



**SYDNEY  
INTERNATIONAL  
ROWING REGATTA**  
25-31 MARCH 2019



## Athlete and Coaches Briefing

### Crew change procedures (Rule 59)

- From Saturday 23<sup>rd</sup> March, substitutions/crew changes must be completed at the Athlete Services/Regatta Secretary in Boatshed 1.
- Substitution must be made at least 1 hour prior to the first race of the event.  
A maximum 50% of a crew may be substituted.
- Seating changes must be made as presentations will be made based on the seating orders submitted.
- No changes are permitted for single scullers (with the exception of the interstate regatta)
- No changes are permitted following the first heat of an event (unless for medical reasons)

### Withdrawal Procedures (Rule 58)

- From Saturday 23<sup>rd</sup> March, withdrawals must be completed at the Athlete Services/Regatta Secretary at Boatshed 1.
- Withdrawals must be made at least 2 hours prior to the scheduled race time (as much warning is appreciated to allow for redraws if required. However, withdrawals should be notified as soon as known as it may affect progression arrangements and lane draws.
- Once a withdrawal has been submitted it is irrevocable.
- A crew which fails to start in a race (or does not give 2 hours' notice) will be liable for a \$250 fine.

### Medical Withdrawals / Crew Changes (By-Law to Rule 59)

- Where a rower is withdrawing from a race for medical reasons, they must consult the Regatta Doctor located at the Dr Bill Webb Medical Centre, 50m past the finish line.
- A substitution after the first heat of an event due to injury or medical reasons must be signed off by the Regatta Doctor.
- The Regatta Doctor will notify the Athlete Services/Regatta Secretary by email of the athlete to be replaced but the actual substitution still needs to be completed by the Team Manager/Coach at the Athlete Services/Regatta Secretary Office.
- Any rower substituted for medical reasons can not row again until being passed fit by the Regatta Doctor.

### Medical / First Aid / Physio

- Competitor First Aid is located in Boat Shed 4.
- If further treatment is required the Paramedics will be contacted.
- The Regatta Doctor and Paramedics are located at the Dr Bill Webb Medical Centre (located 50m past the finish line)
- Paramedics will be available during all training and competition days.
- The Regatta Doctor will be available during competition days.
- A physiotherapist will be available (at a small cost to competitors) in the western end of boat shed 4 during competition days.

### Notifiable Medical Issues

- Any persons that are unwell with suspected contagious sicknesses (such as gastro) must report this first to the Regatta Doctor or Paramedics at the course as quickly as possible. Further information about the person's activities will be sought at that time.

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- Notifiable medical issues must be reported if the patient has been at the regatta centre at any time in the preceding 24 hours.
- This can be notified by a third party if the person is not already at the regatta centre

### **Athlete Weighing Scales**

- Coxswain and lightweight weighing scales are available from 9am on Sunday 24<sup>th</sup> March in boatshed 3.

### **Coxswain Weighing (Rule 29)**

- All coxswains must weigh a minimum of 55kg (with carried weight if required)
- All coxswains must be weighed not less than one hour and not more than 24 hours before their first race.
- Coxswains must be weighed wearing their racing uniform
- Coxswains may carry weight which must be in a sealed bag. Both bag and weights must be supplied by the coxswain.
- Recorded weights may be carried for the duration of the regatta.

### **Lightweight Weighing (Rule 31)**

- Lightweight rowers must be weighed wearing their racing uniform not less than one hour and not more than two hours before the first race of each lightweight event in which they are competing each day.

### **Boat Weighing (Rule 41)**

- Umpires may check weight of boats after races.
- Boats can be test weighed by crews before racing;
  - Large boats in boat shed 2
  - Small boats in boatshed 3.
- A wet boat or oversight of boat inclusions will affect the boat weight, a margin of error is recommended. Underweight boats will be relegated or excluded according to the rules.
- Boat Race Officials may provide advice but cannot approve a boat weight before racing.
- Follow directional signage when going to get a boat weighed
- It is the responsibility of the crew to ensure that their boat is on or above the required weight for each race.

### **Boat Park**

- Boat racks are available for use but must not be moved or relocated.  
Please exercise care whilst walking around the boat park, watch out for crews moving boats around.
- Boat racks must be used for the allocated boat size.
- Oars may not be stored on boat racks.
- Oars can be stored in the centre section of the racks
- Boats must be securely tied to their racks

### **Boat Washing**

- Soaps and detergents are not to be used to wash boats.

