

READING TOWN REGATTA

THAMES VALLEY PARK REGATTA

BOATING INSTRUCTIONS

Instructions to Crews (Please refer to accompanying plan)

1. All Crews must boat from the designated boating area upstream of the finish and **AWAY FROM THE FINISH AND COURSE**.
2. It is the responsibility of all crews to boat in time for their race - **NO** announcements will be made.
3. All crews should proceed to the Start via the Navigation Channel and should keep to the right within the Navigation Channel. (STANDARD RULES OF NAVIGATION APPLY)
4. All coxswains must wear a CE labelled and approved buoyancy aid (front loaders of the manual activation type).
5. It is the **responsibility of all clubs and individual crews** to ensure that the competitors' boats comply with the requirements of the Row Safe guide and ARA rules of racing. All competitors' boats should also clearly display the 6 digit identification code. Random checks may be carried out by Officials of some aspects of this requirement.
6. It is the responsibility of each crew to make themselves known to the Start Marshal, who will call crews forward to the stake boats at the appropriate time. All crews must display their crew racing number clearly.
7. **NO CREWS ARE TO STOP** within the Navigation Channel. Crews wishing to practise should do so either well down or well up river from the course. **Practising in the navigation channel is prohibited at all times.**
8. First Aid and Medical Cover are available on the lawn area in front of the finish.
9. A telephone for emergency use is available at Crew Stewards, which is located at the finish. Should urgent medical attention be required, please contact any Umpire, Marshall or Committee Member along the course or at Crew Stewards.

Any Crew not adhering to these instructions runs the risk of disqualification from all events in which they may be entered