

GROA training

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Agenda

- Points raised at Gauteng Championships
- Rope held starts

Boat weighing

- New form to be used for underweight boats
- If the boat meets the required weight
 - Then no further action
 - Record in your schedule that boat has been weighed

Head race timing

- Each timekeeper at start must write down bow number and time as each boat crosses the start line
- Put name at top of the sheet
- If there is an issue such as a boat that was missed, or double click, please note this on the sheet
- Detailed document supplied by Clive to be circulated

Radio protocol

- Listen before speaking
 - Wait for current conversation to complete
- If person does not answer after two attempts do not keep calling
 - They may be busy taking finish time, busy with a start, umpire may be on channel 3
 - Consider if it is so important that you need to contact them
 - Try another way to get message through
 - Try again later

Safety

- Rescue Start and Rescue Finish (not Rescue 1 or 2)
- Be careful of priority when calling rescue

Priority 1

- Means a life is in potential danger
- Life threatening incident such as capsized with a head missing (rower is underwater and may be drowning)
- All racing must stop
- Rescue must proceed to scene as fast as possible
- Everyone to keep off radio except those busy with incident, PoJ and Safety Officer
- Regatta can proceed once cleared by Safety Officer

Priority 2

- Means someone is in need of possible emergency care
- Rescue goes at speed to the site, but bearing in mind that racing is still going on
- All radio communication should be limited to essential communications only until the Priority 2 situation is cleared by the Safety Officer

Priority 3

- Means there is no health or life threatening situation
- Capsize, but all heads have been accounted for
- Rescue travels as fast as possible to the site, but in such a way that there is no wake is created that impacts competitors in a race

Attitude towards rowers

- Lots of shouting at crews by a number of officials
- Upsets rowers, you get het-up and it makes it unpleasant for all concerned
- When the umpires made an error and changed the lane numbers, rowers and coaches were treated badly at Control Commission and told to wait in line

Rowing Officials Code of Conduct

As rowing officials we have a duty to provide all participating athletes a quality and fair sporting experience in a friendly, supportive, instructive and safe environment. To achieve this we need to:

- Know the latest version of the RowSA Rules of Racing
- Be punctual, reliable, impartial and unbiased
- Behave appropriately and show respect and tolerance to all
- Contribute in a constructive manner, respectful of other person's rights and dignity
- Not engage in aggressive behaviour (verbal or physical)
- Take good care of all property assigned to us
- Be sensitive to the needs of all athletes
- Take responsible action to ensure the safety of all

Rowing Officials Code of Conduct

As a rowing official, we also have the right to be treated with respect, express our personal opinions freely and participate in decision-making. We also need to accept our responsibility to:

- Be objective and supportive to colleagues
- Attend meetings, participate in decision-making and abide by decisions
- Earn the respect of rowers, colleagues and supporters through our actions and behaviour
- Instil discipline and implement the Rules of Racing with consistency and fairness
- Be sensitive to the rowers needs.
- Practice and instil sportsmanship by being firm, yet fair and respectful
- Exercise self-discipline and be accountable for our actions and decisions
- Strive for excellence and be professional

