



THE NATIONAL SCHOOLS' REGATTA 2022

SAFETY AND MARSHALLING INSTRUCTIONS

1. Information for Competitors and Spectators

1.1 Responsibilities

The Regatta implements the recommendations of the British Rowing Row Safe guide to good practice in rowing, and competitors are reminded of their obligations under Row Safe.

All Competitors and Spectators must follow posted safety notices and obey instructions from Regatta Officials.

Coaches and Rowers must read the [NSR Safety Plan](#). Please also refer to the [NSR Safety Plan Appendices](#). This document simply highlights the key points from the document in one easy accessible document for coaches and athletes. This does not replace the NSR Safety Plan and Appendices.

Competitors with significant pre-existing medical issues should inform the on-site medical team prior to competition.

Coxswains must provide and wear a suitable buoyancy aid or lifejacket when afloat. British Rowing Rules of Racing rule 7-2-9b will be strictly enforced: In all boats, the foot stretchers, shoes or other devices holding the feet of the rowers shall be a type which allows the rowers to get clear of the boat with no delay in an emergency.

Competitors are specifically reminded that persons using the lake do so at their own risk and are solely responsible for:

- Their own safety and their ability to meet the minimum standards required by Row Safe i.e. ability to swim, awareness of capsize procedures.
- Ensuring that their boats are safe and are prepared to the standards required by the British Rowing Row Safe guide and the British Rowing Rules of Racing. Any boat that fails to meet the standard shall be excluded. See British Rowing Rules of Racing rule 7-2-9 for details.
- The strict observance of the Circulation Pattern (see Section 2) and the minimum standards set by Row Safe.
- Deciding, together with their coaches, whether or not they are competent to use the lake in the prevailing weather conditions.

1.2 Equipment

It is the responsibility of the competitors to ensure that their boats are safe and are prepared to the standards required by the British Rowing Row Safe guide to good practice in rowing.

- Control Commission may inspect the boats prepared by the competitors before each race, and shall exclude any boat that fails to meet the standard laid down.
- Control Commission shall maintain a record of boats failing inspection. The Regatta Safety Officer shall forward this to the Regional Water Safety Officer within seven days of the Regatta.

1.3 Protection against Weather Conditions

British weather can be varied, even in summer. Competitors especially should ensure that they bring kit and clothing appropriate for all possibilities.

Hot Weather

All competitors and spectators need to be aware of the effects of sunburn, heat stroke and heat exhaustion and take appropriate action to limit the risks:

- o Wear clothing which offers protection against sunburn (hats, T-shirts, sunglasses etc) and use a high factor sun block.
- o Take on fluids before, during and after competition.
- o Find shelter against the sun.
- o Seek advice or assistance from the on-site Paramedic Team.

Cold/Wet Weather

While the Regatta takes place during the summer months, inclement weather cannot be discounted. All competitors and spectators should be prepared for cold and/or wet weather by:

- o Bringing spare clothes
- o Wearing multiple layers of clothes
- o Ensuring that you have appropriate kit with you in the boat. Don't compromise your own well-being for the sake of carrying a few extra ounces of weight.

1.4 Cold Water Immersion

All competitors should be aware of the actions to take in the event of immersion:

- o Stay with the boat and use it to keep you afloat
- o Get on top of the boat and attract attention immediately
- o If you have to stay in the water, retain warmth by keeping arms and knees tucked into the body
- o Stay calm and breathe deeply
- o Do not waste energy by trying to right the boat
- o Do not swim away from the boat because your swimming ability in cold conditions is dramatically reduced
- o Know the emergency procedures to be able to help effectively if you see a capsized
- o Keeping warm and dry in the boathouse between races.

1.5 Incident Reporting

All safety incidents must be reported to a Regatta Official and the appropriate incident report forms completed.

1.6 Practice

No crews may practice on the course.

Crews wishing to train on the Lake on Thursday must book in with, and pay, Eton College Services Ltd: 01753 832756.

Crews may **NOT** boat on the River Thames from Dorney's grounds. During hours of racing, crews will only be permitted to go afloat on the Lake to race.



