

Henley Women's Regatta Instructions for Competitors 2021

Please note that Covid specific instructions are in red.

Henley Women's Regatta will follow Government advice about coronavirus and will comply with all the latest rules in order to provide a safe environment within RowSafe 2021 and British Rowing's guidance "Managing COVID 19 Version 12" although competitors and spectators are specifically reminded that they attend entirely at their own risk.

- You MUST complete the Covid Declaration Document by Wednesday 30th June 12 noon. If you do not do this you will NOT be able to race. Every individual MUST complete the form
- The event will collect contact details for NHS Track and Trace, which will be retained for 21 days. For competitors and coaches these details will be given through the BROE entry system. All other volunteers will be required to complete a Google form. An NHS Track and Trace QR code will be displayed at various points on site.
- We ask everyone visiting the regatta to familiarise themselves with the latest Government advice before they attend and download the 'NHif you live S Covid-19' app with contact tracing on.
- Travel – please observe government guidance at <https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do#if-youre-in-an-area-where-the-new-covid-19-variant-known-as-delta-is-spreading> and BR Guidance regarding travel.
- Please read the Regatta's Covid Code of Conduct. Please ensure that you familiarise yourself with the Code of Conduct before you visit.
- ALL ATTENDEES ARE REMINDED THAT THEY SHOULD NOT ATTEND THIS EVENT IF THEY HAVE ANY SYMPTOMS. IN THE EVENT OF SYMPTOMS DEVELOPING WHILST ON SITE THIS SHOULD BE REPORTED IMMEDIATELY TO THE COVID OFFICER. It is recommended that everyone attending the regatta takes a lateral flow test
- Competitors are asked to arrive no more than 2 hours before the time of their first race (or for lightweight competitors before their weigh in time)
- Competitor wrist bands will be issued at Registration . These should then be worn at all times.
- Please bring enough food and drink with you as catering is in the Spectator Zone only. Water taps are available on site.
- Attendees are required to follow hygiene, social distancing or other measures as detailed below or as directed by an official.
- The Covid Officers for this event are Karen Shepherd and Rob Jones email covid2021@hwr.org.uk

These instructions are subject to change at short notice to reflect changes in Government and BR COVID-19 policy

Competitors should note the following:

- The Regatta is held in accordance with the British Rowing Rules of Racing and the British Rowing Row Safe code of practice for Water Safety.
- In the event of an accident, please contact the nearest official. There is a telephone located in the Control Caravan in the Rowing Zone and one in the Commentary Caravan in the Spectator Zone with a list of emergency numbers.
- The full set of HWR rules can be viewed under the Competitor's tab on the HWR web site. It is recommended that all competitors make themselves aware of both the Events entry criteria rules and the Regatta rules

- All competitors & crew members including coaches and supporters should be advised the regatta will be filmed live & the video images of the regatta will be available on the HWR YouTube channel. It is a condition of entry to Henley Women's Regatta, that each crew member (or each crew member's parent or guardian in the case of juniors) is aware that by entering HWR they are giving consent to being filmed. Please see the HWR Privacy Statement as well as the announcement regarding Filming and Use of Drones (UAV's) on the HWR website. When submitting the entry on behalf of any club or crew, that person making the entry is confirming that they have brought this fact to the attention of each crew member, and their parent or guardian where applicable, and have obtained their consent and that HWR will not be liable for any perceived breach of privacy or distraction by filming activities including the use of drone cameras.
- Photographs of all competitors including juniors will be taken during the regatta for identification and publicity purposes.
- The event follows the British Rowing rules for Anti-Doping
- **Competitors and coaches MUST wear Face Masks around the site if 2m social distancing is not possible unless in their trailer space/club gazebo.**
- **It is recommended that coxes should comply with BR guidance on face coverings**
- Toilet facilities are provided at several points. There are no changing or showering facilities available. **Hand washing facilities and sanitation units are available.**

1) Substitutions and Withdrawals.

- 1.1) No oarswoman shall be substituted after 5pm on Sunday 27th June without the consent of the committee
- 1.2) The Committee will examine the withdrawal/substitution of any crew/oarswoman after the close of entries and reserves the right to exclude the club/oarswoman from all other events at the regatta
- 1.3) Any competitor withdrawing from an event will only be allowed to substitute into another event with the permission of the Chairman of the Race Committee

2) Registration.

- 2.1) **Only one representative** of the crew, or sculler, must register with the Entries Secretary not later than 45 minutes before their first race on each day. In the case of lightweight crews and scullers, this must be in time for them to weigh in i.e. between 1 and 2 hours before the first race in their event each day of their first race. (Lightweight competitors must also see note 3.4 below)
- 2.2) Numbers will be issued for all crews and should be used throughout the Regatta. Overseas crews including Scottish and Irish crews MUST bring photo ID.
- 2.3) Junior crews must leave a contact telephone number of a coach or responsible adult with the Entries secretary, in accordance with the British Rowing Safeguarding and Protecting Children Guidance (W.G. 3.4) Guidelines for rowing competitions.

3) Weighing In.

- 3.1) Coxswains must comply with British Rowing rule 7-2-7.
- 3.2) All coxswains must report to the Control Commission, to be weighed before their first race on each day.
- 3.3) The Regatta reserves the right to re-weigh the coxswain and/or the dead weight at any time during the regatta.
- 3.4) Lightweight competitors shall be weighed each day, not less than 1 hour and not more than 2 hours before the scheduled start time of the first race that day of the event in which they are entered. See British Rowing rule 7-2-6 and 2-2-1. Competitors with a bye are only required to weigh in on days when they are racing. Lightweights MUST present for weighing with photo ID.
- 3.5) Coxes and Lightweight competitors will not be issued with weight certificates. The information will be recorded and retained at athlete weighing in Control Commission. Coxes carrying deadweight will be asked to show this when boating and at the start.

3.6) Coxes MUST provide their own deadweight. If this is not in the form of a weight then it must be in a sealed bag. No water bottles will be allowed as deadweight.

4) Safety and Circulation.

- 4.1) Pedestrians have right of way on the Tow Path. Cycling through the Competitor Zone is dangerous and therefore not allowed. Crews whose coaches cycle through the Competitor Zone are likely to be awarded an official warning. Coaches cycling through the Spectator Zone MUST give way to pedestrians. Non-compliance will result in a no cycling rule being implemented at the regatta.
- 4.2) In order to avoid congestion in the starting area, crews may not boat more than 40 minutes before their race time during side by side racing and 35 minutes for Time Trials
- 4.3) Failure to observe the Circulation Pattern (see Circulation diagrams and accompanying documentation), or obey instructions from Marshals, may result in disqualification.
- 4.4) Time trials will be raced along the course in a head style race. Any crew being overtaken MUST move to the Buckinghamshire (far) bank.
- 4.5) The first named crew in each race will have the Berkshire (regatta) station.
- 4.6) All crews must boat from the Regatta rafts. Local club crews may obtain special permission from the Entries Secretary to boat from elsewhere. These crews must call in at the rafts on their way to the start for their boats to be inspected.
- 4.7) All competitors must be in the start area at least 5 minutes before the advertised time of their race and be attached to the stake boat 2 minutes before their race. Failure to do so may result in disciplinary action or exclusion from the race.
- 4.8) Crews may only paddle "light" in the navigation channel on the Berkshire (Regatta) side of the course.
- 4.9) In the event of delays to racing, the Start Marshal, in conjunction with Radio Control, will instruct crews and Umpires of any action to be taken.
- 4.10) In the event of a dead heat the crews will re-row from The Start.
- 4.11) Any crew going further than 300m up-stream of the finish OR beyond the end of the warming up zone at the start may be disqualified. (see circulation diagram)
- 4.12) After finishing their race (at Remenham Club) crews must turn off the course onto the Berkshire (towpath) side in order to return to the boating rafts.

5) Practice Outings.

- 5.1) Practice outings are not permitted during the hours of racing and all crews must be off the water 45 minutes before the start of side by side racing or 15 minutes before the advertised boating time for Time Trials
- 5.2) **Safety boats and first aid will only be in position from 45 minutes before side by side racing starts (15 minutes before the advertised boating time for time trials) until 15 minutes after the last race**
- 5.3) **Safety boats will not be available for training outings**
- 5.4) The time and date of availability of The Venue, will be notified on the web site at hwr.org.uk. There will be construction work on site until Thursday evening. Any person entering or interfering with the construction areas may be subjected to penalties.
- 5.5) We will endeavor to have the boat racks available by 6pm on Wednesday 30th June. However, crews should not count on this and have trestles available in the trailer park if necessary. Boats should only be placed on racks designated for each boat type. Racks are available on a first come first served basis.
- 5.6) The Regatta regrets that it is not able to make a training area available, nor will any safety boats be present at any times other than those stated above.

6) Boating at the Regatta.

- 6.1) All crews must boat from the Regatta rafts at Remenham Farm. Local club crews may obtain special permission in writing from the Entries Secretary to boat from their clubhouse. These crews must call in at the rafts on their way to the start for their boats to be inspected.

- 6.2) Crews may only paddle “light” in the navigation channel on the Berkshire (Regatta) side of the course.
- 6.3) Crews not storing their boats on the regatta site MUST NOT return to their host boathouse during the hours of racing unless permission in writing has been obtained from the Entries Secretary.
- 6.4) All boats must show a 6-digit identification code on both sides of the boat, BR Rules of Racing 7-2-9 f, if you fail to do so you may incur an official warning.
- 6.5) All boats shall be registered with the Environment Agency. Instructions at <https://www.britishrowing.org/knowledge/club-support/managing-your-club/ea-boat-registration/> . Crews who fail to obtain a licence and boat may be fined by the Environment Agency.
- 6.6) There will be a one-way system in place for crews around the boating area and when moving boats between the Trailer Park and the Competitor Zone, 2m social distancing should be the aim at all times.
- 6.7) One coach only per crew will be allowed on the pontoons. Shoes should either be taken in the boat or collected by the coach in a bag or similar receptacle. Shoes should NOT be left unattended anywhere in the boating area. Blades must be removed immediately.

7) Prize Giving 2021

Each winning crew will be invited to put their boat on their rack and return to crew registration. Outside will be two tables, each with the trophy and medals . The crew will award themselves their medals and pose for a photograph. Crews are then encouraged to depart. This will limit the gathering of crowds at the end of the finals, limit interaction and also limit the numbers of people remaining on site for the original prizegiving format.

8) Arrival and Removal of boats from racks on the regatta site.

- 8.1) All trailers will be parked in the trailer park in the Spectator Zone
Boat racks will be available from 6pm Wednesday but it is hoped that they will be available earlier
- 8.2) Boats must be carried to the competitor area along the marked walk way next to Remenham Barns
- 8.3) The carrying of boats to/from racks/Competitor Zone on land should be exercised with care and always in compliance with any instruction from Marshals
- 8.4) All boats must be removed from the racks on the regatta site by 9pm Sunday 4th July or they will be removed at the competitor’s risk and expense. Trailers must be removed from the Trailer Park by noon Monday 5th July.

9) Boat Racking

- 9.1) There will be racking for most competitors boats at the owners risk (there are security guards on site on the nights of the Thursday, Friday and Saturday).
- 9.2) Racks will be available from Wednesday 30th June 6pm until Sunday evening 4th July
- 9.3) Racks are not allocated to crews and use is determined on a “first come/first served basis”.
- 9.4) The committee will not be liable for any damage that may occur nor for any damage incurred otherwise whilst stored on the racking
- 9.5) Care must be taken to tie the boats to the racks.

10) Car Parking.

10.1) Car parking is at Gate A. Charges will not apply until the regatta commences on Friday 2nd July. Car park tickets can be purchased online or at the gate on the day - cards only – no cash.. Details can be found under the competitor’s tab on our website <http://hwr.org.uk/competitors/competitor-facilities/>
Please park in the official HWR car park. Parking on the local roads in Remenham causes congestion and makes it very difficult for the local community who have previously lodged official valid complaints. Car parking in

Remenham Lane is likely to mean that next year we will have to pay for traffic management which will cause an increase on regatta entry fee. Your cooperation would be greatly appreciated.