

GROA training

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October 2015



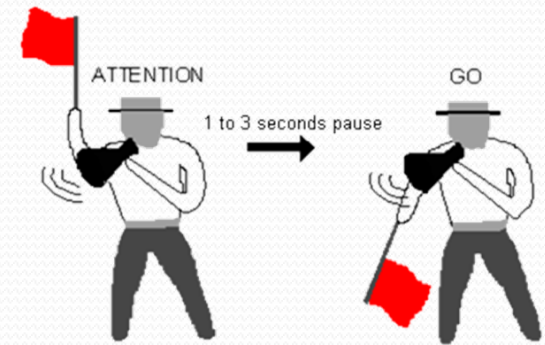
Agenda

- Starter / umpire
- Feedback from Tunisia

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
- After 1 to 5 seconds call "Go" and drop the flag to side
- Check that aligner does not call a false start



Additional items

- That that course is clear before starting race
- If crews are missing, do not start race ahead of time
- Check that crews are lined up with course
 - Best to fix this before starting race
- Make sure your pilot calls in the race
- Check dress code
- After “Hold it all crews” and before starting, check that white flag is still there
- Don’t point or wave flag
- Flag is the actual start, not verbal “Go”

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

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?

African Olympic Qualification African Championships







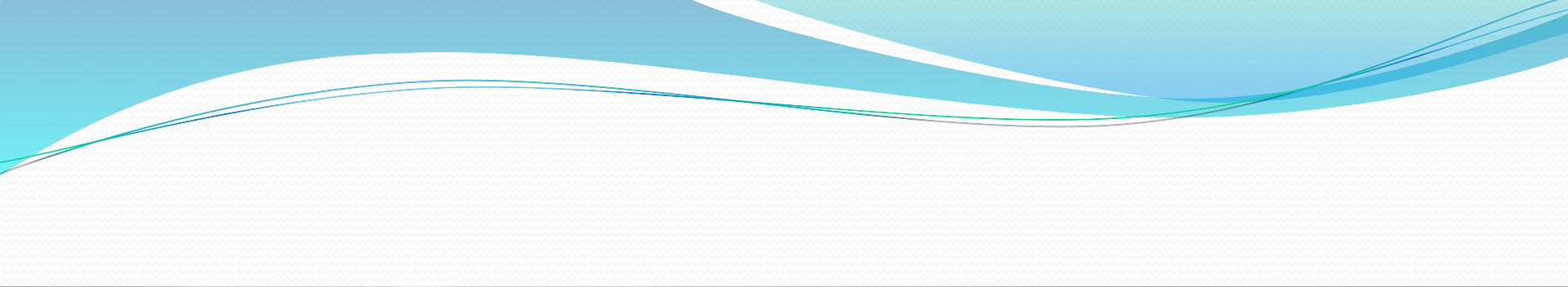
Athlete Weighing
Ergometre
First Aid Service
Athletes Rest

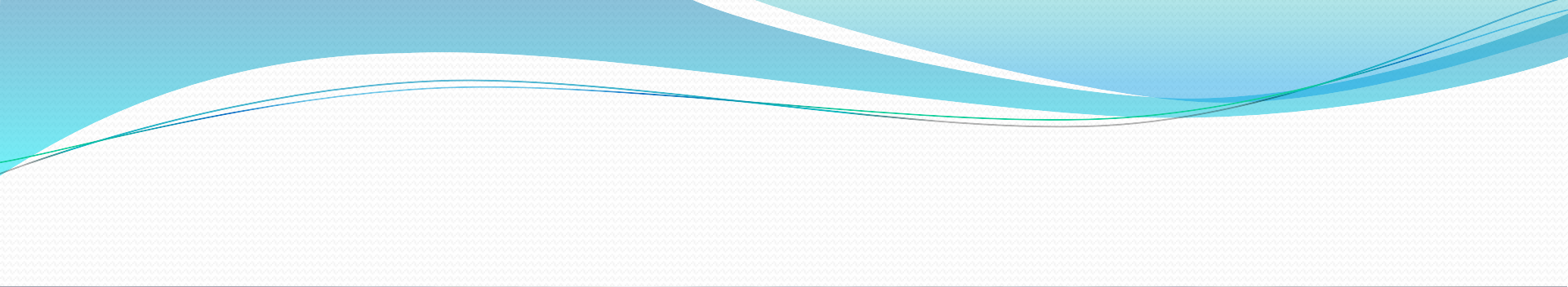
















Have fun!

