

Instructions to Competitors (including) Safety Notes

It is the duty of all competitors to abide by the ARA RowSafe Code.

Special notice should be given to the following for The Yare Cup.

- **The central number for all safety issues on the day is:
0773-9296999.**
- Boating at from any point other than the Yare Boat Club, Norwich Rowing Club and Broadland Boat Club is forbidden and will result in the offending crews being disqualified.
- **Boats will be turned back if they do not reach the Control Point (marked on the map) before 10:10am for the first Division and 13:10 in the second.**
- In the event of a red flag being shown racing will be suspended.
- The use of a white flag indicates a warning and competitors should do as instructed or be suspended.
- We are unable to close the river to navigation so it is the responsibility of all competitors to stick to the rules of the river. Particular care to be taken on the blind corners.
- It is the duty of competitors not to impede the progress of other competitors. To this end the overtaking boat has the right of way.
- Umpires and Race Monitors will record instances of boats being impeded and penalties will be imposed.
- If you believe that you were impeded during the course of the race it is your responsibility to put your hand up at the finish and make your case known to the Finishing Umpire. Failure to do so will result in your objection being over-ruled.
- In the, unlikely, event of a thunderstorm all competitors will be required to make their way to the closest bank as quickly as possible and get out of their boat. Leave oars and sculls behind, find a location away from trees and stay low to the ground. The race committee will use the 30:30 principle for either re-starting or cancelling further racing.

Enjoy your day's racing and stay safe!

Yare Cup Timings

Division 1

8.30 a.m. onwards registration of competitors – check bow balls and heel restraints – issue numbers notice giving key points of safety briefing, point out to competitors.

9.00 a.m. dispatch safety launches to positions (may be asked to position one or both “opposite side” marker posts at start and finish)

9.00 a.m. Start Boating.

9.30 a.m. latest time to present for boating.

9.35 a.m. last boats to leave launching stage.

9.50 a.m. boats to be warned on passing finish judge.

10.10 a.m. latest time to pass the Control Point – later ones will be turned back.

10.20 a.m. latest time to reach start (for turning round and positioning)

10.30 a.m. Start first Division.

Division 2

12.00 a.m. Start boating

12.30 a.m. latest time to present for boating.

12.35 a.m. last boats to leave landing stage.

1.10 p.m. latest time to pass the Control Point – later ones will be turned back.

1.20 p.m. latest time to reach start (for turning round and positioning)

1.30 p.m. Start second Division.

**Presentations and refreshments will be
back on the Island at the Yare Boat Club.
Please come over and join in!**