

2022 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. For safety's sake, the marshals' instructions and navigation rules must 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 will result in penalties.
- Race Control is located in the downstairs gym 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 website](#).
- 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 Nadia Pollini, 07850 902566.

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 and the towing vehicle in the City Boathouse car park by contacting the Event Secretary, Louisa Ainsworth, at: regatta.secretary@oxfordrowingclub.org.uk

Local crews

- Oxford University, Oxford College, Falcon RC and Oxford Academicals RC crews may embark from their own boathouses.
- These crews **must** register at the City Boathouse and attend the safety briefing before racing.
- Crews and their equipment may be checked by Control Commission at the CORC landing stage or their boathouses prior to racing.

Registration

- Participating crews should register with Race Control in the CORC gym at least one hour before they are due to race.

Crew Briefing

- All coxes and judges should attend a compulsory crew briefing at race control (downstairs City Boathouse gym) at 08.15 at which safety issues and racing instructions will be reviewed.
- Please do not bring your whole crew, only the cox and judge must attend.

Boating Instructions & Navigation

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.

A map of the course is available [online](#).

Circulation Pattern

- The rules of navigation shown on the course map with these instructions will apply. Crews must keep to the event navigations rules at all times.

When racing:

- Competitors must ensure their racing course is clear and safe. Boats should defer to the right hand side of the river during racing if required by other traffic.

When not racing:

- Above Donnington Bridge keep to the right hand side.
- Crews should cross to the left under the instructions of the crossing marshal when moving downstream immediately below Donnington Bridge. Boats should keep to the left when moving downstream below Donnington Bridge.
- **COLLEGE CREWS NOTE:** The circulation pattern is not the same as the Torpids and Summer VIIIs circulation pattern. Normal (training) circulation should be adhered to upstream of Donnington Bridge. **Below the bridge it is reverse circulation.** A crossing marshal will be in place giving instructions.

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.
- 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.
- All crews should in their start position 5 minutes before the starting time of that division. (Failure to comply may incur a penalty.)
- From Haystacks Corner crews should be in start number order, marshalling under the instructions of the marshals and umpires

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 m) 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.

- Crews returning to a Boat House Island landing stage should spin below university rafts in the widest part of the river, returning to their raft moving upstream. Please be aware of other boats returning to the downstream landing stages and crews warming up for the next division.

Safety

- Safety is paramount at all times when boating and racing. Every competitor and club has a personal and collective responsibility in this respect.
- Air horns (or 'klaxons') will be used to halt racing if required. Note that the 5 minute warning, 1 minute warning, and start are also signaled by an air horn.
- Boats may be inspected for compliance with the safety requirements of British Rowing's Row Safe Guide to Good Practice in Rowing. All crews must boat with equipment that complies with RowSafe.
- It is a requirement for all racing craft to carry a 6 digit identification code.
- 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. 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 further First Aid team will be on standby at the City Boathouse.
- First aid boxes are located in each launch and on the inside boathouse stairs.
- 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 (contact local F/A first)	999
CORC Clubhouse	01865 242576
Local Police	01865 266000
CORC Safety Adviser (Caitlin Armstrong)	07934416693
Welfare Officer (Nadia Pollini)	07850 902566
Iffley Lock	01865 777277
EA	01491 828326

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.