Behaviour

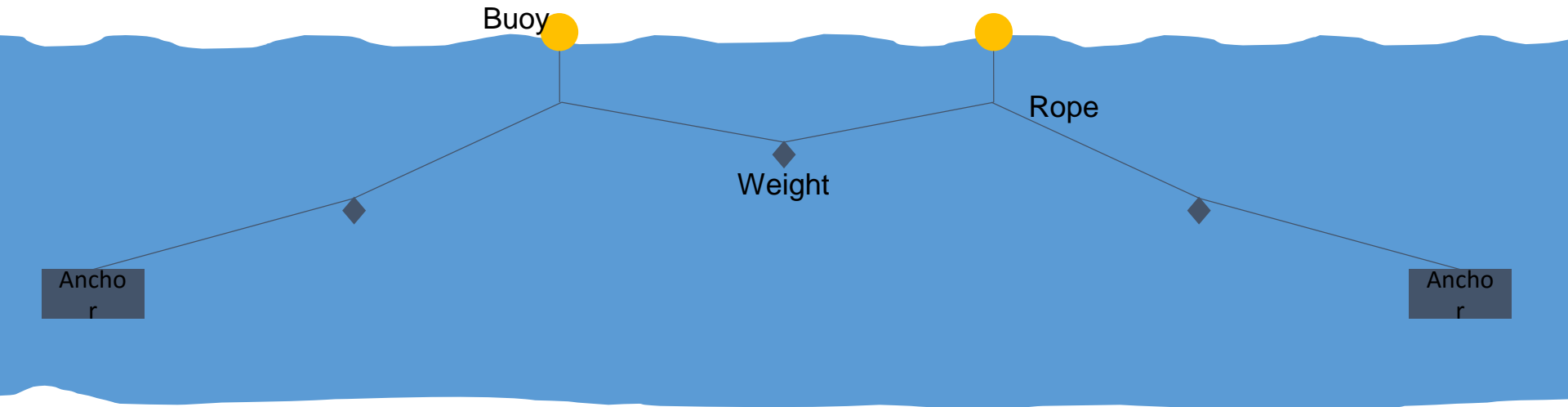
- Officials **MUST** present a calm image
- **DO NOT SHOUT** at anyone. Treat everyone with respect
- The athletes come first – it is their regatta
- We are there to facilitate and ensure safe and fair competition
- We need to earn the respect of the rowers and coaches
- Remember that if we are not having **FUN** we will be making it unpleasant for all those around us

Rope-held Starts

Guide for Rowers

Background

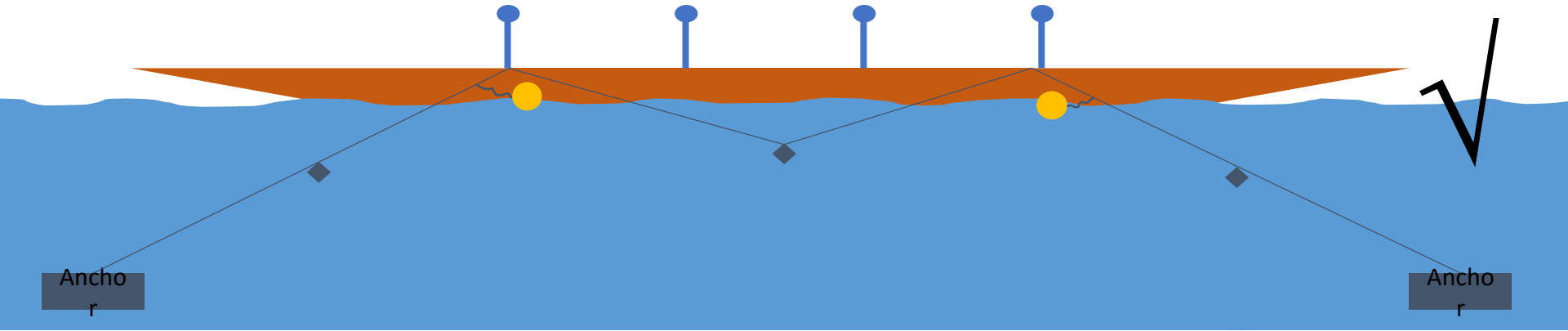
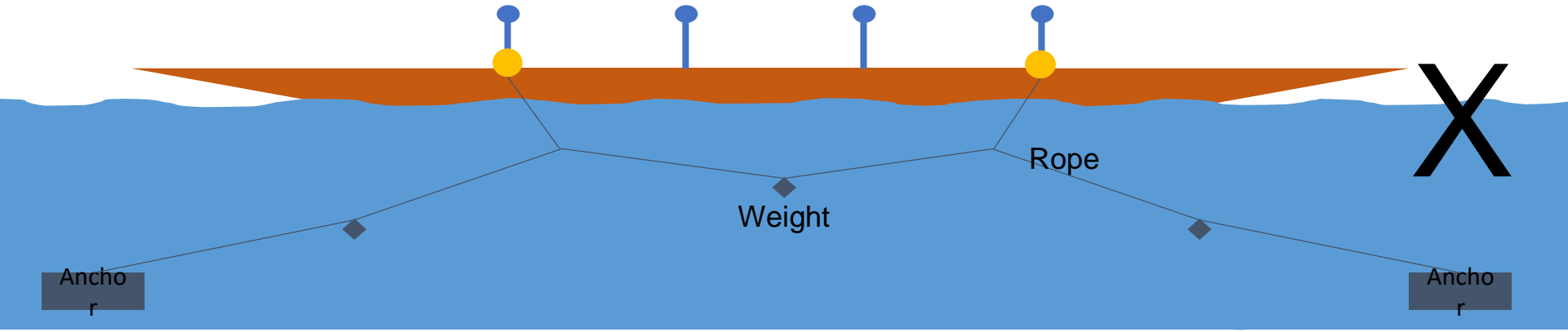
- The rope-held start was invented by the late Alan Francis.
- It allows boats to be aligned accurately and held straight on courses where a stake-boat start is not feasible.



