

## Safety briefing for Inter Pros, Whanganui.

Saturday 9<sup>th</sup> October 2021

SAFETY BRIEFING - A representative from each Assn must attend the safety briefing which will be held outside the Regatta Secretary's Office 45 minutes prior to the start of the first race.

All races will be over 1000m - on the Aramoho 2km course except Eights over 1750m. Six lanes can be used with lanes numbered 1-6 from the boat-park / judges' side of the river.

All are reminded that all rowing skiffs must comply with all FISA / RNZ rules for safety (i.e. heel restraints / bow balls). Whanganui R.A. accepts no responsibility for checking heel restraints or bow balls which shall at all times remain the responsibility of the individual crew using the skiff. Spot checks on these safety features may be conducted during the regatta.

All boats must carry the provided correct Alpha Numeric lane number. Must be returned promptly as may need to be re-issued for future event.

Coxswains shall wear a New Zealand Safety Standards approved life jacket rated for the weight of the coxswain. Inflatable life jackets are prohibited. The minimum weight for a coxswain is 55kg. Weighing may take place in accordance with NZRA Rules of Racing.

PROCEEDING TO START - Competitors making their way to the start must proceed upriver on the Aramoho side of the river (i.e. the boat park side of the course) ensuring they do not hinder boats racing.

At the Start:

- Be with the other Alpha numbers like yours – i.e. all the "B"'s together.
- Be positioned to row into the start immediately the previous race starts – listen carefully to what the marshal and starter are saying.
- Lane 1 is nearest to the true right bank (Aramoho side of river)

React quickly to any instruction from the race umpire – they are there for your safety, and the fairness of the race.

During the race, if capsize occurs, stay with the boat.

RETURNING TO BOAT PARK - On completing their race all crews must ensure they promptly clear the finish line and do not impede any crews finishing behind them. THIS CONDITION IS OF PARTICULAR CONCERN WHEN THE TIDE IS FLOWING UPSTREAM. All crews must keep as close as possible to the Aramoho bank when returning to the Boat Park but be aware of the location of AWRC pontoons.