## **SAFETY STATEMENT & NOTES FOR COMPETITORS- 202**3

**1. VISITING CREWS** should access the river via one of the allocated rowing clubs.

**Please do not intrude on their other facilities.**

**2. SAFETY BRIEFING.** A compulsory Safety Briefing video including course details will be issued prior to the race for all steerers. .

**3. NUMBERS** must be clearly displayed during racing. Numbers lost or damaged will be charged at £10 stg. Numbers must be returned immediately after each race for re-use.

**4. COURSE DETAILS.** A map of the course and relevant features will be at LSC. Competitors should study these before launching. This includes details of a Plan B course.

**5. SAFETY AND RESCUE.** It shall be the responsibility of each crew to decide whether or not to start or continue racing. Competitors must find out about local practice and conditions, and check that their boat and equipment is safe. Competitors are responsible for their own safety, and must follow the Rowing Ireland Safety Code.

**This includes the need for bowball, heel restraints, quick release shoes, watertight hull, and cox’s lifejacket.** Safety launches may be present, but competitors are encouraged to achieve self-rescue. They must accept help if directed by the crew of a safety launch.

**6. THE COMMITTEE** reserve the right to alter the programme, postpone or abandon the event. Competitors are accepted on the condition that the Club Committee is not held responsible for injury, loss or damage to personal property, however caused. The club has public liability insurance in place for the event.

**7. LAUNCHING.** Crews should launch in good time, to reach the start area (3km away) **at least 5 mins** before start time.

Launch times:

Division 3: 60-45 minutes before start

Division 2: 45-30 minutes before start

Division 1: 30-20 minutes before start

1. **RULES BEFORE START TIME.** Normal rules will apply ie. Downstream on Co Down side ONLY, upstream on Co Antrim. A launch will be based at Kings Bridge (2250m from start). Crews still upstream of that point at **15 mins to start time** shall not race, but return to the boathouses keeping clear of racing. Crews arriving late or delaying the start may be penalised. After START time racing rules will apply until the last boat finishes that race.

**9. THE START.** Crews should marshall near the Albert Bridge. Do not go downstream of the bridge unless directed. See map for details, including Plan B.

**Division 1** should face bows upstream, in order on the Co Antrim side, above the bridge. **Divisions 2 & 3** on Co Down side, bows into the conditions, with the lowest number close to the bridge. Div 3 will be upstream of the start line if necessary. Div 2 & 3 crews should stay in order and move down towards the Albert bridge, cross and up on the Co Antrim side, to start in sequence.

**10. THE COURSE**. The river should be clear, but keep a lookout. Do not overtake near an obstruction. Let overtaking boats pass on their own course.

**11. THE FINISH.** Crews should stay **to Co Down side of buoys** approaching the finish, until it is safe to stop. They should return to slipways as soon as the river is clear, keeping close to the

Co Antrim bank, inside the buoyed zone. Crews boating from LSC & QUB to take care to stay off the course, and wait upstream of the finish if instructed.

**12. RESULTS** will be posted as soon as possible after each race, on webscorer.com.

1. **PRIZES** for classes with 3 or more starters, and junior classes, will be presented at approximately 16:30 hrs at LSC.
2. **REFRESHMENTS** will be available at LSC during the event.

**15. QUERIES on any matter should be referred to Gordon Reid +44 78 0303 4433 or**

**Tom Millis +44 7851 338 440.**