

2010 Instructions for Competitors – City Bumps

General

- The Races are held under British Rowing Rules of Racing for processional races and the local rules below.
- The Isis is just 2000 m long and very narrow in places. In order to prevent overcrowding for safety's sake, the Marshal's instructions and Navigation rules will be strictly adhered to.
- Crews should be sufficiently experienced to navigate safely at race pace.
- 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 City Bumps web-site at:
<http://www.oxfordrowingclub.org.uk/events.html>
- It is a requirement of all racing craft to carry a 6 digit identification code. Crews will not be allowed to boat/race unless their boat complies.
- The Organising Committee of the City Bumps believe that the welfare and wellbeing of all children is paramount. All children regardless of age, gender, ethnicity, religion or ability ,have equal rights to safety and protection. All suspicions, concerns and allegations of harm will be taken seriously and responded to swiftly and appropriately. The Child Welfare Officer to whom any suspicions must be reported is
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- Jo Henderson Tel: 07952 585953

Parking and Trailers

- See [How to get here](#) for map and directions.
- Trailers. If you are bringing a trailer, please reserve a parking space for it in the City Boathouse car park by contacting the Regatta Chairman, Patrick Lunney via e-mail: mail@plaa.co.uk.
- Towing vehicles are not to be parked in the club car park and should be parked 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, circulation pattern map and safety instructions 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 and instructions from Race Control at least **one hour** before they are due to race.
- A map of the course showing the circulation pattern will be issued to all competitors and displayed in the Registration area. All crews should take note of these instructions.

Crew Briefing

- All coxes and strokes should attend a compulsory crew briefing at 08.15 at which safety issues and other documentation will be reviewed and distributed.

Boating Instructions & Navigation

See Map of the Course

- It is a requirement that all crews and scullers should boat with equipment that complies with the British Rowing water safety code
- 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 all 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 rules of navigation shown on the course map with these instructions will apply. Boats will keep to the right hand side of the river during racing. Competitors must ensure their racing course is clear and safe. Boats will keep to the left when moving downstream below Donnington Bridge.

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 event 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. Crews should cross to the left when moving downstream immediately below Donnington Bridge. From Haystacks Corner 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 in the turning area facing into the stream until the last boat remaining in the Division has crossed the 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.

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 requirements of British Rowing's Row Safe Guide to Good Practice in Rowing.
- 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.
- 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.

- Asthma sufferers are required to keep their inhalers with them at all times.

The nearest telephone is located in the Club bar. The following numbers may be useful:

- Emergency services - 999 or 112
- CORC Clubhouse - 01865 242576
- Local Police - 01865 266000
- J Radcliffe Hospital - 01865 741166
- CORC Safety Adviser - 07792 042743
- Iffley Lock - 01865 777277
- Environmental Agency - 01491 828326
- Child Welfare Officer - 07952 585953

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.