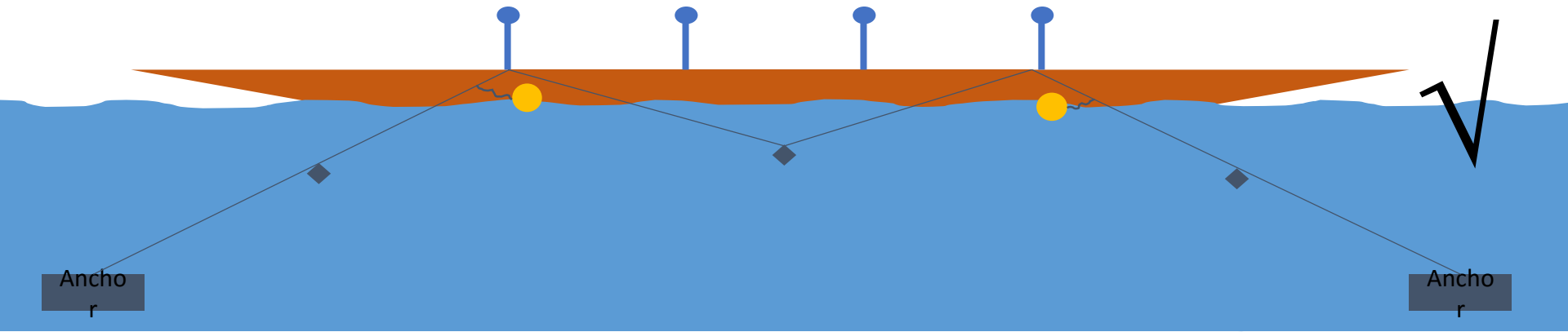
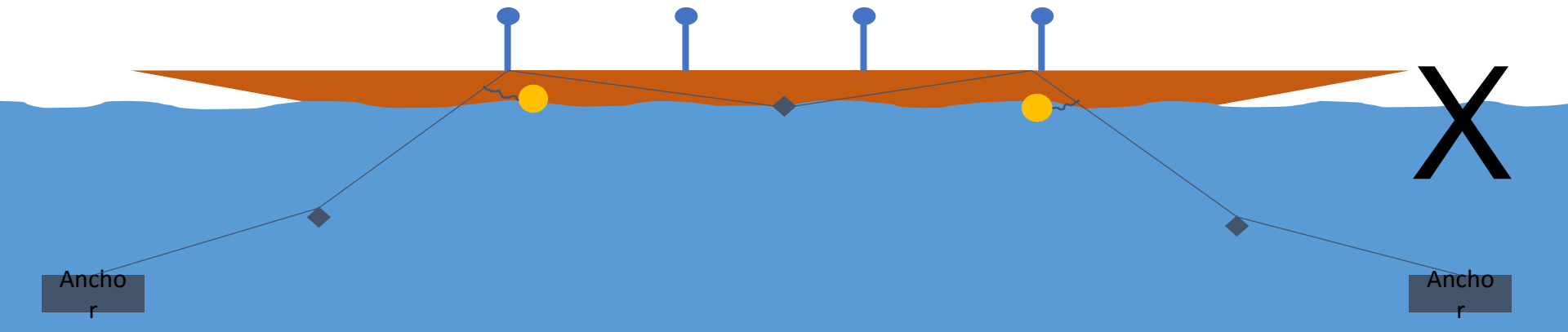
Advantages over floated start

- The rope-held start allows boats to be aligned much more accurately (i.e. within centimetres) thereby ensuring fairer racing.
- The boat can be held straight in a cross-wind thereby reducing the potential for boat clashes after the start.
- The boat can be held in the centre of the lane thereby reducing the potential for boat clashes after the start.
- The start is quieter and calmer as the aligner has more time to align, especially in a cross-wind.

