



SYDNEY
INTERNATIONAL
ROWING REGATTA
27 MAR ~ 2 APR 2017



2017 Team Manager's Manual

**2017 SYDNEY INTERNATIONAL ROWING REGATTA
TEAM MANAGERS MANUAL**

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1. GENERAL INFORMATION

Important Telephone Numbers

Sydney International Regatta Centre (Regatta Venue):	+61 2 4730 0000
Event Site Office	+61 2 4730 0033
Nepean Hospital:	+61 2 4734 2000

Emergency Services

If urgent medical assistance is required while you are in the venue please let your nearest event staff person know, or call the Event Site Office and medical assistance will be sent to you. If an external ambulance is required to be called it will be done via event medical staff.

Team Managers' Information

The Regatta Administration is located in Boatshed 1 (see the map of the Venue) and will be open at all times that the Venue is officially open for training and competition. An information booth will also be located within the Regatta Village next to the Grandstand.

NSW Schoolgirl Head of the River

Please be aware that the NSW Schoolgirl Head of the River will be taking place on Saturday 25 March, with an anticipated crowd of around 5,000. This will have the following impacts on pre-event training and boat unloading for the Sydney International Rowing Regatta:

- Paid parking at \$10 per car will be in force on Saturday 25 March until 4.00pm.
- Team tents will only be able to be erected from Sunday 26 March.

2. GENERAL PROGRAM

Official Opening of the Regatta Venue

The Regatta Venue is officially open on Saturday 25 March 2016 from 4.30pm. Racing then commences for the 2017 Australian Open Rowing Championships on Monday 27 March at 8.00am. Training times on the course are as following.

Saturday 25	- 4.30pm to 7.00pm
Sunday 26	- 7.00am to 7.00pm
Monday 27	- 6.40am to 7.45am; following last race as detailed below
Tuesday 28	- 6.40am to 7.45am; following last race as detailed below
Wednesday 29	- 6.40am to 7.45am; following last race as detailed below
Thursday 30	- 6.40am to 7.45am; following last race as detailed below
Friday 31	- 6.40am to 7.45am; following last race as detailed below
Saturday 01	- 6.40am to 7.45am; following last race as detailed below
Sunday 02	- 6.40am to 7.30am

*Please note that the venue will be charging an entry fee to SIRC until 4.00pm on Saturday 25th March.

Crews training prior to the start of racing shall be allowed up to 15min prior to the start of the first race of the day, with the condition that they have crossed over the Finish Line and are heading back to the warm-up lake by that time. Crews training after the completion of the day's racing will be allowed to enter the water at the start time of the last race of the day, with access to the competition lake being allowed once the course is set up for training - approximately 15 minutes

after the last race. All crews must be off the water by 7.00pm each day.

The venue shall be open for athletes and accreditation holders from 6.00am, and all other ticket holders at 7.00am. The Venue will be closed at 7.30pm.

Team Managers Meetings

The Team Managers, Coaches and Competitors briefings will take place as follows:

- Sunday, 26 March at 3.00pm (located in the Grandstand), for Australian Open Rowing Championships
- Thursday, 30 March, 10.00am (in the breeze way between the boat sheds), for Australian Open Schools Rowing Championships

Breakfast Briefings

7.00am – 8.00am daily

Olympic Room

Attendance is free however places are limited and need to be registered via

<http://sirr.rowingaustralia.com.au>

3. TRAINING AND COMPETITION ON THE COURSE

See MAPS for the following:

1. Venue Map
2. Traffic maps – Training
3. Traffic maps – Competition
4. Traffic maps – Sunday Races

Boating

Please ensure that “In” and “Out” pontoons are used as signed.

Crew Changes

Crew Change Forms and Crew Withdrawal forms must be completed and submitted at the Regatta Administration no later than 2 hours prior to the start of the first race of the event. Crew changes after the heats must be accompanied by a medical form.

Bow Numbers

The bow numbers will be distributed from the eastern end of Boatshed 4. Please ensure that all bow numbers are returned as soon as possible after racing.

Uniform

All athletes are required to wear the registered uniform of their club/school/state. For clarity, members of a composite crew shall still wear the uniform of their club/school, regardless of how many other clubs/schools are represented in the crew.

