



Welcome to Hackney! We're very happy to welcome you to the Lea Regatta.

We ask all coaches and competitors to read, understand and act on these notes to ensure that we have a safe, fun, and successful day of racing.

We'll be posting updates throughout the day on Twitter: [@TheLeaRC](#) [#HackneySprints](#). Please do join in and tag us in your photos!

COMPETITORS' INSTRUCTIONS

The regatta is run under the British Rowing Rules of Racing. Crews and coaches are responsible for making themselves familiar with those rules, plus the following instructions, and the Regatta Safety Plan.

GETTING TO THE REGATTA

The main base for the regatta is our clubhouse at the bottom of Spring Hill, E5 9BL.

- Public transport (recommended): Nearby stations include Finsbury Park, Manor House, Clapton, and Seven Sisters, which can be reached by bus (253/254) from Clapton Common at the top of Spring Hill.
- Car: The car park near the clubhouse will be closed. You will need to park on the local streets. Be advised that spaces are limited, and you may well need to walk some distance. Sharing is advisable.

TRAILERS AND RIGGING

We are hopeful we can again have boat trailers and their towing vehicles parked on the edges of the rugby field behind the clubhouse. This is accessed via a gate just downhill from the junction of Spring Hill and Lingwood Road (E5 9BL, see map below).

- Only towing vehicles are allowed on the field. Other vehicles, please see above.
- Entry to the field is at the bottom of a steep, narrow road, and involves two 90-degree bends. Drivers must bring two or more assistants with them to avoid damaging the boats and injuring pedestrians. There should always be one person on each side of the trailer when it is being manoeuvred in the field. Long trailers may need to be unhitched and pushed onto the grass.
- The local rugby club may host an event on the same day. We ask visiting club members to be extra-sensitive to the needs of the rugby club members and their guests.
- You must not drive over the rugby pitches. Our neighbours spend a considerable amount of time maintaining and improving their pitches. If you drive your club truck and trailer on any part of the rugby pitch, you will be asked to leave the field and will have to find parking elsewhere.
- No boats or equipment should be left on the road (except in transit between the car park and the landing stage) to leave the road clear for emergency access. Boats should be rigged near the trailers.
- In the event of very wet weather, arrangements may change. Our contingency plan involves keeping towing vehicles and trailers in the adjacent car park and streets. If this is likely we will notify you.

BOAT LICENCING

The regatta takes place on Canal and River Trust water and boats should be licensed accordingly. This is solely the responsibility of the competitors. The easiest (and cheapest) way to purchase a day licence is on 0303 040 4040 (option 1), Mon – Fri, 8am – 6pm.

CREW REGISTRATION

All crews must report at the Registration Desk to receive racing numbers to be worn by their bow person. These will only be released when all crew details and any outstanding payments have been confirmed. Any crew changes or scratches on the day must be made at Registration as soon as possible. Be ready to present your crew's British Rowing racing licences or photo ID.

COX REGISTRATION

All coxes must report to be weighed at the Registration Desk prior to racing and must bring a lifejacket conforming with British Rowing requirements. A wristband will be issued showing if deadweight is required. Deadweight is not available to borrow, so coxes should bring their own, with a means of sealing it.