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1.7 Circulation Pattern

The circulation patterns for Friday's racing and that for the Saturday/Sunday racing are different.

All competitors and coaches must familiarise themselves with the Circulation Patterns, for crews including those for proceeding to the start and racing (see Section 2). Crews failing to follow the circulation pattern may receive an official warning or be disqualified.

The racing lanes are numbered 1 to 8 from the spectator side of the course.

Crews must be attached to the start two minutes before race time. Races will be started without reference to absentees.

Crews may warm up in the areas indicated on the Circulation Pattern (see Section 2) and must adhere to the circulation pattern and obey all instructions from umpires and marshals in this area. Crews failing to comply shall be penalised.

1.8 Insurance

All clubs should ensure that they have sufficient third party insurance cover for attendance at the Regatta.

1.9 Safeguarding and Child Protection

The Regatta has appointed a Child Welfare Officer whose duties include understanding and implementing, where appropriate, the British Rowing Safeguarding and Protecting Children Policy.

All Regatta officials and volunteers are apprised of their responsibilities under the Regatta's Child Welfare Policy.

The Child Welfare Policy and contact details for the Child Welfare Officer are available at Race Control.

Schools and Clubs are expected to follow their own Child Protection Procedures in line with British Rowing guidance.

If you have a safeguarding or child protection matter to raise, ask any Regatta Official who will put you in contact with the Child Welfare Officer.

1.10 Security

The Regatta Organising Committee can take no responsibility for equipment left overnight.

All equipment must be removed from the site at the end of racing on Sunday night.

1.11 Boat Racking and Storage

It is the responsibility of competitors to ensure that their boats are secured correctly when stored on permanent or temporary racks, trestles, boat trailers or roof racks. Crews are requested to exercise consideration when racking or storing boats, so as to minimise restriction to access or movement by others.

1.12 Vehicle and Trailer Access & Marquees

Entry to and egress from the Dorney Lake site must only be made via Lake End Road (B3026) and not via Marsh Lane. **Gates will be open from 06.00 to 21.00 Friday, Saturday and Sunday. Trailers can access the site from 14:00 to 19:00 on Thursday.**

Only official vehicles and emergency vehicles are permitted access to the island between the warm-up channel and main lake.

Once on-site, drivers must follow the instructions of marshals who will direct traffic to the appropriate parking facilities.

Boat trailers will be directed to the car park situated at the North Eastern end of the Lake. or alternative location as directed by the traffic marshals. Marshals will be on hand to direct parking and full cooperation from drivers is expected.

Coaches and minibuses transporting crews will be parked on the South side of the Lake on Drove Road, entering and leaving via the access at the West end of the Lake.

Drivers transporting competitors will need to identify themselves at the entrance and will be directed to park on the Drove Road. This applies to parents and rowing coaches. If drivers wish to park on the North side of the lake to view the racing a parking ticket will need to be purchased in advance.

Spectator Entry Tickets: Those wishing to park on the north side of the lake near the school and club marquees will require a paid parking space whether the competitors walk from there or from the Drove Road.

All other vehicles will be parked on the North side of the Lake. Note that weather conditions may dictate that car parking and trailer parking facilities are changed at short notice.

All drivers must observe the posted speed limits and ensure that extreme care is taken in pedestrian areas. Cars, motorcycles etc **MUST NOT** drive along on either side of the course following crews or races.

Marquee locations can be found [here](#).

1.13 Use of cycles and drones

Pedestrians

Pedestrian access to the island formed between the main lake and warm-up lake is strictly forbidden.

Cyclists

Cyclists are reminded that their first duty is to the safety of those around them and they must ensure that they remain aware of the dangers around them. Cycling is **NOT PERMITTED** on the North side of the Lake or in the boating area. Cyclists must note the "No Cycling" areas on the circulation plan.

Only coaches will be permitted to access the island formed between the main lake and warm-up lake, for the purpose of following their crews. Parents (who are not coaches responsible for a crew on the water at the time) discovered cycling at any time will cause the disqualification of their child's crew.

