

2023 Instructions for Competitors – Isis Sculls

Alterations from the 2022 competitor instructions are highlighted in red.

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. Competitors should make themselves familiar with the course map and be aware of the hazards on this river.
- Always follow the navigation rules and comply with the Marshals' and Umpires' instructions immediately. A map of the course showing the circulation pattern is included below.
- Crews should attend to the position of other crews and river users throughout.
- A variety of craft (1x, 2-, 2x, and 4x-/+), and both Junior and Adaptive scullers will be competing in different divisions. Competitors should always treat each other with consideration and respect.
- 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.
- All craft must carry the boat identification number. Umpires on Control Commission will be checking that boats carry these numbers.
- Race Control is located in the bar at City Boathouse.
- The draw, timetable and results will be posted on the Isis Sculls website at oxfordcityroyalregatta.co.uk/sculls.
- The prize giving will take place in the bar of the City Boathouse as soon as possible after the last division has finished.
- The details of how to contact the Club Welfare Officer will be displayed in the Club House. The welfare policy is published as a separate document.

Parking and Trailers

- Trailers, but not towing vehicles can be parked at the City Boathouse.
- Blue badge holders are welcome to park at the City Boathouse.
- Towing vehicles and competitor cars should be moved to the Redbridge Park and Ride, which is less than one mile walk from the boathouse and costs £2 - £4 for the day.

Local clubs

- Oxford College crews and local clubs may embark from their own boathouses but must attend the City Boathouse to register and collect their numbers before racing. Crews and their equipment may also be checked by Control Commission prior to racing.

Registration

- Participating crews should pick up their racing numbers from Race Control at least **one hour** before they are due to race.

Boating Instructions & Navigation

See Map of the course (attached).

- 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 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.

Circulation Pattern

- The normal rules of navigation will apply. Boats must keep to the right-hand side of the river at all times: before, during, and after racing. Competitors must ensure their racing course is clear and safe. For their own safety, Novice and Junior competitors unfamiliar with the Isis are advised to review the Circulation Pattern carefully.

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.
- DIVISIONS 1-3: 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.
- **DIVISION 4: Warming up should take place **above** the gut. Crews must wait at longbridges facing downstream until the last boat of division 3 has passed, and then spin and start upon instruction from the umpire.**
- Crews should proceed on the right-hand side of the river downstream towards the Start. From Haystacks Corner crews should be in start number order under the instructions of the marshals and umpires.
- Crews will be instructed by the marshal and umpire to turn around the last buoy before the lock and proceed upstream towards the start.
- **The short course (division 4) will start from Longbridges and end at the Head. Crews for this division will warm up above the gut before marshalling on the towpath bank at longbridges in number order. Crews in this division will not progress through Folly Bridge and will instead paddle up to the head of the river and wait in this area. They will progress downstream to the boathouse when the final boat has crossed the line.**
- All crews must be in their start position at least 5 minutes before the starting time of that division.

Disembarking

- At the end of a race, crews that have crossed the Finish line should keep moving upstream as instructed by the marshals. Please do not turn until the last boat in the Division has crossed the Finish line and you are instructed to do so by the marshals. If there are many crews racing you will need to proceed through Folly Bridge, except for in division 4 (see above).
- **There is a narrow bridge that you must pass under to return to the boathouses. Pairs may be required to pull in one or both blades and drift through this section. Please ensure that 2- entries are capable of this manoeuvre.**
- 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 metres) 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.

Overtaking

- Slower crews must give way to faster overtaking crews
- Extreme care must be taken when overtaking in the Gut. Dangerous overtaking will be penalized.

Safety

- Safety is paramount when boating and racing. Every competitor and club has a personal and collective responsibility to safety.
- Boats may be inspected for compliance with the safety directives of British Rowing.
- Coxswains must wear a lifejacket or buoyancy aid suitable for the boat used.
- Lifebuoys and throwlines are located at the clubhouse, in the safety boats, and at strategic points along the course.
- Competitors with asthma must always carry an inhaler with them.
- First aid and river rescue are provided by launches covering the course and lower river area. 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 First Aid team will be on standby at the City Boathouse.
- First aid boxes are carried in each launch, and in the indoor boatbay stairs.
- The following numbers may be useful:

Police 01865 266000

John Radcliffe Emergency Department 01865 741166

General Emergency 999

The rowing club's address is City of Oxford RC, City Boathouse, Meadow Lane, Donnington Bridge Road, Oxford OX4 4BL.

Isis Sculls

