



Christmas Head – Saturday 7 December 2023 Competitor Instructions

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1 Entries

Entries are invited from CUCBC and CRA clubs. Other clubs interested in participating should contact the Events Secretary.

Events will be held for each boat class across **Open, Women's** and **Mixed** categories and in: **8+, 8x+, 4-, 4+, 4x, 4x+, 2-, 2x, 1x**

Events will be banded as follows:

- **Championship** – crews containing members who in the past have rowed at national level events such as HRR, HWR, Wallingford and Met regattas or May's 1st Division crews
- **Club** – May's 2nd Division crews or town crews that are neither Championship or Novice
- **Novice** – any crew where all of the members of the crew have not started rowing prior to September 2022 or student crews rowing in the Mays 3rd division or below
- **Masters** – Categories from Masters A to G as defined by British Rowing
- **Juniors** – Categories from J13 to J18 as defined by British Rowing

Where an event has a small number of entries, the organising committee may band events together.

Division times are as follows:

- Division 1: 9.00
- Division 2: 11.00
- Division 3: 13.00
- Division 4: 14.45

Crews may express a preference for a division and to avoid a division when entering. The organising committee will try to accommodate preferences where possible. However, each division will have numbers limited for safety reasons.

Entries close at 10pm on Sunday 1 December. Entries are to be made online at <https://www.tickettailor.com/events/cityofcambridgerowingclub/1422642>.



Race fees are £12 per seat plus 50p booking fee excluding the cox. Fees will be collected using TicketTailor. Any crew that has not paid its entry fee before the event will not be allowed to race.

In the event that the race is cancelled, refunds will be given.

2 Pre-Race and Boating

Race numbers can be collected from the City of Cambridge on the race day from 7 am. Numbers will be boards that fit into boat Empacher slots. **At the end of racing each club must return numbers to the City of Cambridge boathouse where there will be a "post box" for numbers. Any number not returned will incur a £5 charge to cover the cost of replacement.**

Crews in Divisions 2, 3 and 4 that boat early will not be allowed downstream of Jesus College until the previous division has completed racing. If your boathouse is on the race course, please do not place boats in the water until the previous division has ended. Apart from Cantabs, all crews from number 20 onwards must be past the Tesco footbridge 40 minutes before the start. Crews from 1 to 19 must be past the start 30 minutes before the start.

All junior crews racing as J13 or J14 must have a bank party.

Marshals may do spot checks on equipment per RowSafe guidelines and to ensure that any fancy dress is safe and will not hinder athletes from getting clear of the boat in the event of a capsiz.

3 Marshalling

All crews must be in the marshalling area 30 minutes before the start of their division. All crews should row to the end of the reach before spinning and returning to their marshalling position. All crews will marshal on the towpath side of the river. Numbered boards will indicate the marshalling positions of crews.

4 Racing

Crews overtaking have priority on the racing line (i.e. the inside line on any corner). Any crew impeding another during an overtaking manoeuvre will be awarded a time penalty. Claims of impedance must be reported to the finish immediately after the division.

Competitors and coaches are reminded of the need for courtesy to other river users, including walkers and anglers and to respect the river's wildlife.

Timing will be by Webscorer with back-up paper timing. In the past some crews have queried times on the basis of in-boat timing apps such as Strava and Rowing In Motion. Having tested these we have found that that times from the apps can vary by as much as 5 seconds from people in the same boat. Such timings will therefore not be considered in any appeal.

Time penalties may be awarded for any crews not following the event instructions or acting in an unsporting manner.

5 End of the race

Once crews have crossed the finish line, they must stay on the Common side of the river and continue to row until they reach the Victoria Ave Bridge to spin. The only exception for this is crews who have boathouses after the finish. They may pull into their boathouses only if the bank is clear and they can do so without blocking other bots. They must remove their boat immediately to ensure other crews from their club can come in.

Once they have spun, crews must queue on the boat-house side of the river until the race has ended. You can only get out of your boat if you can do so in a way that does not block the river or

cause problems to other crews. We will do our best to get you home as soon as possible, so please do not block the river by trying to jump the queue.

Crews ignoring marshal instructions, or blocking crews finishing the race, will incur a time penalty.