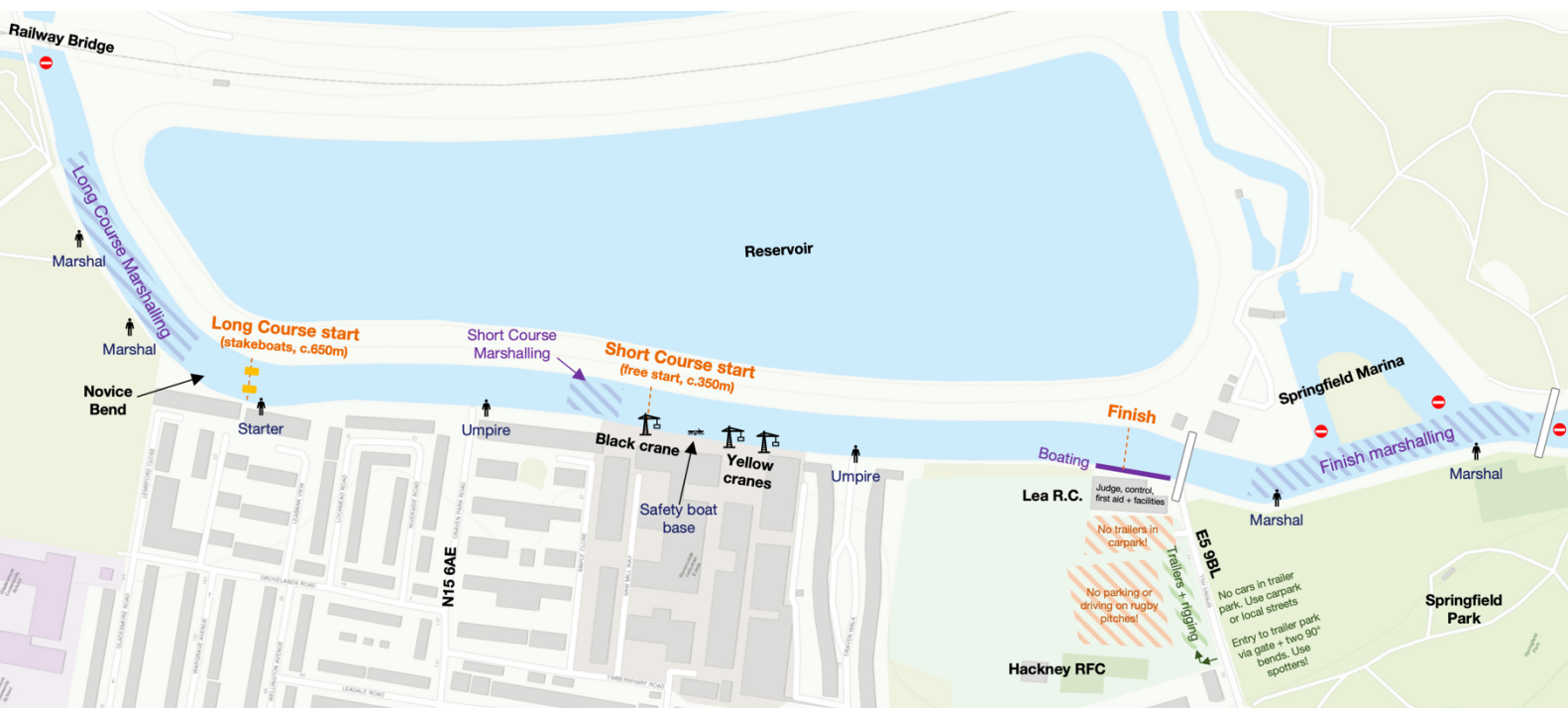
WARMING UP & COOLING DOWN

This part of the Lea contains many hazards for unfamiliar river users, and space is limited. We therefore request that crews warm up and cool down on land. Please feel free to use the ergs in the club gym. Please do not move them. Be sure to sanitise after use.

THE COURSE

The regatta course is downstream side-by-side, finishing outside the Lea R.C. boathouse. There are two start lines, depending on which class of boat is competing:

- Short Course (stable boats and eights): c350m from free start at the Black Crane
- Full Course (all other crews): c650m from stakeboats at the Novice Bend



GOING AFLOAT

The regatta is run in divisions. Times are given in the Draw published in the week before the regatta. Make sure you know when you will be going afloat:

- For Division 1 and first division after lunch: boat 15 minutes before division start time.
- For other divisions: boat immediately after the previous division has finished racing.

Note that you will not be allowed to boat until the last race in the preceding division has finished.

Boating is from the landing stage in front of the clubhouse. Space is limited, and slow boating is the prime cause of delays. Be prepared to boat quickly, adjusting equipment before boating, or after you have pushed away from the stage.

If an athlete in your crew (or the boat itself) is likely to be required for the next division ('doubling up'), you must make the Chief Marshal / Boat Wrangler aware **before** you boat.



If you are taking part in the stable boat events, your boat and equipment are provided by Lea Rowing Club, and shared with other competitors. You must be prepared to swap with other crews as they land, and boat quickly, adjusting equipment after you have pushed away from the stage. If in doubt, please ask a marshal.

MARSHALLING

Once you have gone afloat, proceed directly upstream to the Start Marshalling Area.

