

5.2. Athletes / Coxswains

Before Race Day: Ensure you bring footwear to boat “tideway style”. Bring food, water and hand sanitiser to site with you. 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.

Arrival at Site: Please arrive at the venue NO MORE than 2 hours before your first race in race kit, except lightweights who may arrive 3 hours before racing. You will be asked to park along the course above the 1000m mark and should allow 15 mins to walk to your trailer. Please stay near your trailer and with your crew mates 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.

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. You do not need to wear a mask to boat unless required by your club or educational institution.

Preparing to Race: Collect your crew number from next to weigh in. Your Bow and Cox should wear this number throughout the time trial and regatta to aid in identifying each crew. Coxswains and lightweights must weigh in before their first race. Weigh in will be in Bay 1 of the boathouse. You MUST wear a face covering when weighing in. Coxswains will need to bring their own sealed deadweight. No weigh-in certificates will be provided. Coxswains will weigh in once each day for all boat classes and must confirm their boat classes with the weigh in official. Coxswains should be prepared to surrender their deadweight on request. There will be no practice weigh-in facility available.

You are responsible for cleaning your own equipment to avoid any shared surface and contamination by others. Once your boat is rigged you should move your blades to the boating area which is in the warm up lake. There is a one-way system in place in the area surrounding the boathouse.

Ensure you are wearing footwear suitable for a tideway style launch (flipflops, wellies or sliders). Your coach should move your shoes after you boat or you should take them in the boat with you.

You should leave the trailer park 10 mins before you want to put your boat in the water. We advise leaving 50 mins to go from the trailer park to being attached on the start. You should walk your boat BOW first along the front of the boathouse and past the finish bridge to the warm up lake. You will be given a number on the way to the boating area.

Boat with your bows towards the start. You should paddle off and cross over to the island side of the Warm up lake. You can warm up between 500m and 1500m and should circulate counter-clockwise effectively “drive on the right”.

Time trial races: You will be called through the start bridge and conduct a rolling start with timing from 1900m. Do not back down onto the stake boats unless instructed and do not 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 you are overtaken you should move out of the way of the faster crew to the lane on your left. Once you have finished your time trial there is no warm down. You can use any raft to disembark the lake, but will likely be allocated a lane by an official at the finish. Eights and fours should use the racking provided to the right hand side closest to the warm up lake. Other boats should be placed on trestles. Blades should be returned to your trailer, stored under your boat or placed in the blade storage area and not left in the boating area.

Regatta races: Ensure you 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 you have concluded your regatta race there will be no warm down. You 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.

After races: Between races you can use any part of the site other than the island and boating area to relax unless otherwise instructed. Please avoid mixing with others. There will be no indoor space for you 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, you must bring photo ID for every member of your crew. After your final race please leave the site as quickly as possible.

We look forward to welcoming you back to the Metropolitan Regatta for 2021.