Boat Weighing

Boat weighing will take place in Boatshed 2 for large boats, and the eastern end of Boatshed 3 for small boats – see the plan of the venue. The scales will be available for test weighing from Sunday 26 March and will be operational during all competition days. It is the responsibility of the crew to ensure that the boat is within accepted weights.

Athlete Weighing

Athlete weighing will be located in the western end of Boatshed 3.

A test scale will be available from Sunday 26 March and be operational during all competition days.

Medals

Medals will be awarded based on the following formula

Four or more starters	1 st , 2 nd and 3 rd place medals will be awarded
Three starters	1 st and 2 nd place medals will be awarded
Two starters	1 st place medal only will be awarded
One starter	1 st place medal only will be awarded following a row-over

4. TEAM FACILITIES AND SERVICES

Boat Storage

There are no rack reservations for boats. Please ensure that boats are only placed onto the appropriately marked rack size only.

Trailers

Permission to access the Island is granted subject to the following:

1. The tow vehicle remains attached to the trailer while on the Island.
2. Access will only be given when there is sufficient manpower available from the boat owning clubs/schools for loading and unloading.
- 3. Boat trailers will not have access to the Island prior to 4.00pm Thursday 23/03/17.**
4. After unloading, trailers will be taken immediately to P6
 - Please follow all volunteer and staff instructions while unloading boats, and only unload onto correctly marked boat racks.
5. Due to the high demand on space at the end of the regatta for trailer loading, clubs and schools are encouraged to load boats progressively throughout the regatta

Boat Washing

No chemical detergents or other sources of environmental pollution should be used during boat washing.

Ergometers

Ergometers for training and warming up, or cooling down, will be provided in Boatshed 6.

Changing Rooms

The changing rooms are situated at the ground floor of the boathouse building.

Sanitary Facilities

Besides the permanent sanitary facilities in the boathouse building, additional temporary toilets are provided throughout the venue.

Team Tents

Only teams who have booked and paid for a tent site shall be able to erect a tent on the Island at the venue, in either of the booked areas – course-side or in the boat park between pontoons 5 and 6. Any other tents must be erected on the southern side of the course.

Team tents will be able to be erected from 10.00am on Sunday 26 March.

All team tents must be securely pegged and/or weighted against strong wind.

Coaches viewing – roads, cycling, and cycle hire.

During training the traffic flow for those following crews on cycles will be to proceed to the start on the northern side of the competition lake and return to the finish on the southern side.

During racing, coaches may only cycle on the southern side of the competition lake.

Bicycles can be hired from the tent to the east of Boatshed 6 from Monday 27 March through 'Bike Hire @ Sydney Olympic Park' – standard prices below and are subject to change. Helmets are included in the hire:

Duration	Mountain, Comfort or Hybrid Bike	Tandem & tagalong Bike
0-1 hour	\$15.00	\$25.00
0-2 hours	\$20.00	\$35.00
2-4 hours	\$30.00	\$50.00
4-8 hours	\$40.00	\$65.00
8-24 hours	\$50.00	\$75.00
Additional Day	\$10.00	\$10.00

15% discount for group hires of 10 or more bikes

It is a requirement of the SIRC (Regatta Venue) that all cyclists must wear a helmet.

The Draw and Results

The draw will be performed after the Athlete and Coaches Briefing on Sunday 25 March at 3.00pm and shall be published by 6.00pm that evening on Rowing Manager and the SIRR website.

Race results shall be posted as soon as possible after each event in the Breezeway between Boatsheds 3 and 4. Live racing and all results and draws can also be found on Rowing Manager.

Drones

No privately-owned drones will be permitted at SIRC during the event.

5. MEDICAL FACILITIES AND SERVICES

Medical Centre

The Medical Centre is situated 50m to the south of the Finish Line. The Medical Centre will be open at all times the course is open for training or competition.

Paramedics will be in attendance at the Medical Centre for emergencies during competition and official training periods.

The Regatta Doctor shall be located at the Medical Centre on competition days.

Athlete First Aid

The Athlete first aid centre shall be located at the western end of Boatshed 4. The Athlete First Aid shall be manned at all competition times.