- Short Course (stable boats and eights): Your marshalling area is upstream of the Black Crane. Tuck into the side with your opponent to allow other crews to pass upstream. Do not spin until instructed.
- Full Course (all other crews): Your marshalling area is upstream of the Novice Bend. Spin under the marshal's instructions aiming to be paired up with your opponent. The first race in the division will wait closest to the stake boats. The last race in the division will wait closest to the railway bridge.

Note that the division cannot begin until all crews are in the Start Marshalling Area. Do not delay!

THE START

Once the whole of the division is at the Start Marshalling Area, crews will be called onto the Start. Short Course competitors will race first. There are two stations, which are assigned in the race draw as *Reservoir* or *Towpath*.

- Short Course (stable boats and eights): You will have a 'free start'. When instructed by marshals and umpires, get onto your station and line up with your opponent. Listen and respond to the umpire's calls to align the bows.
- Full Course (all other crews): You will start on stake boats. When instructed by marshals and umpires, attach to your stake boat carefully. There will be an aligner to get the bows level.

The race will be started following the procedures in the Rules of Racing. We will be utilising the change to Rule 7-3-1c and omitting the call of 'two minutes'.

DURING THE RACE

Take care to stay on your station. Be aware that moored boats line both sides of the course. Check your steering regularly and listen carefully for instructions from umpires and marshals.

The course is partially buoyed. White buoys are lane markers, orange buoys are for warning of obstructions near the limits of the course, and red buoys mark the approach to the finish.

THE FINISH

The Finish for both Short Course and Full Course is opposite the boathouse. Coxes and steers must take note that there is a distinct bend to starboard/bowside at the finish (see map). Crews on should take particular care of the moored boats on the Reservoir side, protected with orange buoys.

Once through the Finish, keep rowing until you are through the footbridge. Proceed under the marshal's instructions to a clear space in the Finish Marshalling Area. Wait until the end of the division and until instruction to return to the stage for de-boating. If any crew or the boat are required in the next division, please remind the finish area marshals.

OTHER RIVER USERS

We share the water with many others, such as boaters, paddle boarders and kayakers. It is essential that we share courteously and respect each other's right to enjoy the space. Marshals will be briefed on engaging with other traffic on the day so that you can row safely, and they can proceed with their usual business.

TOWPATH & CYCLING

The towpath is a busy public footpath and right of way. We would ask that coaches do not try to follow races on bicycles as this is a hazard to the public, supporters, and themselves.



PHOTOGRAPHY

All attendees should be aware that this regatta takes place in a public space. There will be bystanders and passers-by. As such, it is not practicable for Lea Rowing Club to control all photography that happens along the length of the course.

If you wish to take photographs during the regatta, please be aware of the rights to privacy of all participants, and particularly of junior competitors. If you wish to take photographs for publication or for any commercial purpose you must seek written consent from the Regatta Committee, and we will require you to seek consent for the use of any images that are of identifiable individuals.

PRIZES

Winning crews can collect their prizes by requesting a confirmation slip from Registration, to be redeemed upstairs in the bar area. Be ready to present your British Rowing racing licence or photo ID.

FACILITIES AND REFRESHMENTS

FIRST AID

We will have manned first aid facilities next to the Registration Desk.

TOILETS, CHANGING ROOMS AND SHOWERS

Toilets are upstairs in the boathouse (follow the signs). There is an additional toilet in the café – but note this is for paying customers only.

Changing rooms and warm showers are next to the toilets. Please feel free to use them. Be aware that we cannot take responsibility for your valuables. Thefts have occurred in the past.

A baby changing table can be found in the accessible bathroom on the first floor.

ACCESSIBLE FACILITIES

We have accessible toilets on both floors. The downstairs toilet also has an accessible shower. There is a lift available for those that need it, accessed via a ramp at the back of the furthest set of bays. Please ask a club member if you need assistance.

WATER

We will not be selling bottled water, so please bring a reusable bottle. Every tap on our site dispenses safe drinking water. Help yourself!

DRINKS

Tea & coffee are available in the café. If you fancy something a little more adventurous, our bar will be open from around midday. Our barman JC serves good beer, wine, spirits, and soft drinks at very reasonable prices!

FOOD

The café next to the clubhouse is owned by the club and run by a local family. Pop in for homemade flapjack, bacon rolls, all-day breakfasts, wraps, and more. The food is excellent, and well worth queuing for!

