



Athlete and Coaches Briefing

You will be asked to acknowledge the contents of this Induction document via a direct email link that has been sent to you. If you have not received this, a club administrator can update your email in Rowing Manager or provide you access.

Crew change procedures (Rule 59)

- From Midday Wednesday 28 May, substitutions/crew changes must be completed at Athlete Services (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 (medical substitutions do not count towards the 50% criteria). Failure to lodge a required substitution before racing will result in the crew being removed from the results from that event.
- No changes are permitted for single scullers.
- No changes are permitted following the first heat of an event (unless for medical reasons)

Withdrawal Procedures (Rule 58)

- From Midday Wednesday 28 May, withdrawals must be completed at Athlete Services (Boatshed 1).
- Withdrawals must be made at least 2 hours prior to the scheduled race time. However, as much warning as possible is appreciated to allow for redraws and changes to the progression system to be advised to other crews in the event.
- 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 Paramedic in the medical centre (50m beyond 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 Paramedic.
- The Regatta Paramedic will notify Athlete Services that the athlete has been deemed unfit to row and may be replaced but the actual substitution, with the name of the replacement, still needs to be completed by the Team Manager/Coach at Athlete Services.
- **Any rower substituted for medical reasons cannot row again (in any event) until being passed fit by the Regatta Paramedic.**

Medical / First Aid

- The Paramedics are located in the Medical Centre 50m beyond the finish line.
- Paramedics will be available during all training and competition days.

Notifiable Medical Issues

- Any persons that are unwell with a suspected contagious sicknesses (such as gastro but with the exception of respiratory sickness) must report this first to the Paramedics at the course as quickly as possible. Further information about the person's activities will be sought at that time.
- Notifiable medical issues must also be reported if the patient has been at the venue at any time in the preceding 24 hours.
- Notification may be by a third party if the person is not already at the venue

Athlete Weighing Scales

- Coxswain and lightweight weighing scales will be available from 9am on Wednesday 28 May in Boatshed 1 (behind Athlete Services)

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 (1) hour and not more than two (2) hours before their first race in which they are competing, **every day of the regatta**.
- 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 forward to subsequent races on each day.

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)

- There is no boat weighing at the Australian Masters Rowing Championships.

Boat Park

- Boat racks are available for use.
- 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 are not to be stored on boat racks, unless in the central part of the rack and in a manner that doesn't prevent boats being stored on the racks.
- Boats must be securely tied to their racks.

Boat Washing

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

Training Times

- Training times are at the discretion of the Technical Delegate and subject to change.
- No boats will be allowed on the water for training prior to 8.00am on Wednesday 28 May.
- If training is permitted on the course on competition days, crews are to be off the competition 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. Training is unlikely to be possible following each day's racing.
- Crews must obey instructions from officials, safety and rescue boat drivers at all times.

Weather

- Temperature and conditions (including air quality) will be constantly monitored.

Boat Launching congestion

- Boats will be launched from the pontoons. Competitors must abide by directional (in/out) signage and instructions
- Congested pontoons can cause anxiety about getting to your race on time.
- Congestion can be eased by
 - Pre-positioning oars immediately adjacent to the launching area 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 boats to pontoons.
 - On returning to the pontoon work to remove boat from water and return to the boat racks as quickly as possible



- Remove oars from pontoons as quickly as possible.
- Do not leave shoes on pontoons.
- Boat Race Officials may check boats prior to movement onto pontoon 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 will be available for collection from the lake end of Boatshed 1.
- 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 or cold conditions.
- **Crews must report to the Pre-Start Marshal (located 50m behind the start) 10 minutes prior to their race start time.**
- Crews are to self-marshal in race order.
- When in the start zone, move as soon as you are called onto the course.
 - Lanes 1-4 will progress onto the course on the southern side of the start pontoon in REVERSE lane order (4-3-2-1).
 - Lanes 5-9 will progress onto the course on the northern side of the start pontoon in lane order (5-6-7-8-9).
 - PLEASE FOLLOW ALL DIRECTIONS FROM THE MARSHALS AND 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,
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- 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 (and likely initiate a rescue).
- If urgent attention is required (breathing, unusual pains 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.

Presentations

- Presentations will be conducted immediately after A Finals (Finals) and Divisions at the Presentation Pontoon.

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 (Boatshed 1).
- Toilets and showers are located under the boatsheds and toilets at the back of the grandstand.
- There is blue green algae present in the water at SIRC, whilst the conditions meet regulatory requirements for primary and secondary contact (therefore swimming and rowing), we do recommend that rowers wash their hands and feet after contact with the water and avoid unnecessary contact with the water.