid prior to bow number collection. This will be strictly adhered to.
- 2.** No deposit is required for bow numbers; however, we trust that all bow numbers will be returned. We will have assigned marshals to remove bow numbers from boats on their return to the slip areas. (Please return any remaining numbers to the slip marshalls)
- 3.** Please refer to the event safety statement on the Rowing Ireland website.
- 4.** The coxes meeting will take place at 09.15 in the Boat House. It is required that all coxes, scullers and individuals with responsibility for steering coxless boats attend. Please take note of any navigation markers, obstacles and buoys that are on the course that day.
- 5.** Please adhere to all marshals on and off the water, failure to do so will lead to time penalties or disqualification
- 6.** Slipping times for both races must be adhered to, as slips will be closed at the noted times and crews will not be permitted to slip thereafter. This will be enforced without exception. (Please see slipping schedule on page 2)



7. Masters crews must inform their grade to the Event Secretary no later than official registration date, failure to do so will result in an 'A' grade time being awarded.
8. During the race, rowers being overtaken must avoid impeding those behind; allow faster crews the shortest line on corners.
9. Marshalling and safety boats will be on the course and will be wearing appropriate PPE whilst on the water
10. 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.
11. Pennants will be awarded to the fastest crew racing in the official event category. **This year it has been decided to post out pennants to winning clubs and crews rather than to award by presentation on the day.**

Please be advised that it is forecast is for a mainly dry cold day with some light rain forecast for approximately 1pm. There will be a cool breeze throughout Saturday, so we recommend that all competitors be appropriately dressed for weather conditions. Coaches, we ask that you ensure your crews are adequately dressed, with long sleeve tops and hats etc. We also advise all competitors and coaches to wear wellington boots, sliders or flip flops as slipping times will require efficiency from all crews.

We look forward to meeting you all on the day and wish you every success.

Yours sincerely,

Mark Butler
Head of the Shannon Secretary

Slipping Times for the Head of the Shannon Race 1 (Crews must be slipped by times below)

Crew Number	Slipping time
90 – 60	09.55
59 - 35	10.10
34 - 20	10.20
19 – 1	10.30

Slipping Times for the Head of the Shannon Race 2 (Crews must be slipped by times below)

Crew Number	Slipping time
190 – 150	12.55
149 – 135	1.10
134 – 120	1.20
119 - 101	1.30