If you don't want to queue – or fancy a treat – try our world-famous cake stall. Sweet & savoury options available. Everything is donated by club members, many of whom are semi-professional bakers!

COMMITTEE AND CONTACTS

The Lea Regatta Organising Committee 2024: David Porter (*Regatta Chair + Race Committee Chair*), Jennie Brotherston (*Programme*), Caroline Carson (*Entries*), Steve Matthews (*Safety*), Kate Gledhill (*Welfare*), Ben Longley (*Volunteers*), Matt Pooley, Nick Colman, Tom Johnson

Entries & Enquiries (Caroline Carson) regatta@learc.org.uk
Race Committee (Dave Porter) regatta@learc.org.uk 07876540914
Safety Advisor (Steve Matthews) rsa@learc.org.uk
Welfare Officer (Kate Gledhill) welfare@learc.org.uk

With extra thanks to the Canal and River Trust, Hackney Council, the British Rowing Eastern Region, the volunteer umpires, and all the Lea R.C. members who make the regatta possible!

REGATTA SAFETY PLAN

This Safety Plan has been formulated to meet the Lea Regatta Organising Committee's responsibilities.

- **Regatta Safety Adviser:** The Regatta Organising Committee has appointed **Steve Matthews** as Regatta Safety Adviser. He is a member of the Organising Committee and has reviewed this document and the Regatta Risk Assessment (available for viewing on the website).
- **Regatta Race Committee:** A race committee of three licensed umpires will be chaired by the Race Committee Chair (**David Porter**), the co-ordinating umpire and the umpire at the start. The Race Committee will undertake the duties detailed in *British Rowing Rules of Racing* 6-1-2 and 6-1-3. In particular, they will decide (in consultation with the Regatta Safety Adviser) whether conditions are too dangerous to permit racing to continue.
- **Row Safe: A Guide to Good Practice in Rowing ('Row Safe'):**
 - It is compulsory that all crews attending Lea Regattas comply fully with British Rowing Rules of Racing ('Rules of Racing') and all aspects of Row Safe. It is the responsibility of the competitors to ensure that their boats are safe and are prepared to standards required by Row Safe. Control Commission Umpires will randomly inspect boats for compliance with the requirements of Row Safe and the Rules of Racing.
 - All club/crew coaches are to ensure that their crews are correctly briefed on Row Safe, particularly in relation to capsize procedures for scullers.
- **Circulation pattern and competitors' instructions:** All competitors, coaches and other participants must familiarise themselves with the Regatta circulation pattern as described in the Competitors' Instructions. They must follow all posted safety notices and obey instructions from Regatta Officials.
- **First Aid:** First Aid facilities are provided next to registration and will be signposted. Any junior requiring first aid treatment should be escorted to First Aid by a responsible adult, who will be expected to remain with the junior throughout his/her stay.
- **Safety Cover:**
 - Umpires along the course (stationed at the start, 200m, 400m and the finish) are each equipped with a throwline and thermal foil blanket in accordance with British Rowing rules.
 - There will be a rescue launch stationed in the bay at mid-course. Additional safety equipment as specified by Row Safe will be carried in the launch. The driver will have a radio, as will the marshals, the five course umpires on duty and race control.
- **Emergency Action Plan:**
 - The Race Committee Chairman (**David Porter**) will be contactable on mobile phone **07876540914**, and must be advised immediately of any incident:
 - involving danger of, or actual, significant injury;
 - requiring consideration of suspension of racing;
 - involving loss of facilities required for safety and public health
 - The Race Committee Chairman will coordinate communication to the Race Umpires, Race Control, Starter and other officials, and (as appropriate) Emergency Services. Any notification



of the emergency services, including the London Ambulance Service and/or Homerton Hospital, will be made through the First Aid Station or the Race Committee Chairman.

