

# Torpids Golden Rules for coxes

Push off as soon as the *last racing crew* of the previous division passes you.

Be on time to the start.

Know the circulation pattern and the rules.

Don't spin in front of motorised boats.

You're responsible for checking your boat's safety features.

Between the Gut and the Head, generally leave the centre clear (apart from while spinning) and stick to the banks.

Don't ignore or disobey marshals.

If you have a problem and might be late, talk to a marshal with a radio, straight away.

If you're moving from Haystacks towards Donnington Bridge, near the bunglines, you MUST be on the non-towpath side. If you're moving from the Bridge down towards the lock, you MUST be on the towpath side (or centre, if the bunglines beside you are occupied).

Bunglines 1–6 must spin so as not to go past their bunglines (not even by a length). Bunglines 8–13 go below, spin, and come back to their bungline on the non-towpath side before crossing, giving way if necessary. Bungline 7 can do either but not a mixture.

In Torpids, it will almost certainly pay you to concede early if getting bumped looks inevitable, as bumped crews carry on racing.

Acknowledge clearly and for several seconds, to ensure it's seen.

If you get a bump, wind straight down and move out of the racing line.

Crews which bump out must get moving and paddle up behind the last racing crew as soon as it passes them.

Remember to check which bungline you're on the next day and change your warmup if necessary.