



WORCESTER ROWING CLUB

Established 1874

The Boathouse
Grandstand Road
Worcester WR1 3EJ

Thank you for your entry to this weekend's Worcester Head of the River. Please read the Competitor Notes, Safety Plan, Welfare Plan and provisional Race Order, which includes boating times.

Parking for trailers and cars is in the centre of the racecourse, accessed from Severn Terrace off Castle Street.

It's essential that crews stick to the boating times allocated if we are to start the races on time. Please allow plenty of time to get from your trailer in the middle of the racecourse on to the water, and make sure that you have checked heel restraints, bow balls and buoyancy compartments before you get to the boat-checking area.

Please bring your wellies – the river is hovering around the height of the landing stages at the moment.

Please send payment to me at 45 Magdala Court, The Butts, Worcester WR1 3PB, if you haven't already done so (£8 a seat if competition, £3 a seat Time Only) - don't leave payment until Saturday.

Registration will open at 9am, and there will be safety briefings in the Regional Rowing Centre at 10am and 1pm.

I look forward to seeing you on Saturday.

Anne

Anne O'Connell
Event Secretary

NOTES FOR COMPETITORS

All crews should report to Registration in the Weights Gym on arrival for the issue of crew numbers from 9am. There will be one number for the back of bow, and another for the Empacher slot. Please return numbers to the same place after racing.

Please bring your British Rowing racing licence with you, including photo. Random checks may be made to ensure that the crew members entered are those who actually get in the boat.

I will not insist on seeing all cards at Registration if all crew members were entered on BROE. However, any substitutes must produce their card so that I can be satisfied that they are current BR members and therefore insured.

CIRCULATION PATTERN

Crews should make their way to the rowing club car park and onto the landing stages after boat checking in plenty of time to meet their latest boating time. All crews should proceed upstream with care – the river is not closed to other traffic, and cruisers and narrow boats are common on this stretch.

Marshalling at the start will be on the west bank as usual, with the lowest numbered crews furthest upstream, and the higher numbers downstream.

It's important that marshalling crews keep tucked in as close to the bank as possible, especially on the bend nearest to the start. Whilst we can penalise crews who impede others with a time penalty, we can't give time back to the innocent crew. That crew could be you, so please be considerate.

After racing, crews should turn downstream of the finish as directed by the marshal's launch, and then proceed upstream keeping tucked in to the east bank.

ACCIDENT & EMERGENCY PROCEDURES

Members of the Mercia Inshore Search & Rescue are on duty at the main gate for the duration of racing, and will provide first aid and accident emergency cover.

River Rescue launches will be located near the Start and along the course. In the event of an accident on the river, racing behind the incident will be stopped immediately. When the emergency has been dealt with, Race Control will advise all points along the course that the course is clear and racing may recommence.

In an emergency, 999 calls only can be made from the telephone in the Boathouse, next to which can be found local services information.