

# GROA training

Selwyn Jackson  
November 2015



# Agenda

- Gauteng Junior Championships

# General items

- Dress code – no jeans
- Arrive on time (at least 60 min before first race)
- Report to PoJ
- Check with PoJ before leaving
- Don't forget to bring:
  - Clip board, pen, hat, sun screen, binoculars
  - Rules of Racing, Officials Handbook, Regatta Notice
- Remember to keep calm
  - Treat all competitors and officials with respect
  - No shouting at the start

# Gauteng champs

- Late entries allowed only if lanes are empty
  - A scratching does not make the lane available
  - CC needs to be careful of sculls scratchings/late entries
- JWU14 8x will be coxed by an open cox
- Heads races
- Crew or boat clashes will not be accommodated – check with PoJ
- Read the Regatta Notice

# Control Commission

## *Boat checks*

- Check bow ball, heel straps, hatch covers, bow number
- Record time boat is checked
- Be positive
  - *If you do this you can row not you can't row because ...*
- Boat weighing of selected boats (after racing)

# Control commission

## Athlete checks

- IDs for selected crews
  - If no ID book, Warning (yellow card)
- Cox weighing
- Check that ballast is present when crews returns

# Control commission Administration

- Record crews that have boated (also time)
- Record coxes that need ballast
- Record any issues

# Aligner / Judge at the start

- Use correct commands
  - Touch (distance), back (distance), hold
  - Hold it all crews and raise white flag
- When race is started, check for false starts
  - Raise red flag and inform umpire
- Keep a note of all changes to schedule



# Marshall

- Check crews and collect into groups
- Rack and stack behind umpire
- Check that crews adhere to traffic pattern
- Good marshalling can keep regatta on time

# Umpire / Starter

- Check course is clear before starting race
- Get changes to schedule from Aligner
- Two minute rule:
  - At two minutes before race crews should be ready to race
  - Race should be started at race time
  - Warnings (yellow cards) for crews arriving after 2 minutes
- If crews are missing, do not start race ahead of time
- Make sure your pilot calls in the race
- Check dress code

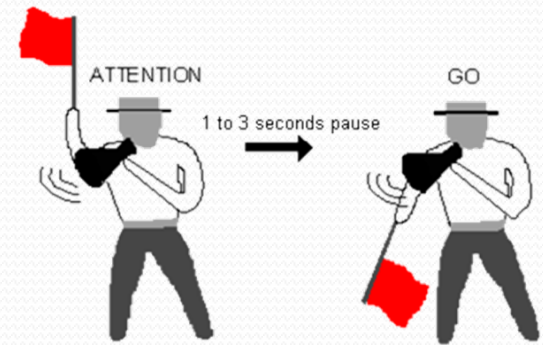
# Dress code

- Tri-suits must be the same
  - Careful when uniform is changed
  - Poorer schools cannot afford uniforms
  - Can give a warning (yellow card)
- Hats – those worn must be the same
  - Do not have to wear a hat
- Same for undershirts and leggings
- Sunglasses are not controlled



# Starter / umpire - basics

- Call the roll
  - Ensure that all the correct crews are in the race
- Call crews to the start
- Hand over to the Aligner
- Hold red flag horizontally
- Wait for aligner's "Hold it all crews"
- Call attention and raise the red flag
- Check white flag is still there
- After 1 to 5 seconds call "Go" and drop the flag to side
- Check that aligner does not call a false start



# Considerations

- Two heats and only 8 crews left
  - Combine race?
  - What is the procedure?
- Rough wind – use rolling starts
  - For all heats
- Boat gets damaged on way to start?
- Cox has hand raised? What do you do?
- Warnings (yellow cards) when race is re-rowed?

# Umpire

- What flag protocol – don't show flag when not used
- Don't steer crews unless
  - Crew is affecting another crew who is in its own water
  - Obstruction
- Remember safety of crews and boats
- Clear race at end with white flag
  - Give crews a chance to object especially if there was an incident

# Pilot

- Call in race
  - Race no, umpire name and no, stand by for start, changing to channel 3
  - Hold radio open for Attention/Go
  - After race has started go back to channel 1 and call in DNS, scratching's etc.
- Second pair of eyes for umpire – be vigilant
- If possible take start time of race
- Monitor radio

# Finish tower

- Start timing officials
  - Record number of boats
  - Record start time and umpire name or number
- Finish timing officials
  - Use watch from same start timing official
- Judge at the finish
  - Record all details for race (DNS etc)
  - Sign results sheet



# President of the Jury

- Need to check on EVERYTHING

# Safety Officer

- Rescue Start and Rescue Finish
- Brief rescue as to how to behave on water

# Packing up afterwards

- Please help pack up the equipment before leaving
- Many hands make light work



Have fun!