



The Isis Sculls

Saturday 26th September 2009

Instructions for Competitors

General

- The Races are held under A.R.A. Rules of Racing for processional races and the local rules below.
- The Isis is just 2000m long and very narrow in places. Competitors should make themselves familiar with the course map and be aware of the hazards on this river.
- In order to prevent overcrowding for safety's sake, the Marshal's instructions and Navigation rules will be strictly adhered to.
- A variety of craft (1x, 2x 4x, 4x coxed), and both Junior and Adaptive scullers will be competing in different divisions. Competitors are requested to treat each other with consideration and respect at all times.
- Crews should attend to the position of other crews and river users, and comply swiftly with the directives of marshals and umpires. Competitors and supporters should be courteous to other crews, officials and members of the public. The use of foul language will not be tolerated and could result in penalties.
- Race Control is located in the bar at City Boathouse. The results will be published and the prize giving will take place in the bar of the City Boathouse as soon as possible after the last division has finished. The draw, timetable and results will be posted on the club website at http://www.oxfordrowingclub.org.uk/isis_sculls.html

Parking and Trailers

- <http://maps.google.co.uk/maps/ms?f=q&hl=en&geocode=&ie=UTF8&msa=0&msid=109919677743650595296.000454d6a96842d50237e&ll=51.737553,-1.24064&spn=0.012491,0.038452&z=15>
- Trailers, but not towing vehicles can be parked at the City Boathouse.
- Towing vehicles and all other vehicles should be moved to the Council car park. Parking spaces are also available at Redbridge Park & Ride.

Oxford University / College Crews

- Oxford University and Oxford College crews may embark from their own boathouses but must attend the City Boathouse to register and collect their numbers before racing. Crews and their equipment may also be checked by Control Commission prior to racing.

Registration

- Participating crews should pick up their racing numbers from Race Control at least **one hour** before they are due to race.
- A map of the course showing the circulation pattern will be displayed in the Registration area and all crews should take note of these instructions.

Boating Instructions & Navigation (See Course Map)

- Detailed instructions for embarking, disembarking and river circulation are specified below.
- The River Thames or Isis is a busy river with many types of craft. Whilst each division is racing, the marshals at either Folly Bridge or at Iffley Lock will attempt to hold other craft until it is safe for them to proceed. These craft will then be allowed through under the normal rules of navigation. Crews should pay particular attention to these craft, some of which are large and require the centre channel of the river. The Salter's passenger services will be running and a timetable of these will be posted at the City Boathouse.

Circulation Pattern

- The normal rules of navigation will apply. Boats will keep to the right hand side of the river at all times, before and after racing. Competitors must ensure their racing course is clear and safe. For their own safety, Novice and Junior competitors unfamiliar with the ISIS are advised to review the Circulation Pattern carefully.

Embarking

- All crews must embark from their designated landing stages under the guidance of the Raft Marshals with their bows pointing upstream after the last boat of the previous division has passed the City Boathouse. The Umpire at the City Boathouse will give the 'all clear' for crews to leave the raft.
- Crews must keep to the normal navigations rules at all times.
- Warming up should take place upstream of the Gut; any crew practicing starts or firm pressure rowing in or downstream of the Gut may be penalized.
- Crews should proceed on the right hand side of the river downstream towards the Start. From Haystacks Corner (marked by a vertical red and white pole on the City bank) crews should be in start number order under the instructions of the marshals and umpires.
- Crews will be instructed by the marshal and umpire to turn around the last buoy before the lock and proceed upstream towards the start.
- All crews should in their start position 5 minutes before the starting time of that division. (Failure to comply may incur a penalty.)

Disembarking

- At the end of a race, crews that have crossed the Finish line should wait at the turning point (see course map) facing upstream until the last boat in the Division has crossed the Finish line.
- On turning under the instructions of the Marshal, crews should immediately proceed downstream on the right hand side of the river. Crews disembarking at the City Boathouse should proceed past the City Boathouse to Salter's boatyard (approx. 100 metres) turn and approach the landing stages with bows pointing upstream. Do not move onto the landing stage until it is clear and you are instructed to do so.

Overtaking

- Slower crews must give way to faster overtaking crews.
- Extreme care must be taken when overtaking in the Gut. Dangerous overtaking will be penalized.

Safety

- Safety is paramount at all times when boating and racing. Every competitor and club has a personal and collective responsibility in this respect.
- Boats may be inspected for compliance with the safety directives of the ARA.
- Coxswains must wear a lifejacket or buoyancy aid suitable for the boat used.
- Lifebuoys and throw-lines are located at the clubhouse, in the safety boats, and at strategic points along the course.
- Competitors with asthma must carry an inhaler with them at all times.
- First aid and river rescue is provided by launches covering the course and lower river area. In the event of an accident requiring assistance attract the attention of a marshal or an umpire who will be in radio contact with a rescue boat.
- A First Aid team will be on standby at the City Boathouse.
- First aid boxes are located in each launch, the club bar and both Men's and Women's changing rooms.
- The nearest telephone is located in the Club bar. The following numbers may be useful:

Police 01865 266000
John Radcliffe Emergency Department 01865 741166
General Emergency 999

Use the Course Map to specify a river location. The rowing club's address is:

City of Oxford RC,
City Boathouse,
Meadow Lane,
Donnington Bridge Road,
Oxford OX4 4BL
Telephone 01865 242576.