

Head of The Don

Sunday 3rd November 2024

Competitor Instructions – (See Course Map)

- The head race is based at Doncaster Rowing Club in The Dell, Hexthorpe Park, Greenfield Lane, Doncaster DN4 0HH.
- **What Three Words: [intelligible.solo.recall](#)**
- Trailer parking is available in the park with limited parking for cars. Please see the separate instructions and maps giving directions on how to reach the race location.
- Registration and Race Control will be upstairs in the Doncaster Rowing Club clubhouse in Hexthorpe Park. Numbers and any entry queries will be dealt with at the registration desk.
- Please always follow the marshals' instructions.
- British Rowing Rules of Racing apply. Coxes will not be weighed although they must still meet the minimum weight requirements in rule 7-2-7d of the Rules of Racing.
- All boats must have boat number slots and crews will be issued with race numbers in Registration. Please ensure that your boat number is securely fixed to the bow of the boat. Boat numbers will be collected as the crews de-boat and any crews losing their number will be charged £5 for the replacement.
- All incidents (including potential and actual injury or damage to individual or equipment) must be reported, in the first instance, to a member of the Organising Committee or a Race Marshal.
- In the event of any objections the decision of the Race Committee will be final
- First Aid is located on the First Floor in the clubhouse.
- Toilets and shower are available in the Doncaster Rowing Club clubhouse.
- All crews must be ready to proceed to the landing stages at least 20minutes before the boating time stated on the Start Order Schedule.
- It is the responsibility of each member of the crew to ensure that their equipment is in a safe condition.
- All competitors must be appropriately dressed for cold wet weather when they are boating, or we may not allow you to proceed.
- Before launching and after landing blades may be left close to the landing stages, but these should be left so as not to cause a trip or other hazard.
- Please follow marshals' directions when launching and landing.

Starting Instructions

- A Course Map will be on display in the boathouse and boats will be marshalled in ascending number order. Crews who arrive late at the start or who disobey marshals' instructions may incur a time penalty.
- You will be given approximately 2 minutes' warning by 3 short blasts on an air horn before you are due to start moving up to the start.
- As you paddle up to the start you will be directed by the Chief Start Marshall on the bank when to Row 50 metres before the timing start. They will advise you to build for the start by shouting ROW.
- **Faster crews have right of way, so crews which are being overtaken must allow the overtaking crew to use the inside of any bend.**

Instructions for when you Finish the Race.

- After passing the finish line, crews **MUST** continue paddling upstream until instructed to pull into either bank by a marshal. **DO NOT TURN.** Crews who disobey marshals' instructions may incur a **time penalty.**
- No crews will be allowed back towards the landing stages until all crews have finished racing.
- Boats will only be instructed to start turning when all crews have finished racing. **ONLY** turn when instructed to do so by a marshal. Then proceed back down stream. Do not overtake any other crews unless instructed to do so by a marshal.
- You will be required to stop by a Marshalling launch at Point A (see plan) 150 metres before you reach the landings. They will release you to proceed down to the landing stages when a space is available. Small boats will follow route 1 (see plan)
Fours and Eights will receive instructions from a Marshalling launch. They are required to proceed downstream of the landings before turning clockwise to come in upstream following route 2 (see plan).
Marshalls on the landing stages will direct all crews to a suitable space.
- After putting your blades against the bank so they are not a trip hazard, lift your boat out of the water and take it to the car park before collecting your blades and kit as quickly as possible to allow other crews off the water.

PLEASE READ THE SAFETY PLAN AND WELFARE PLAN FOR SAFETY AND WELFARE INFORMATION

You are responsible for ensuring each competing person that you have entered from your club has read the enclosed plan.

You are reminded that every participant takes part at their own risk, and that the course by its nature is remote and some parts cannot quickly be reached by emergency services.

**IF ASKED TO STOP BY A RACE OFFICIAL YOU MUST STOP:
SOMEONE'S LIFE MAY BE AT RISK**

WE HOPE YOU HAVE AN ENJOYABLE DAY OF RACING



NOTE: The welfare officer will be located at the clubhouse