- **Accident and emergencies:**
 - The regatta has a network of radios spread along the course. In order to summon safety help for an incident on or off the water, please contact the nearest Regatta Official. They will report it by the nearest available radio link to the Safety Adviser and failing that to Race Control. The Safety Adviser or Race Control may assume control of the incident or delegate to the on-site Official.
 - Racing may be suspended if an incident has occurred anywhere on the course. Should the regatta need to be suspended or cancelled, umpires will be notified and they will then advise competitors by loudhailers.
 - Radio silence may be called for except from those involved in dealing with the incident to allow additional help to be summoned if required. Radio users will be advised when conditions return to normal.
 - The First Aid Station or Race Committee Chairman will initiate any "999" call by mobile phone should the incident require assistance beyond the scope of that available on the Regatta site. The Safety Adviser or Race Control will alert the Car Park Team to the imminent arrival of emergency services, provide a point of contact and clear directions to the incident
- **Thunderstorm safety plan**
 - If the time between hearing thunder and lightning is 30 seconds or less (and the direction of the thunderstorm passes over the Regatta/Course area) then we will react by evacuating all personnel from the river and advising all competitors, members of the public and regatta staff to take shelter. The Race Committee will make the decision once severity and direction of storm is established.
 - Co-ordinators responsible for each area will report back to Race Control when their area has been evacuated.
- **Other river traffic**
 - Occasionally there may be other river traffic that might want to traverse the area. Everybody should be alert to this possibility and every effort will be made to warn people.
 - There will be signs at both ends of the course alerting river traffic to the fact that racing is in progress. There will be at least two marshals, one at each end of the course. In addition to directing the competitors, they will cope with river traffic wanting to pass through the regatta area. Marshals will ask the vessels to wait for the course to be cleared and will advise the umpires and regatta control that there is a vessel waiting to get through. The procedure then will be to finish the race or division in progress then delay further racing and move crews otherwise on the river to make way for the traffic to proceed. The regatta will resume once the marshal at the other end has advised the river is clear.
 - Prior to the regatta any moored boats that pose a problem for racing crews will be asked to move.
- **Cycling:** Due to potential incidents, the Organising Committee strongly discourage the following of races on cycles. This is discouraged on safety grounds as the tow path is a busy public right of way. Action will be taken against individuals and clubs reported cycling in a reckless manner and not giving pedestrians the right of way.
- **Insurance:** Please note that the personal accident insurance through your British Rowing membership has limited validity. In particular, if there is any doubt about members' UK residence, it is best to clarify coverage with British Rowing. We cannot be responsible for interpreting the coverage they have purchased on your and our behalf.
- **Regatta Incidents:** All safety-related incidents, including "near misses", must be reported to Race Control in the bar who will record them and file an incident report with British Rowing.
- **Distribution of data:**
 - This Safety Plan which includes Competitor Instructions and Circulation Pattern is freely available on the club's website. All competing clubs, umpires and race officials will receive an electronic copy.



- Umpires, launch drivers and marshals will receive a race day umpire rota, which includes all relevant contact numbers, a radio protocol sheet and any other relevant information prior to the event.

REGATTA WELFARE PLAN

This Welfare Plan complies with British Rowing's 'Safeguarding and Protecting Children Policy', updated January 2013, and WG 3.4 Guidelines for Rowing Competitions August 2010.

Issue	Action	Note
Who is responsible for welfare issues?	Lea RC Regatta Welfare Officer will be responsible for welfare issues at the Lea Spring Regatta 2023.	All officials and competitors will be notified who the Welfare Officer is through the Regatta Welfare Plan posted on the website
Awareness	The event will publicise the Welfare Plan and Safeguarding and Protecting Children Policy on the website and as an email attachment, along with the instructions for racing, and post it on boat shed doors on the day.	
Medical provision	The event Safety Advisor will brief First Aid on welfare issues.	Safety Advisor to distribute a copy of the Welfare Plan to safety and First Aid along with their instructions.
Appropriate level of security	The Organising Committee is to ensure that Heads of Department and/or coaches are aware of the need to safeguard the security of children where changing facilities are provided.	
Missing persons	Any missing persons should be reported to the nearest official who will inform the Regatta Chair. If after contacting officials along the appropriate length of the course there is still concern that the person has not been located, the Regatta Chair will contact the local police.	Regatta Chair to have number of local police station.
Access to young people or their contact details	It is the responsibility of all visiting clubs to ensure that anyone undertaking supervisory roles or with access to young people's contact details should have undertaken a full DBS check.	
Photography	It is the responsibility of those in visiting clubs with responsibilities for safeguarding children to be aware of people taking photographs. If they are concerned about the possible contents of photographs then they should either challenge the individual directly or report the incident to the Welfare Officer.	