On-water Rescue

A water safety service will also operate during the during competition and official training periods on the racing course.

Emergency Medical Management Procedures

There are some diseases circulating overseas and some other diseases that require a public health response. The following diseases should be reported to the Public Health Unit on diagnosis or suspicion in anyone in your team (that is, competitors, coaches and other support staff):

1. Measles (or report of cough, running nose or red eyes, and high fever and with a non-itching rash which may start on the face and spread to the rest of the body).
2. Gastroenteritis (or diarrhoea and/or vomiting which cannot be attributed to excessive exercise, alcohol or drug consumption, pregnancy or a pre-existing chronic condition).
3. Influenza (or respiratory symptoms associated with fever).
4. Swimmers itch (or insect bite-like spots that have a red circle of 1 to 1.5 cm diameter with a blistered centre which occurs when the person is in contact with water or up to about an hour after leaving the water).

The Public Health Unit is responsible for protecting the health of the public and does not provide clinical assessment or treatment advice. If you need to send someone to the doctor or emergency department with conditions 1 to 3 please ring the doctor or emergency department first to advise them that the patient is being sent and is potentially infectious.

Contact details

The Public Health Unit can be contacted 24 hours per day, although we do request that on-call contact between 10:00pm and 7:00am be used only for urgent reporting, eg, large numbers of people falling ill.

- Office hours: 4734 2022
- On-call: 4734 2000 and ask for Public Health on-call.

If the Public Health Unit is contacted during these hours, the incident is to be reported to the Medical Centre at the regatta course as a priority following its opening the next morning.

Physiotherapy/Sports Massage

Physiotherapy and Sports Massage services shall be available on all competition days during the regatta, in the western end of Boatshed 4. The physio and sports massage will be charged at \$40 and \$20 respectively per 20-minute session. A HiCaps terminal shall be available for athletes to charge the fee straight back to their private health funds if the relevant cover is held.

The physio/sports massage service is available for use by all athletes, and advance appointments can be made.

Physiotherapy and Sports Massage services are provided by Dynamic Performance Physiotherapy - <http://www.dpphysio.com.au/>.

Anti-Doping

The Australian Sports Anti-Doping Authority (ASADA) is likely to conduct drug testing at the 2016 Sydney International Rowing Regatta. It is the responsibility of each competitor participating in the regatta to know and understand their responsibility in regard to Anti-Doping. Competitors and coaches are urged to take note of the requirements in respect of banned substances for therapeutic use and act accordingly in achieving exemptions for appropriate athletes.

The World Anti-Doping Agency's (WADA) Prohibited List changes on 1 January each year, so a medication that was permitted last year, may not be this year.

The ASADA Hotline 1800 020 506 or ASADA website (www.asada.gov.au) will outline whether the medication is prohibited and whether a Therapeutic Use Exemption is required.

6. TRANSPORTATION AND PARKING SERVICES FOR TEAMS

All parking during SIRR on the south side of the venue is free on all days. For teams being picked up and dropped off by bus, please proceed through Gate A and the bus will be directed to the drop-off/pick-up area on the Island after going through the accreditation/ticketing check. Bus parking is then located in P6 on the southern side of the course.

Parking on the Island will only be for those who have a relevant P1 parking pass for that day.

There will be an external shuttle bus running from Penrith Station to SIRC from Friday 24 March at the following times:

Departing Penrith Station for venue: 7am, 8am, 9am, 10am

Departing venue for Penrith Station: 2.30pm, 3.30pm, 4.30pm, 5.30pm, 6.30pm

Disabled Parking

Any car with an official disabled parking sticker can part in the allocated disabled parking spaces on the Island.

7. FOOD FACILITIES AND SERVICES

Meals

There will be catering outlets at the venue, where drinks and food can be purchased.

Please be aware that SIRC does not permit and in accordance with NSW Department of Health regulations the use of BBQ's or food preparation anywhere on-site during the regatta.

For meal bookings at the venue please contact the venue caterer directly on ph:+61 2 4729 3222, or email: info@lakesiderestaurant.com.au

Drinking Water

The tap water at the Sydney International Regatta Centre is drinkable where signed.