No more than 2 cycles may follow each crew in a race. Ignoring this may lead to disqualification of the crew. Cyclists must take care at all times and must obey the instructions of the Marshals. In addition to being situated at the access to the island road, Marshals on the bridges will stop cyclists when the commentary car is approaching, to minimise the risk of collision.

Drones

Use of drones is **NOT PERMITTED** at any time during the Regatta.



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2. Circulation Patterns

2.1 TIME-TRIALS on Friday morning (1,000m)

Numbers can be collected from the Regatta Marshals Office before racing. Crews must carry their racing numbers on their training top, racing top and in the empacher slot on the front of their boats.

Crews should carry their boats from the trailer park to the outgoing pontoons around the back of the boat house where, under the guidance of the Control Commission Umpires, they should join the queue for boating. Please show respect for each other and do not push in the queuing lines.

A schedule of "boating times" will be issued. It is imperative that all crews and scullers comply with these boating times. If you miss your boating time, unless you can demonstrate extenuating circumstances, you will not be allowed to boat and will miss your race.

Once boated, crews will paddle slowly towards the start in the return (warm up) lake as shown in the plan below. Warming up by turning in the warm up lake is NOT allowed.

At 200m from the warm up lake exit the Marshal will tell them "Tops off" and will encourage them to move on to the exit bridge. A Marshal at this point will direct them through the bridge and towards the launch in lane 5 and encourage them to keep moving.

The launch in lane 5 will allocate them a lane (probably 7 or 8) and direct them towards that lane. When turning having passed through the bridge aim to row round in a continuous semi-circle ("hard on stroke side, bow side light / easy / hold") into lanes 7 or 8 as directed.

Crews should then proceed to the start at the 500m mark.

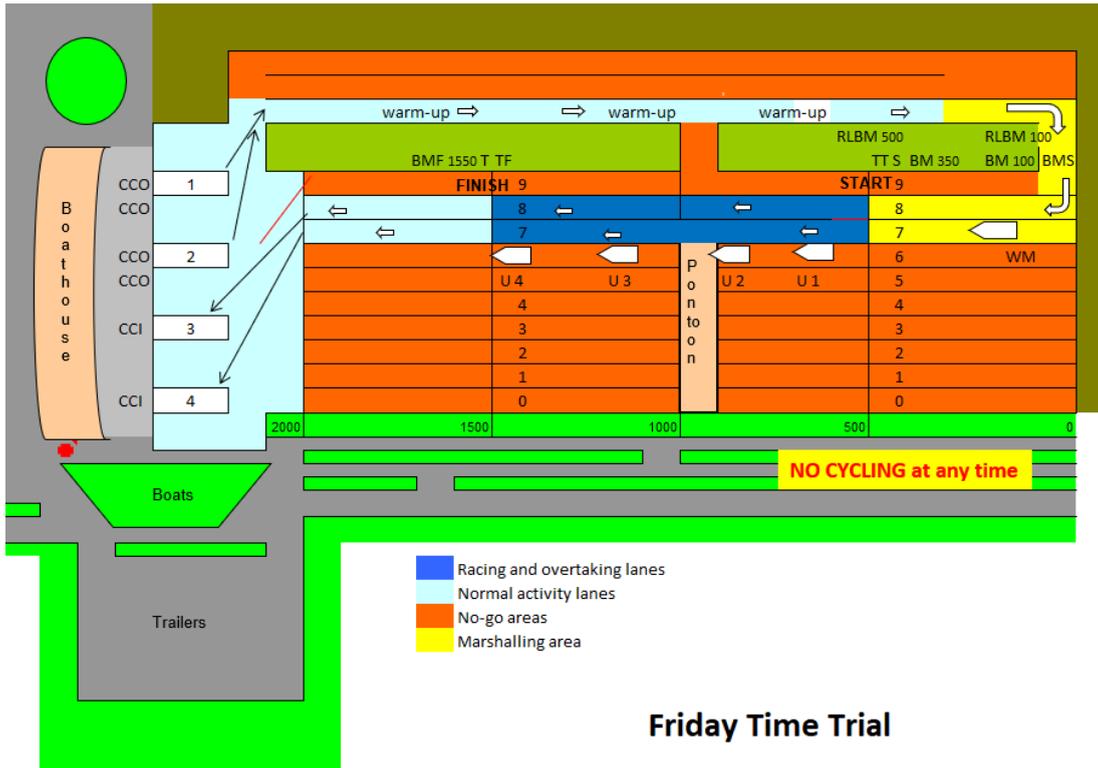
Crews will be started at intervals of approximately 30 seconds, with successive crews in different lanes to ensure a gap of at least 1min between crews in each lane.