6 Prizes

Prizes will be given for:

- Senior categories with 3 or more entries
- Junior categories with 2 or more entries
- The best fancy dress
- The best line around Ditton Corner

Prizes will be presented at the City of Cambridge Boathouse after the event from 4pm.

7 Safety

7.1 Competitors' Responsibilities

City of Cambridge Rowing Club members will endeavour at all times to ensure a safe event, but all competitors must follow marshals' instructions and be alert at all times to the safety of themselves and others.

The race is in December and it can be cold. Crews must ensure they have suitable clothing for both marshalling at the start and for marshalling at the end of race. Ensuring crews can remain warm after they have raced and waiting to return is particularly important, especially for Junior crews.

All competing Clubs have the responsibility to ensure that their crews and scullers abide by the Row Safe: A Guide to Good Practice in Rowing. In particular, all Clubs must ensure that:

- Inexperienced crews have experienced coxswains.
- Coaches of novice/junior crews evaluate the ability of these crews and consider whether they require an individual bank party on a bicycle, carrying a throw-bag, to escort them before, during and after the race. All junior 15s & under in small boats MUST have a bank party on a bicycle, carrying a throw-bag.
- Competitors are aware of the BR Row Safe Code, the Event Safety Information and Competitor's Guidance and have been instructed in capsizing drill.
- Competitors are competent to take part in the event without putting other people at risk.
- Competitors are responsible for proceeding safely at all times, especially to the start and after the finish.

The Row Safe guide is available at:

<https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>

7.2 Equipment

It is the responsibility of each crew to ensure that the equipment they are using is safe and compliant with the requirements of the BR Rules of Racing and Row Safe: A Guide to Good Practice in Rowing.

Spot checks may be made on bow balls, heel quick-release mechanisms, rudder lines and coxes' lifejackets prior to racing. Coxes arriving at the start without a suitable lifejacket or buoyancy aid will be disqualified. Any boat deemed unsafe will be disqualified and asked to return to its boat house with its crew.

7.3 Swimming Ability

Every competitor is expected to be in good health and must be able to swim a minimum of 100 metres in their kit. The river is relatively narrow and shallow in most places, and there is good access from the bank along the extent of the race course, however all crews should make due allowance for the stream and for points of the river which have increased depth or where navigation is more difficult.

7.4 Juniors

Coaches of novice/junior crews must evaluate the ability of these crews and consider whether they require an individual bank party on a bicycle to escort them before, during and after the race. **All junior 15s & under in small boats MUST have a bank party on a bicycle.**

7.5 Accidents

If you see an accident, give appropriate assistance if required. A marshal will take action or alert the rescue services by radio or phone as necessary. The whole course is visible to marshals, and there will be marshals with throw lines along the course. In the event of capsize please stay with your boat, check for the safety of all members of your crew and await assistance from marshals.

7.6 Insurance

All crews must have adequate third-party insurance.

7.7 Health Information

Competitors are reminded that the Cam water may contain the Leptospirosis (Weil's Disease) bacterium as well as other sources of harmful and infectious diseases. Ensure pre-existing cuts, blisters etc. are covered with a suitable waterproof dressing before going afloat. Cuts, blisters etc. sustained during the race should be thoroughly washed immediately upon return to the boathouse.

Should you be unlucky enough to fall in, please ensure you shower at the earliest possible opportunity. It is recommended that water bottles (including those with a "sports top") are placed in a waterproof plastic bag, rather than loose in the bottom of the boat, to reduce the risk of contact with unclean river water.

8 Contacts

Race Control	The Pike and Eel car park on Fen Road
Events Secretary	John Leighton – 07717 824 931
Safety Officer	Jenny Ranking - 07807 469 352
Welfare Officer	Tom Watt – 07900 160 766
Marshals	Individuals will be based along the course (identified by their yellow tabards). All with access to throw lines/radios/thermal blankets/megaphones/mobile phones/PPE
Emergency Aid	At Race Control or CCRC boathouse
Hospital	Accident and Emergency at Addenbrooke's Hospital, Hill's Road, Cambridge, CB2 0QQ Tel: 01223 217118
Emergency	Fire, Police, Ambulance. Tel: 999

9 Course Map

