

# ROWING ON

- Safety:** All safety considerations such as lifejackets, bow-bobbles, heel restraints, and if necessary lights, must be observed. Random checks may be made by any OURCs officials at any time.
- Timing:** Racing in divisions, similar to bumps.  
Be at the river at least 1 hour before your race time, so on the first day, meet in the lodge 1.5 hours before. Rowers should not eat lunch less than 3 hours before racing. Check the cox and coach have accurate watches. As the division two before yours comes past, the division just before yours will push off, and you can put your boat on the raft, blades drawn in. Psych up and warm up over the next 25 minutes. As the division preceding yours goes past, your crew and you should get into the boat, and as the last racing crew passes yours, push off and start your warm-up. By five minutes to go until your division time, you should be coming back from Haystacks towards the Gut in division order. Listen to marshals, especially if they ask you to slow down or stop to give a bigger space to the next crew.
- Boating:** Boathouse side crews all boat with the bowball to the left. Move down the boathouse bank carefully, and towards the Gut. Ideally if there is space, cross to the towpath bank and then stay on bowside, leaving the middle empty. As you get to the Gut, move to bowside if you are not already there, and stay on bowside for the rest of your warm-up. Down to Haystacks (or turn earlier if you are high in the division and running late), and back up to the Gut. Long Bridges and Univ Raft crews please boat bowball to the right, and go straight down through the Gut. Falcon/City crews please boat bowball to the right as normal, but spin immediately (keeping very close to the Falcon bank) and leave the mouth of the Gut clear for crews coming through. Give way to any moving crews then join the circulation.
- Warm-up:** Below the Gut, normal river circulation. As you come back up to the Gut ready to race, get yourself into division order. When the marshals ask you to go to the start, paddle through, ready to harden the pressure as you come straight next to Long Bridges rafts. Take the best racing line you like, from Long Bridges (the start) to the finish post opposite Christ Church Meadows. Slow crews, if they are caught up with, should move aside out of the racing line for faster crews.
- After:** As you pass the finish line, move as far upstream as you can, to let crews over the line behind you. Spin when allowed and convenient – probably after all your division has finished racing. Boathouse crews go to the Meadows bank and return to their rafts downstream, going straight in and leaving the centre clear. Crews to other rafts move to the towpath bank when possible, and continue back to their rafts using the normal circulation and leaving the centre empty. Long Bridges and Univ raft crews straight in downstream. Falcon/City crews stay in the normal circulation until below all other eights (ie close to Haystacks) and then return to land upstream as normal. Only spin under Donnington Bridge if the river has no other crews on it. All crews returning after racing please give way to those just starting their warm-up for the next division.
- Problems:** If you have an equipment problem or clash of crew/equipment please inform OURCs at once, if necessary by talking to the nearest marshal with a radio. For reasonable cause the Senior Umpire may delay a division a few minutes, but s/he will NOT do this if s/he is not told at once about your problem. For breakages, pull in to the nearest boathouse to see if you can borrow tools etc.