



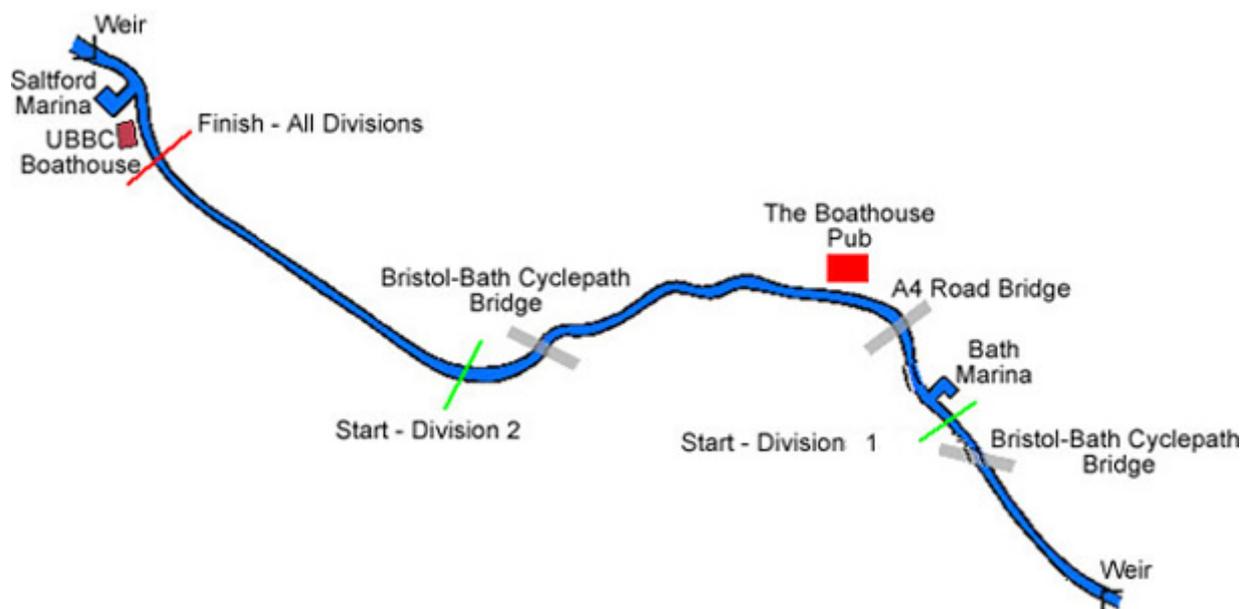
University of Bristol Boat Club Head Race 2016

Instructions for Coxswains and Steersmen and women

Please ensure you have also read the Competitor Information, which can be found on the race website, www.uobboatclub.co.uk/head-race.

It is mandatory for all coxswains and steerpersons to attend a brief before their respective division (at **0830 for Division 1** and at **1145 for Division 2**). This will be outside registration underneath the Avon County Rowing Club balcony. This will be delivered by an experienced UBBC coxswain and will explain how to navigate the difficult parts of the course, particularly the final bridge.

Attendance tickets will be issued to coxswains and steersmen at the briefing and checked by marshals before boating. If a coxswain or steerperson does not attend this briefing, their crew will not be allowed to race.



BOATING

Please ensure that you are **at the pontoons and ready to boat at your given boating time**. It may seem that you have to boat a long time before the start but getting onto the water and getting to the start will take longer than you expect. To maximise launching space you are asked to be as quick as you can on the pontoons. Please strap your feet in and adjust foot-plates etc once out on the water.

GETTING TO THE START

Rowing up stream you must stay on the cox's right hand side of the river, it is anticipated that there will be a lot of congestion on the river especially at the first bridge you come to, please take care and be prepared to stop at short notice.

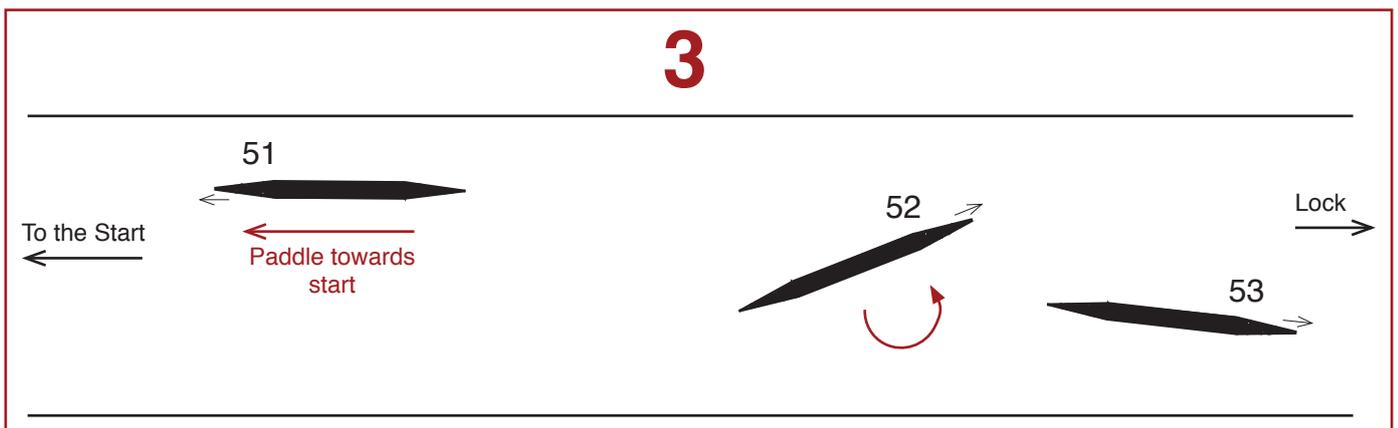
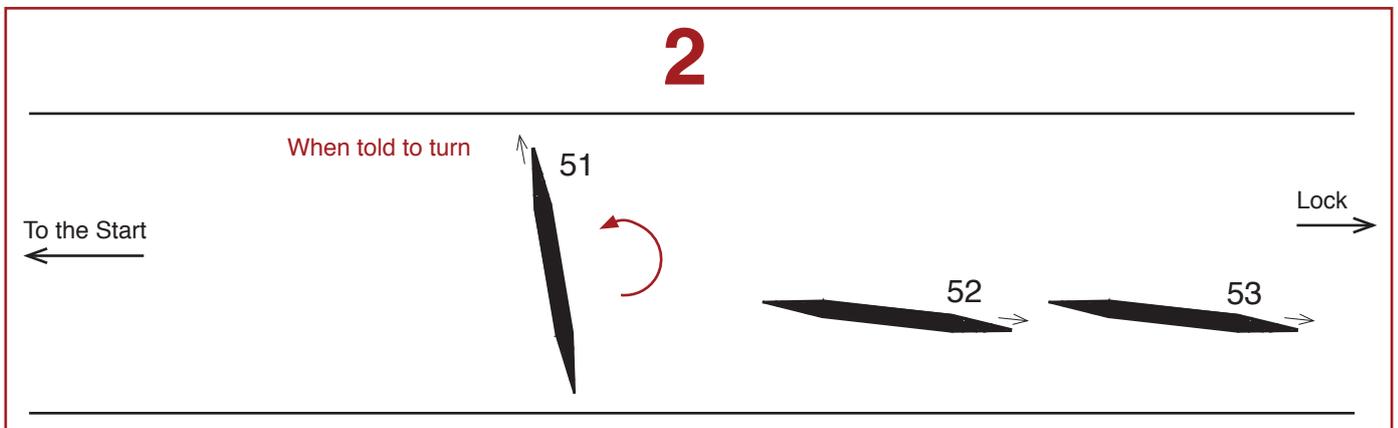
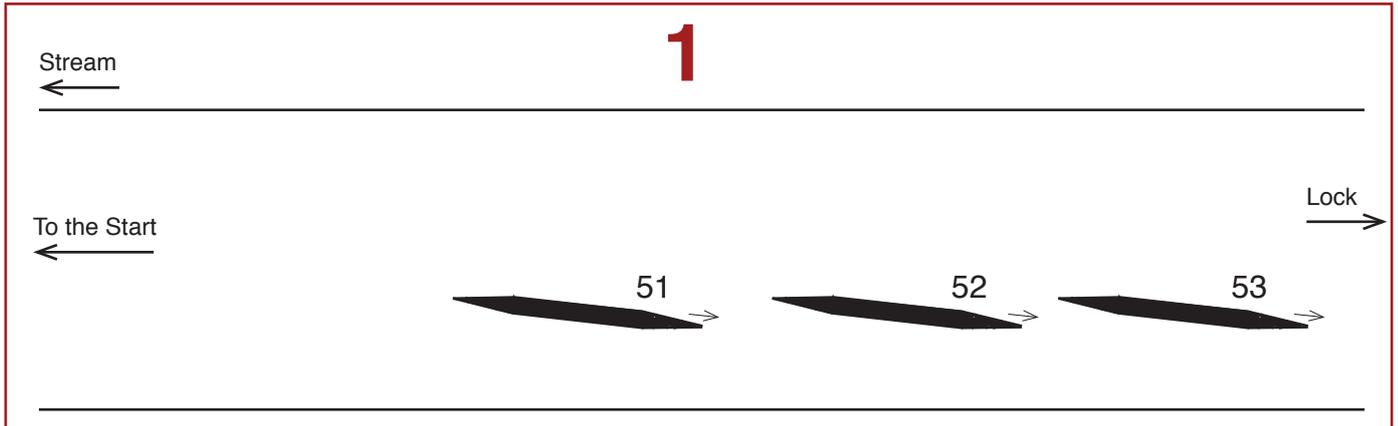
Warm up bursts must be completed before going through the second bridge into the start area for Division 1, any crew disobeying this rule will be given a time penalty.

WAITING TO START

Please line up with the lowest numbered boat nearest the bridge and the highest number nearest the lock. You will be then told by a marshal when to turn. **Do not turn before being told to do so.** Once turned please wait until told to paddle to the start, due to the nature of the course, gaps between crews must be kept until the start to ensure safe racing takes place.

For **Division 1**, the start is located at the petrol pumps 300m upstream from the Bath University boathouse. This is about 20 strokes after the bridge.

For **Division 2**, the start is located at the top of the straight, next to the 1250m marker.



RACING

Each crew will be instructed to 'Wind Up'. Timing will start shortly after each crew is told to 'GO'. **Crews being overtaken must move to the right** and allow the faster crew to pass.

You **must** listen to marshals' advice; not doing so will result in disqualification.

In the event of a collision or other incident that blocks the river, marshal will instruct all affected crews "STOP RACING." If this happens, all affected categories will be declared void.

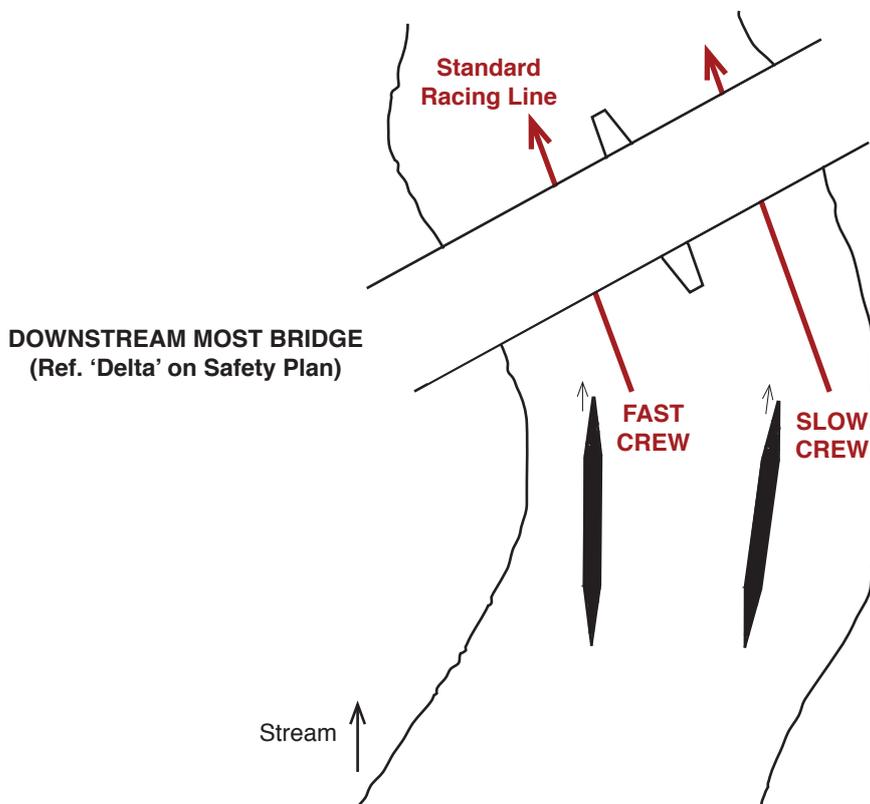
IMPORTANT INFORMATION - PLEASE READ CAREFULLY:

The downstream most bridge has previously been a site of incidents. **The standard racing line is to pass through the left-hand arch.**

For **Division 1 crews**, If you wish to overtake approaching this bridge, the faster crew must stay on the cox's left hand side of a slower crew. Marshals will then instruct the **slower crew to use the right hand arch**. The faster crew will use the left hand arch as they would otherwise.

For **Division 2 crews**, you will pass through this bridge as you wind up towards the start line. You may also use either arch. The start line is located round the corner from this bridge.

Normal navigation rules apply for other bridges on the course.

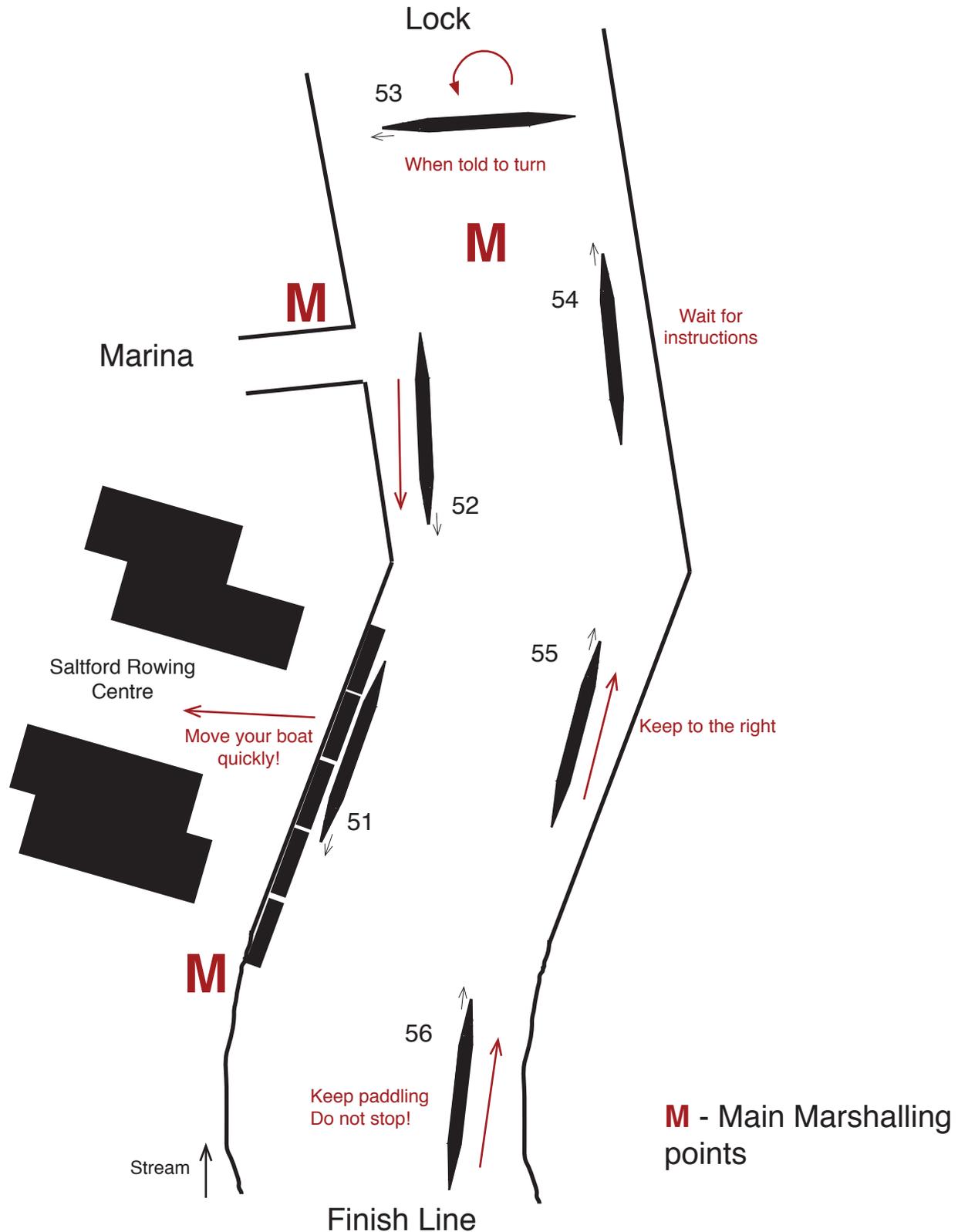


The corner immediately beyond this bridge is tight and pressure steering may be required to get round it safely.

THE FINISH

The finish is located at the yellow hanging 'Finish' sign on the cox's right. The finish timers will be at a canal boat mooring point on the cox's left.

Once wound down please listen to instructions from the bank, you will either be told to spin immediately or wait until another boat has moved. You will then need to come into the landing stage that the marshal instructs you to. Due to limited pontoon space you are asked to clear the pontoons as soon as possible.



For further information contact:

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