



# Instructions for Coxwains and Steersmen & women for UBBC Head Race



## LONG COURSE

### Boating

Please ensure that you follow the timetable that has been published, 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.

Due to limited launching space you are asked to adjust footplates 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 THIRD BRIDGE into the start area, 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.

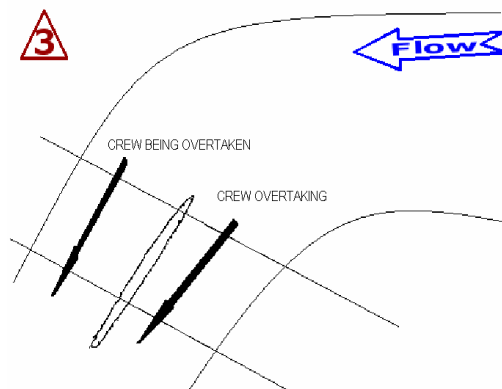
Once turned please wait until told to paddle to the start, due to the nature of the course, gaps between crews must be kept until the start to ensure safe racing takes place.

### Racing

Timing will start shortly after each crew is told to 'GO'

Crews which are being overtaken must move out of the fastest line and allow the faster crew to pass.

The downstream most bridge has previously been a site of incidents. If you wish to overtake approaching this bridge the faster crew must stay on the left hand side (for coxes) of a slower crew. Marshals will then instruct the slower crew to use the right hand arch. The standard racing line is through to pass through the left-hand arch. You MUST listen to marshals' advice; not doing so will result in disqualification.



### The Finish

The finish is located on the concrete steps on the coxes 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 pontoon as soon as possible.

## SHORT COURSE

In general instructions for coxes of the short course are the same as those above. The start is situated at the upstream end of the straight and the finish is on the concrete steps. Marshalling will take place above the bridge, again please get into order so boat 201 is closest to the bridge. You will be told when to turn the boat round

DO NOT 'wind up' until you have passed through the bridge, you will be told when to do so by a marshal.

Instructions for the finish are the same as above as well.

This information will be expanded upon at the COMPULSORY coxwains briefing at 7.30. If you have any questions please ask them then

REMEMBER: LISTEN TO AND OBEY MARSHALS AT ALL TIMES, NOT DOING SO RISKS BEING PENALISED OR DISQUALIFIED

THERE IS NO SUBSTITUTE FOR COMMON SENSE – SAFETY FIRST

ENJOY RACING AND GOOD LUCK!!