The Starter will say "Go" approximately 100m before the timing line and crews will be timed as they cross the start line.

It is the responsibility of crews that are being caught to move across to allow faster crews to overtake. Crews should be careful in the Finish area, and proceed straight to the rafts quickly and safely; crews may not cool down on the course after their Time Trial as they may obstruct other crews racing.

In the event of it being necessary for a Time Trial race to be stopped for any reason the signal to stop will be a loud series of blasts from an air horn. This will be repeated from all umpire and rescue boats on the water. ALL RACING CREWS MUST STOP IMMEDIATELY and follow instructions from umpires and rescue boats.

The time trail race finishes at the 1500m mark at which point the crews should wind down but continue paddling, under the directions of the launch Marshal, to the incoming pontoons (No 3 and 4 on plan below).



Friday Time Trial

Cooling down is **NOT PERMITTED**.



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2.2 Saturday time-trials (1900m)

Numbers can be collected from the Regatta Marshals Office before racing. Crews must carry their racing numbers on their training top, racing top and in the empacher slot on the front of their boats.

Crews should carry their boats from the trailer park to the outgoing pontoons around the back of the boat house where, under the guidance of the Control Commission Umpires, they should join the queue for boating. Please show respect for each other and do not push in the queuing lines.

A schedule of "boating times" will be issued. It is imperative that all crews and scullers comply with these boating times. If you miss your boating time, unless you can demonstrate extenuating circumstances, you will not be allowed to boat and will miss your race.

Crews will paddle slowly towards the start in lanes 8 and 9 only.

Warming up by turning into lanes 1 to 7 is NOT allowed. At 500m (from the 2000m Start) the Marshal will tell them "Tops off" and will encourage them to move on to 250m.

A Marshal at this point will direct them towards the launch in lane 7 and encourage them to keep moving. The launch in lane 7 will allocate them a lane and direct them towards that lane. Aim to row round in a continuous semi-circle ("hard on stroke side, bow side light / easy / hold") into lanes 1, 2 or 3, as directed.

Lanes 0, 4, 5, 6 and 7 are safety lanes and are not in use for racing. Lane 0 is to be used only for crews in distress. A launch in lane 4 will sort the crews into lanes and set them off towards the start. Crews should proceed in their allocated lanes toward the start at the 100m mark.

Crews will be started at intervals of approximately 20 seconds, with successive crews in different lanes to ensure a gap of at least 1 min between crews in each lane.

The Starter will say "Go" approximately 50m before the timing line and crews will be timed as they cross the start line.

It is the responsibility of crews that are being caught to move across to allow faster crews to overtake.