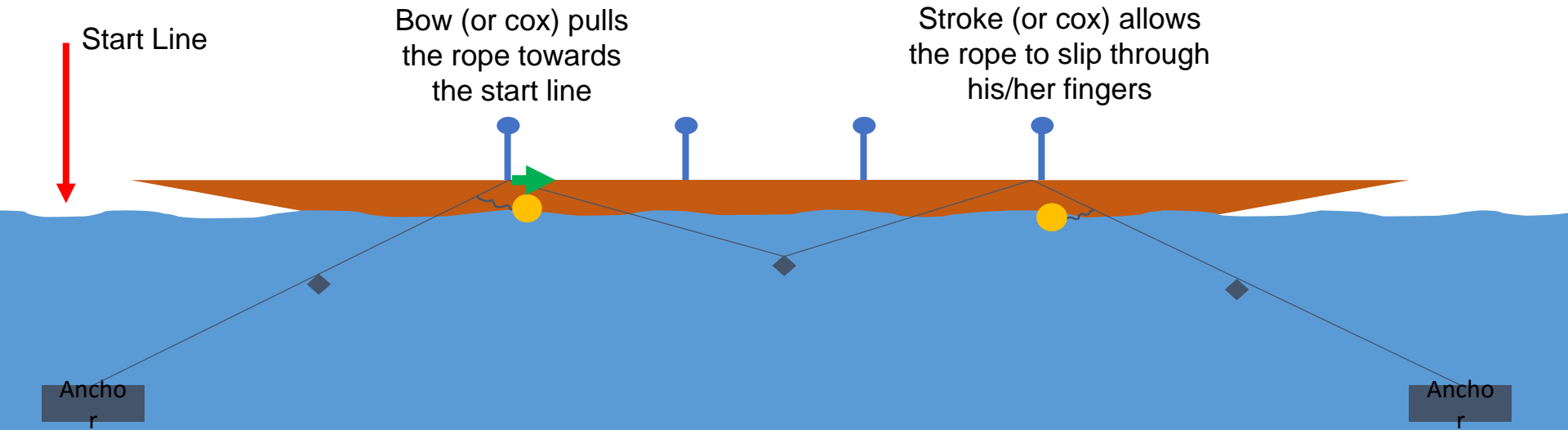
Don't hold the buoys – use them to pick up and hold the rope



