

# TRC Head Race 2022 – General Notes to Competitors and Coaches & Boat Inspection

1. Registration, first aid, race control and catering are located in the Scout Hut to the side of the Sports Centre as you enter the site.
2. Covid-19 - as the scout hut can get quite busy, particularly between divisions, we would recommend the wearing of masks when you are in the Scout Hut.

We will also operate a one-way system with entry through the main door and exit through the fire escape.

3. Plastic Bottles - in keeping with other events in the North West, we will not be selling drinks in plastic bottles. Water jugs will be made available in the Scout Hut for competitors to top up bottles with water. Please bring your own personal water bottle with you.
4. The BBQ and Catering will accept both cash and cardless payments
5. Please be aware that there is a towpath which runs the full length of the course and open to the public. Members of the public may wish to take photographs and unfortunately, we cannot prevent this.

Trafford Rowing Club will not have an official photographer taking pictures on the day.

6. Changing Facilities are available in the Sports Centre. However, they are also used by other users of the Sports Centre and we would ask that you respect other users of the Centre and avoid leaving the changing facilities in a mess
7. Toilets - there are facilities in the Scout Hut as well as portable toilets outside of the Scout Hut for use by those attending the event.
8. Parking at the Trafford Head is limited as we have to accommodate other user requirements for the Sports Centre.

The only parking on the site will be for race officials and towing vehicles - no other vehicles will be allowed by stewards onto the site. Please respect the stewards' decision and instructions as they have a difficult task. Parking is available roadside in surrounding streets but please respect any parking restrictions and be considerate of residents. Please ensure that when parking you are not blocking an entrance.

9. If assistance is required during the event, all marshals (who are situated every 250 metres on the course) are in radio contact, please contact the nearest marshal.
10. Any crews competing in the long division races who are not beyond the Short Start by the time the event is ready to start the Short Start events may be turned around and not allowed to compete in their allotted race.
11. Briefing for coxswains and scullers will be in front of the boathouse at 08.15, 10.30 and 13.00
12. Bow balls *securely* attached (examine rigorously if tape has been used), pointing forwards rather than upwards or sideways. Even with a regulation ball the bow of a boat is capable of seriously injuring someone on impact: accept nothing that is not clearly up to standard.
13. Heels of shoes to be able to rise no more than 70mm (2”), which is the width of three fingertips (maybe four for those with very small hands) and in compliance with prevailing BR regulations on heel restraints.
14. Heel release cords to be in good order (not rotten), well secured, and independent of one another; do not underestimate the force which can be applied by a rower struggling with trapped heels.
15. All rowers and coxes will be suitably clad at boating for the prevailing weather. At least two layers on the top half, one with long sleeves, and at least one layer of full-length trousers or leggings (unless it's an unnaturally warm day!).

Whilst we accept that many clubs still permit hoodies to be worn on the way down to the start, these can give rise to safety issues. If they are worn, please consider whether it might be safer to wear them inside out with the hoods tucked into the collar.

For scullers in Division 1 on the Long Course, if you wish to hand your kit over at the start before racing to the safety launch or start marshals, these will be returned to the admin desk in the Scout Hut after the event. Bags for the purpose are available from the Registration Desk.

16. All coxes will wear a Personal Flotation Device (life jacket). Its straps must be in good order, properly adjusted and worn on top of all other clothing.

17. Coxes in front-loaders not to be too tight a fit. No automatic life jackets in front-loaders.
18. All boats to have watertight buoyancy compartments or retro-fitted buoyancy bags. Plastic bottles are not acceptable as additional buoyancy.
19. Rudder lines, steering shoes, coxes' handles and the rudder itself to be securely attached and running smoothly.
20. Please ensure that all competitors are able to provide their British Rowing membership cards as requested by Head officials in accordance with Rules of Racing 7-2-3. Make sure you have it with you or that your coaches can produce them.
21. Medals will not be awarded for time-only crews.
22. Medals can be collected from the Registration Desk as soon as results for a particular event have been confirmed
23. The race committee will not tolerate misrepresentation or unsportsmanlike behaviour; also, foul, abusive and offensive language will not be tolerated and will result in disciplinary action, including disqualification; any infringements will be dealt with under rules 8-4 and 8-5 of Rules of Racing. Any disciplinary measures applied will be in accordance with those set out in rule 8-6
24. Competitors in the short-course events will boat first, turn under supervision and pull into the towpath bank, all under marshal supervision. Once the last long-course boat has gone past Timperley marina, short-course racing can immediately start. Long course crew will be boated in numerical order (not in reverse order as in the past), and as soon as the last long-course boat has cleared the green crane the first long-course race can start (subject to confirmation from Timperley that the last short-course crew is adequately clear), with the lowest-numbered crew (who rowed up first).

Finally, thank you for entering our event, we hope you have an enjoyable and successful day's racing at Trafford and look forward to seeing you next year.

Provisional date for Trafford Head 2023 is 18th February 2023.