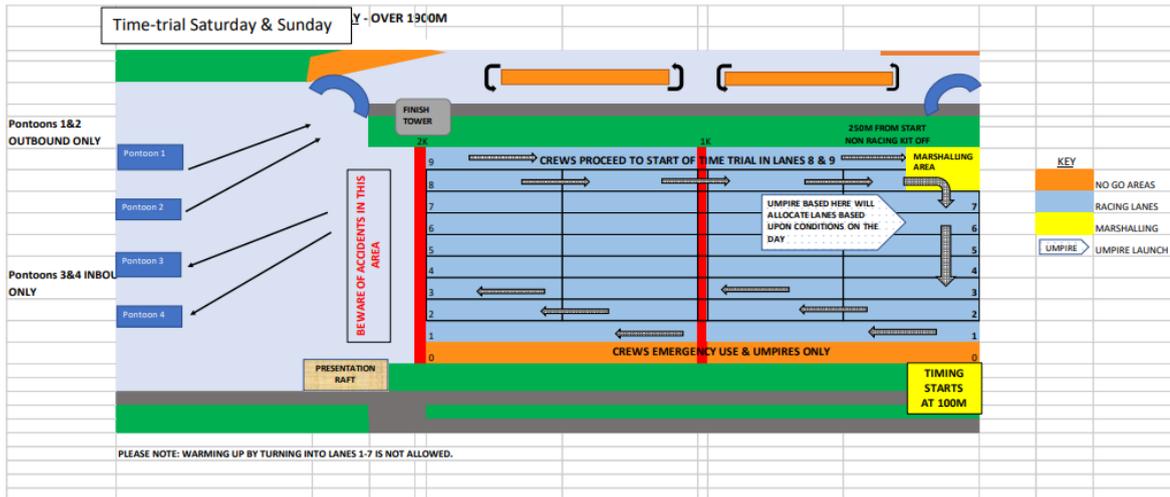
In the event of it being necessary for a Time Trial race to be stopped for any reason the signal to stop will be a loud series of blasts from an air horn. This will be repeated from all umpire and rescue boats on the water. **ALL RACING CREWS MUST STOP IMMEDIATELY** and follow instructions from umpires and rescue boats.

The time trial finish is at the 2000m mark where crews should wind down but continue paddling, under the directions of the launch Marshal, to the incoming pontoons (No 3 and 4 on plan below).

TIME-TRIALS on Saturday and Sunday (1,900m)

NOTE: Diagram below: Outgoing boats should go up lanes 8 and 9 **not** under the bridge as the diagram seems to indicate.

B.B. TIME-TRIALS ON SATURDAY AND SUNDAY – 1900M



Cooling down is **NOT PERMITTED**.



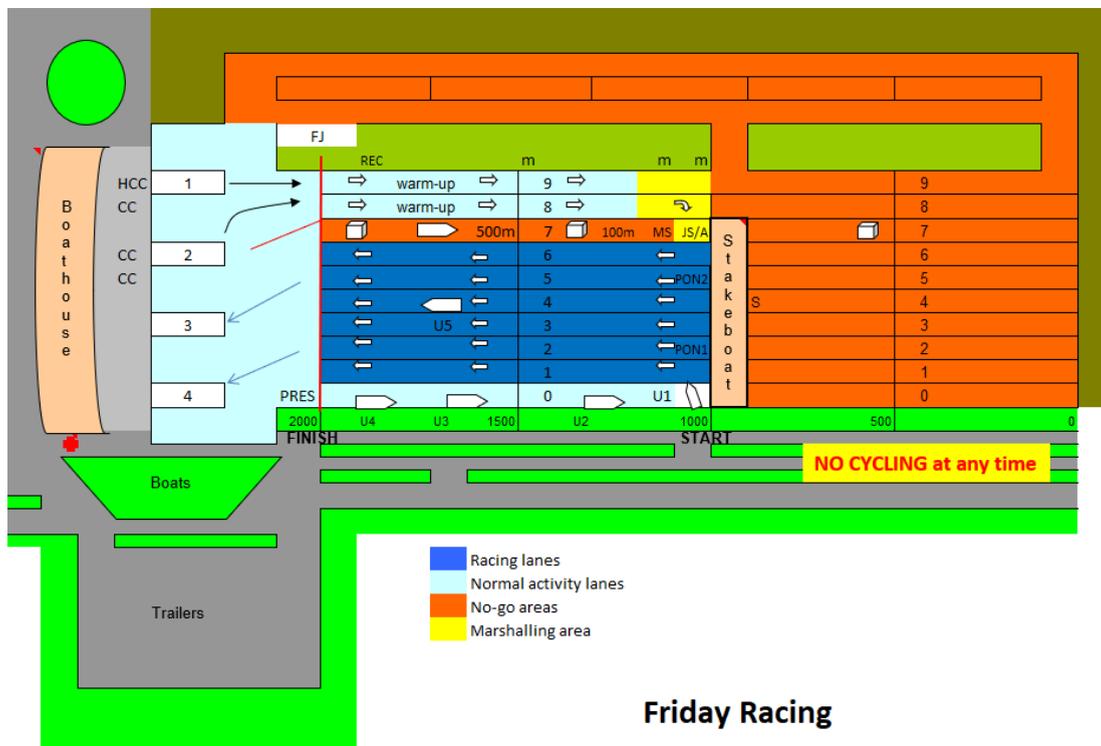
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2.2 MULTI-LANE RACING on Friday (1,000m)