8. ACCREDITATION

The SIRR is a ticketed event. Access to the event from Monday 27th March to Sunday 2nd April will be by way of a valid event accreditation or event ticket only.

All entered athletes shall receive an event accreditation. Team staff accreditations shall be allocated on a pro rata basis based on the following formula:

Accreditations can be collected from 9am Sunday 26th March: Sunday in the ticket box adjacent to the entrance and from Monday 27th in the site office adjacent to the entrance.

Athletes Entered From Club/School	Team Staff Accreditations Given
1 to 5	1
6 to 10	2
11 to 15	3
16 to 20	4
21 to 25	5
26 to 30	6
31 to 40	7
41 to 50	8
51+	10

The following terms and conditions apply for accreditations:

1. Accreditations are not transferrable or redeemable for cash
2. The right to admission via accreditation is reserved and subject to the Event Conditions of Entry and may be revoked by Event Management
3. The bearer of an accreditation is entitled to entry to the SIRR in accordance with the authorised access level
4. Lost and found accreditation passes should be report to the SIRR Event Accreditation Centre.
5. Replacement accreditation passes are charged at \$75.00.

General

The Ticket box opens on at 9am on Sunday 26th March, on the south side of the course opposite the Finish Tower inside Gate A.

Accreditations will be collected on Sunday from the Ticket Box adjacent to the entrance and from Monday at the Site office at the entrance to SIRC.

Team Managers are requested to collect their team accreditation pack as soon as they arrive for the first time at the venue. All access to the venue from Monday 27th March shall require either a current event accreditation or a purchased event ticket.

Where a rower is competing for both a club and a school at the regatta, their accreditation will be included in the club pack.

9. MEDIA

The Media Centre is located at the Eastern end of the Grandstand, in the Olympic Room. All media should contact the RA Media and Communications Manager Lucy Benjamin for access and accreditation – lbenjamin@rowingaustralia.com.au.

Broadcast – Live Web Streaming

A live web streaming of all racing on Saturday 1st and Sunday 2nd April, including the finals of the Australian Open Schools Rowing Championships and King's and Queen's Cups Interstate Regatta, shall be held through the Rowing Australia website: www.rowingaustralia.com.au

10. MISCELLANEOUS SERVICES

Lost and Found

The lost and found service is provided in the Regatta Administration and Information Booth. Post-regatta, please direct all lost and found queries directly to the Sydney International Regatta Centre.

ATM

There will be ATMs located in the Regatta Village next to the Grandstand.

11. TICKETING

Teams' Grandstands and Viewing Areas

General Admission tickets and packages can be purchased on www.ticketek.com.au. In 2017 the Grandstand is included within general admission tickets ie. there is no specific ticketing for the Grandstand other than reserved VIP areas.

12. ROWUNION MARQUEE

Returning again in 2017 is the ROWunion Marquee. This is a dedicated marquee space, positioned right next to the Grandstand, where you'll be able to catch up with past rowing buddies and crews. Whether you don your club tie or blazer, the ROWunion Marquee is the place you'll want to be. A bar will be in operation from Thursday 30th March through until the last race on Sunday 2nd April 2017. Entry to the Marquee is included with your ticket purchase.

13. SOUVENIR EVENT PROGRAM

In 2017 the SIRR Program will not be sold in a hard copy, rather it will be available as a free download on the event website – www.sirr.rowingaustralia.com.au Hardcopies of the daily draw sheets and results sheets shall continue to be available from the Regatta Administration and Information Booth.

