

## 5.3 Coaches

**Before Race Day:** Complete a health declaration no later than 2359hrs on the day before you attend the site. (Available from our website: [www.metregatta.org](http://www.metregatta.org)). Ensure 1 person per club completes a "Club Declaration". There are planned roadworks on the M4 which WILL significantly impact your travel to the event. Please check the Highways England website and plan an alternative route.

**Trailers:** You can bring trailers from 0900hrs – 1900hrs on Friday 4<sup>th</sup> May. Please follow the instructions of our contractors. Trailers should be parked in the main trailer park or in the field behind the hard standing. There is NO training on the lake before the regatta.

**Arriving on site:** Please arrive at the venue NO MORE than 2 hours before your first race. Please stay near your trailer and with your crew whenever possible. Toilet facilities will be available near the trailer parks, near the boat rafts and near the boating area. **There is no need to check in.** You can collect your time trial number from close to weigh in. Coxswains and bow should wear these throughout the event to aid in crew identification. Substitutions should be made before the first race using BROE. There is no facility to make substitutions in person.

**COVID Security** – You should wear a mask in any area you cannot maintain social distancing, this is likely to include moving around the site with others. A mask must be worn at all times when indoors.

**Rigging:** Encourage your crew to remain with their boat until they are ready to race. Coxswains and lightweights should weigh in before their first event in accordance with British Rowing Rules of Racing, see competitors instructions. Masks must be worn in the weigh in area which is Bay 1 of the boathouse. Control commission checks will be light touch. You should ensure your boat is fit to race focusing on bow balls, heel restrains, single hand release mechanism and coxswains' lifejackets.

**Boating your crew:** Move your blades in plenty of time before taking your boat to the boating area. Your crew will be given a regatta lane number on the way to the boating area. You should allow 10 mins to move your crew and boat from the trailer park to the boating area ensuring that the boat is BOW first. Please help your crew by taking something to collect their shoes in. As your crew will boat into the warm up lake "Tideway Style" they will need appropriate footwear eg. wellingtons, sliders or flipflops.

**Warm-up:** Crews should paddle towards the start crossing immediately to the island side and paddling on the "right". Your crew can warm up between 500m and 1500m.

**Time trial races:** Crews will be called through the start bridge and conduct a rolling start with timing from 1900m. Do not instruct your crew to back down onto the stake boats or to stop to do a racing start after being instructed to move to the start line, the sanction for either action will likely be an official warning for unsportsmanlike behaviour for your final, and in exceptional cases a time penalty. Lanes 6 and 7 will be used. If your crew is overtaken they should move to the lane on the coxswains left (lower number) out of the way of the faster crew. Once crews have finished the time trial there is no warm down. Any raft can be used to disembark the lake, but they will likely be allocated a raft by an official. Eights and fours should use the wracking provided by Dorney to the right of the boathouse closes to the warm up lake, other boats should be placed on trestles. Blades should be returned to your trailer, placed under your boat or moved to the blade storage area and not left in the boating area.

**Regatta races:** Ensure your crew can attach to the start in good time. Crews who cannot attach will not be permitted to race and will be instructed to paddle down lane 0. Once a regatta race has concluded there will be no warm down. Crews should disembark from the raft directly in front of your lane, e.g. lane 1 left hand side of raft 1, lane 2 right hand side of raft 1. After finals your boat MUST be stored in the trailer park, even if you will use it again over the weekend. Only 1 coach is permitted to follow each crew in each race.

**After Races:** Once your crew has raced, please encourage them to leave the site as quickly as possible. There will be no indoor space for crews to relax so please use your car or bring a tent if appropriate. The draw and results will be published on Twitter and via our website. There will be no prizegiving. Winning crews can collect medals from the weigh in area. After your final race please leave the site as quickly as possible.

**Coaches as COVID Officers:** Each coach has a responsibility for the covid secure behaviour of their clubs members. Coaches are encouraged to help enforce social distancing amongst their club members and to ensure that they follow the appropriate guidance and circulation throughout the regatta.

URGENT UPDATES WILL BE BROADCAST ON OUR WEBSITE AND VIA WHATSAPP. PLEASE JOIN THE GROUP HERE:

