



# Yare Boat Club

Yare Cup 23rd September 2017

## Competitors' Instructions

### 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.

### Rigging and Boating

The principal boating location is Whitlingham Boathouses; clubs may boat from Broadland BC only with prior agreement.

Rig on the grass areas close to trailer parking as directed by marshalls. Boats will be spot checked for Safety. Toilets are available in the new Boathouse.

Boating times are posted on the Yare Cup website. These 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 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.

### **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 viewpoints 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.

### **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://www.yareboatclub.org/>

### **Welfare**

A Welfare Officer (Ariane Hoppler / mobile **07786195301** ) has been appointed to act as 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 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: Rodney Wood (07748 884308)**

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)