

TRC Head Race 2023 – 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 Please bring your own water bottle with you which can be refilled from jugs available in the Scout hut.
- 3 The BBQ and Catering will accept both cash and Contactless payments
- 4 There is a towpath which runs the full length of the course which is open to the public who may take photos. There will not be an Official Trafford Rowing Club photographer.
- 5 Changing Facilities are at the Sports Centre which are also available to members of the general public during the race. Please can all competitors behave with respect toward the facilities and the other users
- 6 Toilet Locations :- Scouts Hut, Sports Centre, Portaloo in Car park
- 7 Parking at the Trafford Head is very limited and will be strictly controlled by the Stewards.

Parking only available for Race Officials and towing vehicles on site. For all other vehicles Parking is available at the Life Centre Car Park (235 Washway Road, Sale M33 4BP <https://goo.gl/maps/YApJMJ5Xsj2W5tS7A>) which is 5 minutes walk from the boating. Parking is also available in the surrounding streets. These are our neighbours so please be considerate when parking and please do not cause any access problems for the residents.

- 8 Any incidents during racing contact one of the marshals who have radios. (stationed below the start , every 250 metres along the course and above the finish.)Obey the instructions of marshalls promptly and politely at all times, failure to do so may lead to the imposition of a penalty. If you can no longer safely navigate you must pull safely out of the racing line(Insert URL for pulling over here)
- 9 Long Division crews must be past the Short Start before the Short racing commences. Late Crews maybe turned around will only be permitted to start at the discretion of the marshalls.
- 10 There will be no in-person Briefing The video link provided

(https://www.youtube.com/watch?v=UcLqjc5_d2M) is instead of the usual briefing sessions prior to each division. There is also a video showing overtaking at Trafford (<https://www.youtube.com/watch?v=CRkOaVO-PAs>) . It is expected that all competitors and coaches have viewed these videos prior to the day and emailed any queries.

- 11 Bow balls *securely* attached and fit for purpose
- 12 Heel restraints in good condition securely attached to the shoes allowing heel rise to a maximum of 90 degrees. One hand release cord to be attached to both shoes
- 13 Competitors must be suitably dressed relative to the weather conditions. (Hoodies have safety issues please ensure that if they are worn hoods are tucked inside whilst rowing)
- 14 Division 1 Scullers on the Long Course, it is possible to hand over kit at the start before racing to marshalls - Please collect bags at registration and label them prior to boating. Collection from Scout Hut after racing.
- 15 All Coxes must wear suitable life jacket or buoyancy aid. In front-loader boats coxes must wear MANUALLY operated gas inflation life jackets
16. All boats to have watertight buoyancy compartments or buoyancy bags.
- 17 All competitors should bring their British Rowing Membership Cards and produce them when requested by officials. No medals will be awarded without proof of ID
- 18 Medals will not be awarded for time-only crews. Medals can be collected from the Registration Desk on results confirmation
- 19 Misrepresentation, unsportsmanlike behaviour, foul abusive and offensive language will not be tolerated and will result in disciplinary action in line with British Rowing Rules 8.6.
- 20 Short Course competitors will boat first in numerical order. Marshalls will instruct them at the short course start when to turn and pull into the towpath side. Long Course Competitors will then boat in numerical order. As soon as the last long course boat has passed Timperley marina Short Course racing will begin. Long Course racing will begin as the last long course competitor passes the green crane or when the last short course competitor has crossed the finish -

whichever is the sooner.

Thank you for entering Head of the Bridgewater and we look forward to an enjoyable day of racing for everyone.