The rope is held taught against the anchors with the slack in the middle



Touching

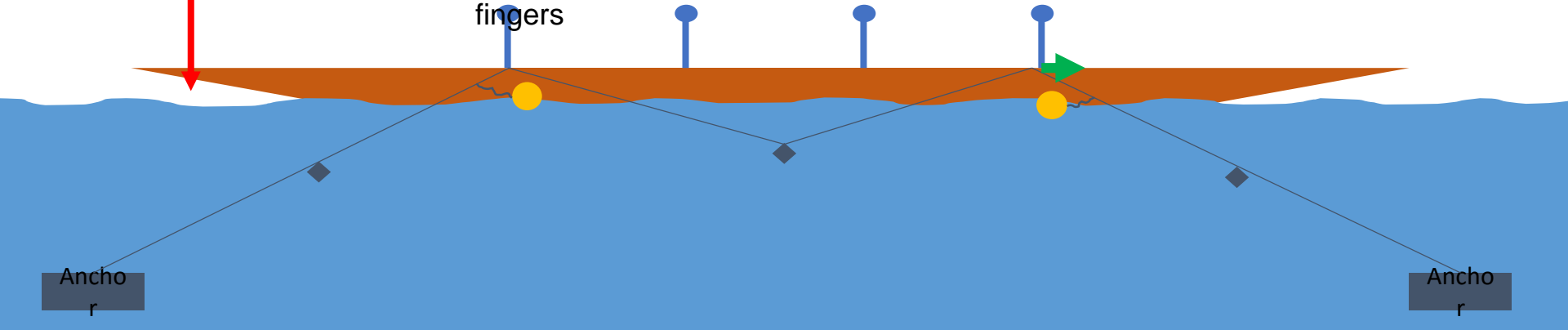


Backing

Start Line

Bow (or cox) allows
the rope to slip
through his/her
fingers

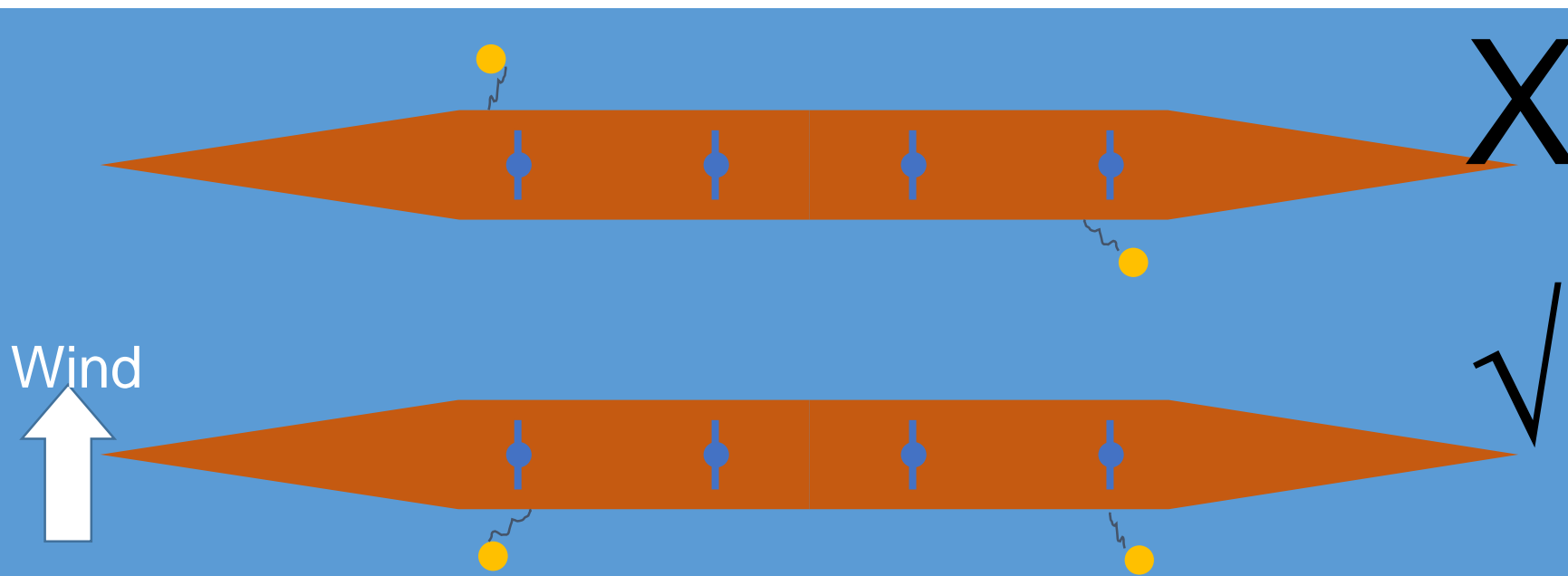
Stroke (or cox) pulls
the rope towards
the anchor



Anchor

Anchor

Ensure both buoys are on the same side of the boat to avoid snagging the rope on the rudder



Pick up the ropes downwind, so that the wind blows the boat off the rope to avoid snagging

Additional information

- Drop the ropes when the aligner calls “hold it all crews”.
- If the boat gets caught in the rope after the start the race will be stopped and restarted.
- You may need to touch/back appropriately to get the boat straight once attached to the rope.
- Stop the boat before picking up the buoys – please don’t use them as brake because you could drag the anchor.

Have Fun