



Yare Cup Small Boats Head

Sunday 22nd September 2019

Competitors Instructions

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Registration

Registration is at Whitlingham Boathouses for all crews except those boating Yare Boat Club and Broadland Boat Club and is open from 8:30 a.m. Please collect your race number at registration and bring any outstanding payments.

(Crews boating at Yare BC and Broadland BC will register and collect numbers at those annexes, where crew lists and numbers will have been distributed.)

Crew identification will be **by bow number, fixed to the boat's Empacher slot**. Please ensure each racing boat has a slot. The Bow rower of each crew will wear a **paper race number for their racing layer**; safety pins will be provided but bring spares if you can.

Rigging and Boating

The principal boating location is Whitlingham Boathouses; Yare BC and Broadland BC crews will boat from their own boathouses.

Visiting crews (from Deben and Guildford) please rig on the grass areas close to trailer parking as directed by marshalls. **Space is available for your trailers alongside the trailers belonging to the Whitlingham clubs, alongside the approach track, BEFORE you get to the old wooden boathouses.**

Boats will be spot checked for Safety. Toilets are available in the new Boathouse. Suggested boating times will be posted on the Yare Cup website. Please allow up to 45 minutes for slowest crews to paddle to the start marshalling area and be in position for a prompt start at the advertised Division time. **ALL CREWS MUST BE PAST THE FINISH AREA on their way to the start 30 MINUTES BEFORE DIVISION START TIME.** There is a risk of time penalty or disqualification to crews that are late. DQ'd crews will not be allowed to proceed downriver of the Finish.

Crews will be called for boating in batches, earliest boat times first, but it will be competitors' responsibility to boat on time. (Boating times will be posted on the boathouse walls for convenience).

Boat with bows towards the exit of the boating dyke into the River Yare (Trowse Eye), i.e. downriver and proceed to the Start area on the Starboard bank.

Warming up

Crews are encouraged to lightly warm up on land before boating, and the paddle to the Start area provides a good warm up. Please take care if doing any race pace bursts that you have room, keep them short and do not risk collision with other crews paddling down. There is some rain forecast for Sunday – please have a waterproof layer to put on and keep warm.



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Marshalling

Crews will be marshalled according to race number (See Start Area Circulation map). Marshals will be on the bank and afloat on the river to assist crews and ensure they are in the correct position.

Marshals will instruct crews to turn around and paddle gently in numerical order in single file up towards the start line. (They will give instructions for taking warm up tops off ready to race).

Crews will be told to 'GO' by the Start Marshal approximately 50m before the timed start line.

Racing

Launch umpires and bank marshalls will control racing. Coaching from the bank view-points is permitted; no megaphones or radios are allowed. There are limited viewing points however.

Crews overtaking must do so safely. Crews being overtaken are to give way (by moving out of the racing line towards the starboard bank), overtaking crews must move towards the centre of the river to pass and return towards the starboard bank once they have passed a slower crew.

The river is open for other traffic during the race and it is important to keep to the starboard side of the river at all times (this is the correct racing line).

Particular care needs to be taken on the blind corners. Umpires will assist crews with navigation at these potentially dangerous bends, where there will be 3 small marker buoys to denote the centre line.

There will be a **YELLOW** buoy at the approach to the bend, a **RED** buoy at the apex of the bend and a **YELLOW** buoy at the exit of the bend. **OVERTAKING CREWS** should keep their hulls on the starboard side of the **RED** marker buoy and **CREWS BEING OVERTAKEN** must turn wide enough to let a faster crew through at this point.

Umpires will assist in the navigation at these points. Please read the Local Rules for guidance and note that crews not heeding the umpire's instruction will risk time penalties and disqualification.

After crossing the finish line at Whitlingham Green crews should paddle on as instructed by marshals before stopping to replace tops or take a drink, etc.

Please observe the Broads Authority navigation rules and keep to the starboard bank at all times.

Failure to observe the Rules could incur time penalties or disqualification.



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Results and Prize giving

Provisional results will be posted after each division on the website.

A presentation will take place at Yare Boat Club on Thorpe Island after racing (3:30pm).

Full results will be published at on the Yare Cup page of the Yare BC website

<http://yareboat.club/yarecup.php>

Welfare

YCSBH Welfare Officer, Inger Mak-Pearce (mobile 07788 788632 or 07931 526494) will be the point of contact for any matters relating to the welfare and wellbeing of both competitors and young and vulnerable people attending the competition.

Safety

The competition's Safety Plan, Risk Assessment, Thunderstorm Plan and Welfare Plan are on the Yare Cup SBH website

Liability

The competition's Organising Committee and Race Committee accept no liability for damage, loss of property or personnel injury caused in connection with the competition. In the event of the race being cancelled due to factors beyond its immediate control, the Organising Committee is not obliged to give a full refund of fees.

Key Contacts

Race Control: Thomas Foreman (07557 675011)

Emergency services (Ambulance, Fire Police): 999

Emergency Department – Norfolk & Norwich University Hospital, Colney Lane, Colney, Norwich, NR4 7UY (01603 287325)

Broads Authority: 01603 610734

Environment Agency: 0800 807060 (Freephone, 24hr service)