14. MAPS



SIRC VENUE LAYOUT





SYDNEY INTERNATIONAL ROWING REGATTA
23 MAR - 2 APR 2023



AUSTRALIAN OPEN ROWING CHAMPIONSHIPS

KING'S & QUEEN'S CUP MEMORIAL REGATTA

AUSTRALIAN OPEN COXED PAIR ROWING CHAMPIONSHIPS

SYDNEY INTERNATIONAL REGATTA CENTRE



SYDNEY INTERNATIONAL ROWING REGATTA
23 MAR - 2 APR 2023

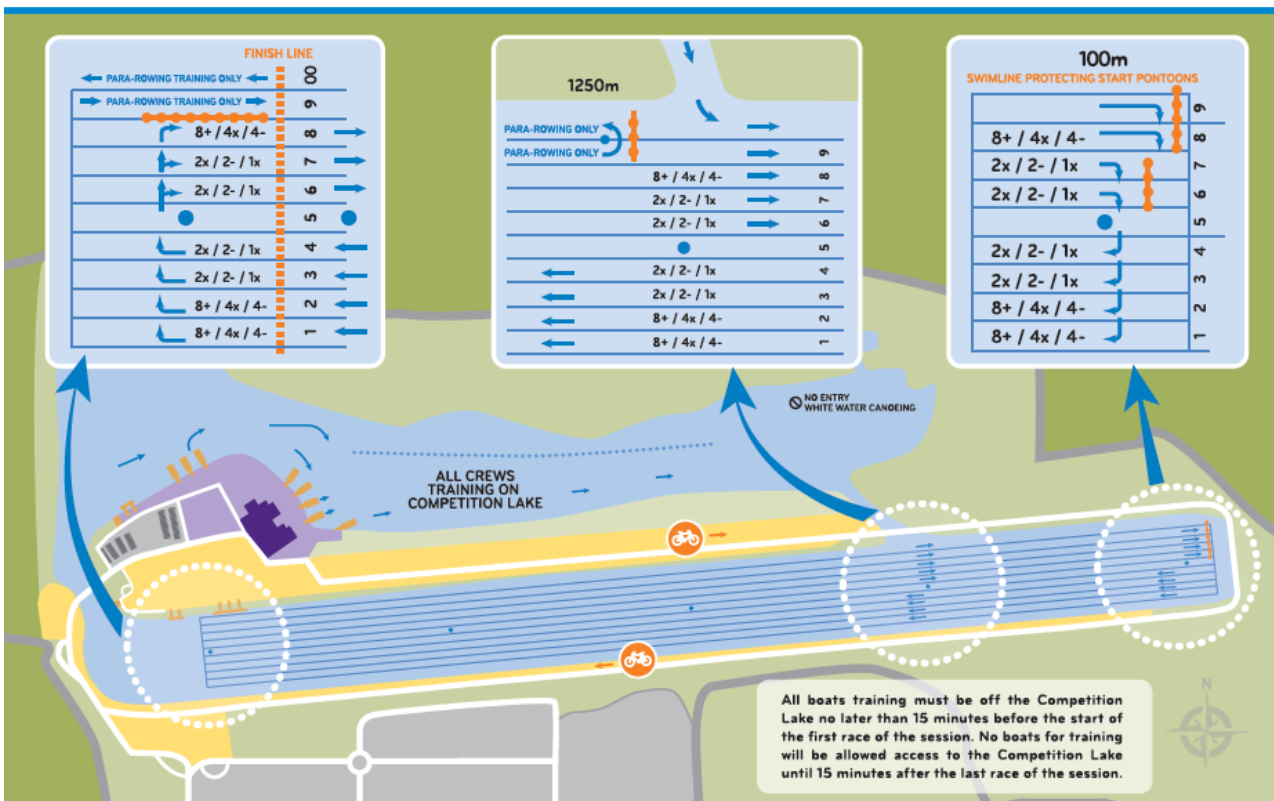


AUSTRALIAN OPEN ROWING CHAMPIONSHIPS

KING'S & QUEEN'S CUP MEMORIAL REGATTA

AUSTRALIAN OPEN COXED PAIR ROWING CHAMPIONSHIPS

SIRC TRAINING LAYOUT





SYDNEY INTERNATIONAL ROWING REGATTA
27 MAR - 2 APR 2021



AUSTRALIAN OPEN ROWING
CHAMPIONSHIPS

KINGS & QUEENS
CARE SUPPORT REGATTA

AUSTRALIAN OPEN SCHOOLS ROWING
CHAMPIONSHIPS

SIRC RACING MAP - CLUBS & SCHOOLS





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AUSTRALIAN
OPEN
ROWING
CHAMPIONSHIPS

KING'S &
QUEEN'S
CUP
REGATTA

AUSTRALIAN
OPEN
ROWING
CHAMPIONSHIPS

SIRC RACING MAP - SUNDAY RACES ONLY

