



Athlete and Coaches Briefing

Crew change procedures (Rule 59)

- From Wednesday 26 May, substitutions/crew changes must be completed at the Athlete Services.
- 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 (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 Wednesday 27 May, withdrawals must be completed at the Athlete Services.
- 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 Doctor located behind 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 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 Doctor.

Exceptions to Medical Withdrawals/Crew Changes due to COVID-19

- Athletes wishing to be substituted due to COVID-19 symptoms are able to do so under the medical substitution rules however the athlete is **not** to attend the course to meet with the Regatta Doctor.
- They will be able to be reinstated into the crew following a negative COVID test. The test result must be provided to aevans@rowingaustralia.com.au before reentry to the venue.
- The medical substitution due to COVID symptoms must be stated on the substitution form.

Medical / First Aid

- Competitor and Spectator First Aid is located behind the finish line
- The Regatta Doctor and Paramedics are located behind the finish line.
- Paramedics will be available during all training and competition days.
- The Regatta Doctor will be available during 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 Regatta Doctor or 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 26 May in the shed to the north of the judges tower.

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. **Coxswains and coaches should note that this is a rule change from previous years.**

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 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 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 subject to change.
- No boats will be allowed on the water for training prior to 7.00am
- 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 days racing.
- Crews must obey instructions from officials, safety and rescue boat drivers at all times.
- Training times are at the discretion of the Technical Delegate.

Weather

- The Rowing Australia Extreme Heat Recommendations will be followed.



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

Boat Launching congestion

- Boats will be launched from the beach. Competitors must abide by directional (in/out) instructions
- The congested beach 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 beach
 - Conduct final coach briefing/instructions prior to taking boat to beach
 - On returning to the beach work to remove boat from water and to storage racks as quickly as possible
 - Remove oars from beach as quickly as possible
 - Do not leave shoes on beach.
- Boat Race Officials may check boats prior to movement onto beach please rotate your boats 90 degrees when asked. You will not be permitted to take your boat to a beach 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 or cold conditions.
- Crews must report to the marshal south of the start pontoon 15 minutes prior to their race start time.
- Crews are to self-marshal in race order and lane order (1 to 8)
- Crews are, when instructed, to move to the marshal at the start in lane order (1 to 8)
- 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.

Presentations

- Presentations will be conducted immediately after A Finals (Finals) and Divisions.

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..
- Toilets and showers are located at the boat sheds.

[COMPLETE YOUR INDUCTION HERE](#)