Crews will proceed in lanes 8 and 9 to 100m before the start at the 1,000m mark at which point they will be directed by the Start Marshal to wait in Lane Number Order (1, 2, 3, 4, 5, 6) where they will be held.

When the Starter calls the race and under the Start Marshals instructions, crews will paddle across the start pontoons in their allotted lane and will then back down onto the start pontoon. Crews must be attached to the start 2 minutes before the race. If a crew misses its "slot" it may not be allowed to race.



Cooling down is **NOT PERMITTED**.

2.4 MULTI-LANE RACING on Saturday and Sunday (2,000m)

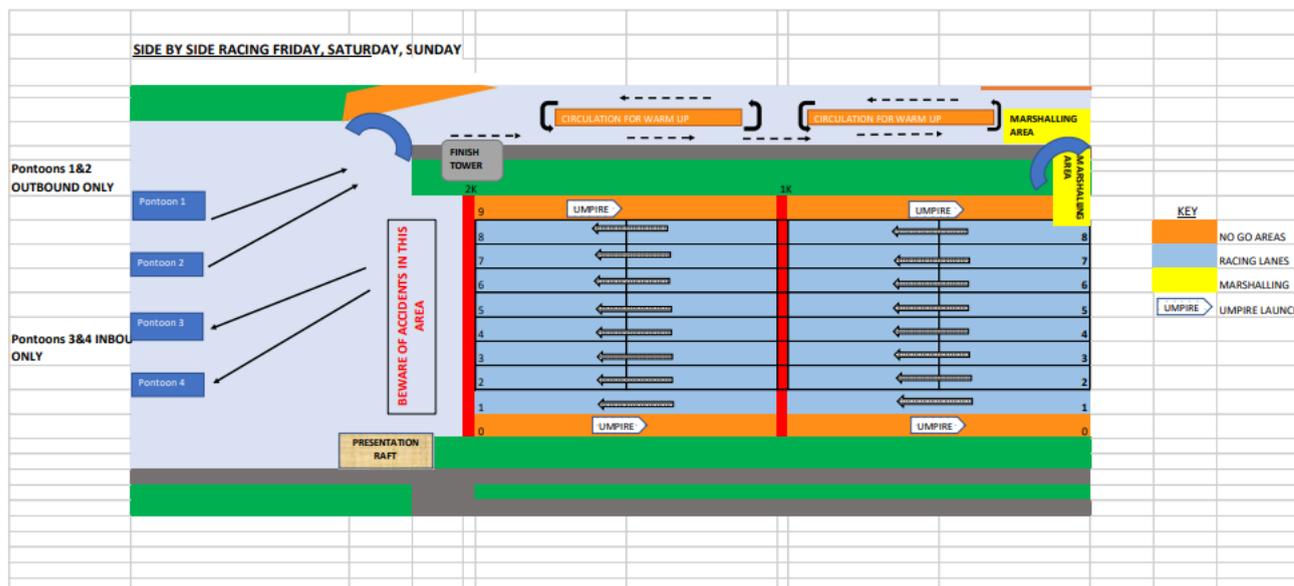
Each crew is responsible for being in the start area, within 500m from the warm up lake exit bridge and ready to race 10 minutes before the scheduled time of their race.