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- Boats should be clean prior to entering the lakes to prevent spread of foreign weeds etc.

#### Venue Open Times

- The venue will be open each day from 6am until 7.30pm.

#### Training Times

- Training times are subject to change. Crews are to be off the course 15 minutes prior to the start of the first event of the day and may enter the course 15 minutes after the start of the last event for the day. Entry to the competition lake will close at 6.30pm. Outgoing boating pontoons will close at 6.20pm
- Crews must obey instructions from officials at all times.
- If lunch time training is permitted, separate instructions and traffic rules will be disseminated.

#### Weather

- The Rowing Australia Extreme Heat Recommendations will be followed.
- Temperature and conditions will be constantly monitored.

#### Accreditation Process

- Accreditation must be worn and visible at all times whilst in the venue (with the exception of crews on the water).
- Accreditation passes will not be distributed to clubs/schools until all competitors and coaches have completed this induction or the club has attended the athlete/coach briefing.

#### Pontoon congestion

- Some pontoons inevitably become congested and cause anxiety about getting to your race on time.
- Congestion can be eased by
  - Pre-positioning oars immediately adjacent to the pontoon prior to bringing a boat to the pontoon; or, if possible, carrying oars at the same time as the boat.
  - Boat safety items have been checked prior to moving to the pontoon
  - Conduct final coach briefing/instructions prior to taking boat to pontoon
  - On returning to pontoons work to remove boat from water and to storage racks as quickly as possible
  - Remove oars from pontoons as quickly as possible
  - Do not leave shoes on the pontoon.
- Boat Race Officials will check boats prior to movement onto pontoons please rotate your boats 90 degrees when asked. You will not be permitted to take your boat to a pontoon if it does not meet required safety checks

#### Racing

- Bow numbers may not be collected more than 1 hour prior to the race start time.
- Crews are permitted on the water 45 minutes prior to their race start time.
- Crews should be wary of conditions and not boat too early in the case of hot conditions.
- Crews must report to the marshal at the bridge (at the access point to the course 15 minutes prior to their race start time.

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- Crews are to self-marshall in race order and lane order at the bridge. (1 to 8)
- Crews are, when instructed, to move to the marshal at the start in lane order. (1 to 8)
- No racing or pressure work is permitted when proceeding from the bridge to the start marshals.
- When in the start zone, move as soon as you are called onto the course by the starter.
- Please ensure that your crew is wearing the correct uniforms and consistent headwear when presenting to the start.
- Be aware of start procedure as outlined in the Rowing Australia Rules of Racing.
- Progressions will not be announced at the start unless there is a last minute change.
- In elimination rounds, at least one crew is eliminated.
- All boats must comply with safety and equipment requirements under the rules. **(By-Law to Rule 39)**
- A range of umpiring methods will be used, including zonal umpiring,
- Whilst travelling to the start (or returning after medal presentations), stop rowing if a race is approaching your location.
- Crews must keep the finish line clear during all race finishes.
- Sit up at the finish, do not lie down as this will inhibit your recovery or initiate a rescue.
- If urgent attention is required (breathing, heatstroke etc) signal by raising an arm straight up in the air.
- Please ensure that you follow the appropriate daily draw for the start time of races, not indicative schedules distributed earlier. Please refer to the web site for up to date information. Every effort will be made to have printed race schedules and daily draw sheets available for the following day, 1 hour after the last race of each day.
- Printed result sheets may not be available until the next day.

#### Anti-Doping

- ASADA may attend the regatta and undertake testing. Athletes may have someone accompany them during the testing and interview process. Please ensure you follow all requirements once you are notified you are to be tested.

#### Presentations

- Presentations will be conducted immediately after A Finals (Finals).
- Substitutions and crew order changes must have been completed prior to the race as these cannot be accepted in the presentation area.

#### General

- Look after your belongings, do not leave bags and equipment lying around.
- Lost property is to be handed in and retrieved from the Athlete Services/Regatta Secretary at the western end of boat shed 1.
- Drinking water is available at various locations around the venue, including between boatsheds 3 and 4.
- Toilets and showers are located in each bank of boatsheds and toilets behind the course side club/school tents
- Trailer parking is in P6.
- Drivers must liaise with the boat park manager prior to moving trailers onto the island to load/unload boats. Trailers must not be left on the island at any time.
- Vehicle access to Island is limited, cars with an access pass or for drop off only will be permitted.

**COMPLETE YOUR INDUCTION HERE**

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