Crews will proceed towards the start in the warm-up lake as far as 200m from the start at which point they will be directed by the Start Marshal to **wait in Lane Number Order (1, 2, 3, 4, 5, 6)**. As races are set off crews will be directed to move towards the return lane exit bridge staying in lane number order.

When at the bridge and when the Starter calls the race under the Start and Bridge Marshals instructions, crews will paddle through the bridge and then across the start pontoons in their allotted lane and will then back down onto the start pontoon.

If a crew misses its "slot" it may not be allowed to race.

B.d MULTI-LANE RACING ON SATURDAY, SUNDAY (2,000m)



Warming up is only permitted in the areas and directions indicated on the Circulation Patterns.

Cooling down is NOT PERMITTED at any point on the lake.



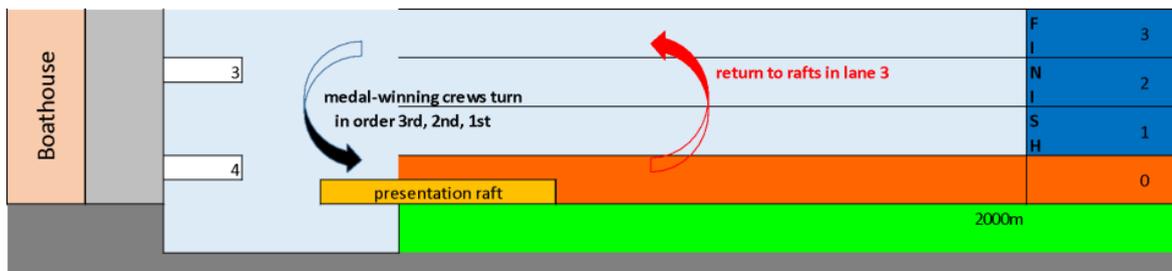
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3 Medal Presentations

The presentation raft will be located in Lane 0, attached to the bank about 75m beyond the Finish line. It is 48m long and can accommodate up to three eights.

- Medals will be presented to the first three crews in each final, provided that at least one further crew has entered the event.
- Medal winning crews must turn, immediately following their race, into lane 0 and proceed in reverse order (3rd -2 nd -1 st) to the presentation raft taking great care to avoid other boats and launches.
- Following the presentation crews must stay in lane 0 facing the Start until it is safe to turn onto the course and return to the boathouses via lane 3.
- Instructions from umpires marshalling crews must be followed immediately.



4. In case of Emergency

Rescue Boats and First Aid

Up to five rescue boats will be present on the main lake and the warm-up lake to give assistance where necessary. The positions for these boats can be found in the Circulation Pattern.

In the event of an incident or other event reducing the number of available rescue boats but not requiring the suspension of racing, the remaining rescue boats shall be redeployed to provide maximum effectiveness.

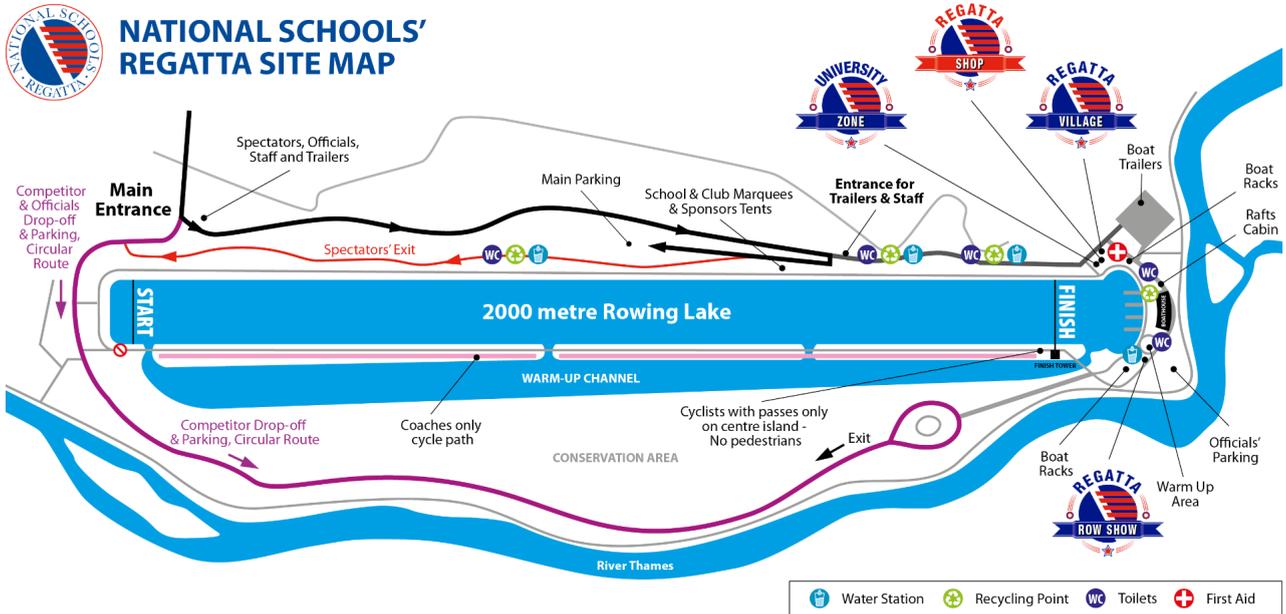
Paramedic facilities including an ambulance will be available in the boating area.

The nearest A&E department is in the Wexham Park Hospital, Wexham, Slough, Berkshire, SL2 4HL.

Incident Number:

Thames Valley Police is: INC 1122-18052021.

5. Course Map



School & Club Marquees Stand number 1 is near to the NSR shop. Stands run to approx the 1000m mark

- | | | | | | |
|--|---------------------------------------|--|---------------------------------------|---------------------------------|-------------------------------|
| 1 Monmouth School Rowing Club | 11 King's School Chester Boat Club | 22 Surbiton High School | 33 & 34 Eton College Boat Club | 45 Pangbourne College Boat Club | 57 Lea Rowing Club |
| 2 St Paul's Boat Club | 12 Wimbledon High School Boat Club | 23 Putney High School | 35 Monkton Combe | 46 Reading Blue Coat School | 58 Tideway Scullers' School |
| 3 Westminster School Boat Club | 13 Shrewsbury School Boat Club | 24 The American School London Boat Club | 36 Bedford Girls School | 47 Dulwich College | 59 Mossbourne Rowing Academy |
| 4 Kingston Grammar School Boat Club | 14 Winchester College Boat Club | 25 Wallingford Rowing Club | 37 Kew House School Boat Club | 48 Sir William Perkins | 61 Oundle School Boat Club |
| 5 Sir William Borlase's Grammar School Boat Club | 15 Radley College Boat Club | 26 Bryanston School | 38 1863 | 49 Walbrook Rowing Club | 62 RGS Worcester |
| 6 Durham Amateur Rowing Club | 16 St Pauls Girls School Boat Club | 27 Maidenhead Rowing Club | 39 The King's School Worcester | 50 Kingston Rowing Club | 63 St Peter's School |
| 7 Team Keane Sculling School | 17 King's College School Wimbledon | 28 Yarm School Boat Club | 40 Claires Court School Boat Club | 51 Cheltenham College | 64 Great Marlow School |
| 8 Hampton School Boat Club | 18 & 19 Latymer Upper School | 29 Emanuel School | 41 The Windsor Boys' School Boat Club | 52 St Edward's School, Oxford | 65 King's School Ely |
| 8 Lady Eleanor Holles Boat Club | 20 St Georges Weybridge | 30 Shiplake College | 42 Bedford School Boat Club | 53 Molesey Boat Club | 66 Norwich School |
| 10 Marlow Rowing Club | 21 Headington School Oxford Boat Club | 31 & 32 The Windsor Boys' School Boat Club | 43 Twickenham Rowing Club | 54 Magdalen College School | 67 The Grange School Hartford |
| | | | 44 Abingdon School Boat Club | 55 Henley Rowing Club | 68 Whitgift School |
| | | | | 56 The Oratory School | 69 Tiffin School Boat Club |