



BRITISH ROWING
CHAMPIONSHIPS

2024 Instructions for Competitors

Draft 1.0, 15 July 2024

TEAMWORK | OPEN TO ALL | COMMITMENT

Registered Office: 6 Lower Mall, Hammersmith, London, W6 9DJ

British Rowing Limited, Registered in England No. 1706271



It gives me great pleasure to wish you all a very warm welcome to the 2024 British Rowing Junior and Senior Club Championships.

The Championships is a dedicated British Rowing event that provides an opportunity to compete against some of the best rowers from across the country. It is an aspirational event and, I hope, a highlight of the season. We aim to offer a competitive challenge, that is athlete focused, fair, equitable and a positive experience for all athletes, coaches, supporters and spectators. While the quality of competition is high and we are keen to maintain this high standard, the event should also be fun.

Winning a British Championship medal is a terrific achievement: and the winners are very worthy of the title British Champion.

We will be conducting time trials again this year in order to create a race programme with intermediate finals that will provide excellent racing for the crews and scullers, Those crews who make the top 12 in their event time trial will progress to semi-finals and finals. While time trials may not be the best spectator experience, they are an excellent way to deliver exciting and rewarding side by side racing later in the day.

Although I have been involved with Championships for a very long time, as coach, helper, supporter and volunteer. I would like to say a huge thank you to the Organising Committee and key volunteers who have done so much of the groundwork for this event through this year, and over many previous years. They have great experience, dedication, and an understanding of the ethos of this event. Their commitment is wonderful.

They are part of a wider team of over one hundred volunteers who I am indebted to because without their hard work this regatta would not happen. I would also like to thank the staff members at British Rowing who are increasingly involved with our competition. The wider team of volunteers and professional staff working together is a brilliant example of the essence of our sport – groups working together, supporting each other, pulling (or pushing) together to achieve a common goal and a successful outcome. I also have to thank the staff at the NWSC who work hard with us to deliver a high-quality event. The Organising Committee has been working with British Rowing's Junior Rowing Committee and National Competition Committee to create a Championships that fits the talent pathway and meets your aspirations.

Whether you are a competitor, coach, spectator or volunteer, we very much appreciate your support, and I hope you have a successful and enjoyable Championships. Good luck and good rowing!

Mike Martin, Chair of British Rowing Junior and Senior Club Championships



1. Racing Format

- 1.1. The Championships draw system aims to identify the fastest three crews in each event.
- 1.2. All events (even for straight finals) **may** be subject to a time trial to determine progression to later rounds. The precise structure of later rounds cannot be determined until the number of crews registering for an event at the Regatta is known.
- 1.3. Information on redraws will be posted on the results website at least one hour before the first race in an event. The lane draw for finals will be seeded on the results of previous rounds.
- 1.4. At the time of the draw, events will have the following rounds*:

Number of Crews	1 st Round	Repechage Semi-Finals	Finals
6 or fewer	Race for Lanes	-	Final A : 1 – 6
7 - 10	2 x Heats <i>1st 2 to Final A Remainder to Repechage</i>	1 x Repechage <i>1st 2 to Final Remainder placed 7 - 10</i>	Final A : 1 – 6
10-12	2 x Heats <i>1st 2 to Final A Remainder to 2 x repechages</i>	2 x Repechages <i>1st to Final A 2nd to 6th to Final B Last eliminated</i>	Final A : 1 – 6 Final B: 7 - 12
13	Time Trial <i>All to 3 x Semi-Finals</i>	3 x Semi-Finals <i>1st 2 to Final A 3rd to Final B Remainder to Final C</i>	Final A : 1 – 6 Final B: 7 - 9 Final C: 10-13
14 or more	Time Trial <i>Top 12 to Semi-Finals Remainder to Minor Finals</i>	2 x Semi-Finals <i>1st 3 to Final A Remainder to Final B</i>	Final A : 1 – 6 Final B : 7 – 12 Final C : 13 -18 etc

N.B. Due to the size of the entry on Sunday 21 July, **all events** will start with a time trial. Events with fewer than 7 entries will have a time trial and Final A, events with fewer than 13 entries will have a time trial and Finals A and B.

- 1.5. Time Trials for Beginner, Adaptive, J15 and J14 events will be over 900m. Heats, Repechages and Finals will be over 1000m. Time Trials for Championship, Club, J18 and J16 events will be over 1900m. Heats, Repechages and Finals will be over 2000m.
- 1.6. Please note that for events with 14 or more entries:



- a. If 6 or fewer crews actually register and complete the time trial, there will be one final.
 - b. If 7 -10 crews register and complete the time trial, the first 3 crews proceed straight to the final; crews placed 4th to 10th will proceed to a repechage with the first 3 crews proceeding to the final and the remainder placed 7 – 10th.
- 1.7. The Committee reserves the right to offer minor final C only to crews placed 13th to 18th in the time trial: minor finals (D, E, F etc.) for the remaining crews will only be offered if the timetable permits.
- 1.8. The Committee reserves the right to combine finals if crews withdraw before the start of the race. This may happen at the start.

2. Registration and Confirmation

- 2.1. Competitors are reminded that they must bring their Membership Card with them (digital or otherwise). Membership Cards must include an up-to-date photograph where required by their Great Britain Rowing Body. A competitor whose card does not have a space for a photograph must bring a photographic identity document with them to the Regatta.
- 2.2. All crews shall have a named coach and Junior crews shall have a responsible adult present at the Regatta. This person must be 18 years of age or older, must have been named in the “Crew Notes” section of the BROE2 entry and a current mobile telephone number for that person must have been provided. If a substitute coach or responsible person attends the Regatta they must contact Registration and register their mobile telephone number.
- 2.3. Crews must register with the Entries Secretary at the Regatta at least 40 minutes before the start time of the first crew in the time trial or heat in which they are racing. Numbers and instructions relating to time trials and heats will be available from the Registration Office. All the information relating to one club will be packaged together and the person collecting a club’s information will be asked to provide their name and a contact number for the duration of the event. Numbers for composite crews will be included with the submitting club’s information.
- 2.4. Crews that fail to confirm their entry to the Entries Secretary within the timescale given at paragraph 1.3 will not be permitted to start. Those that have confirmed but then fail to appear at the Start for any of their races in the event may be disbarred from other events in the Championships.
- 2.5. The final draw for each event will be published on the Results Website no later than one hour before the first race in the event.



3. Substitutions, Changes in Crew Order and Scratchings

- 3.1. Crew changes (substitutions), changes in crew order and scratchings must be notified to the Entries Secretary at least 90 minutes before the first race in their event in accordance with the Rules of Racing. Crews must use BROE2 to notify substitutions prior to the Regatta; the system will be open from 09:00 on Friday, 12 July until 06:30 Friday, 19 July. After this time changes must be notified in person at the Registration Office (open from 06:30 on every competition day) with details of the substitute's registered club, name, date of birth and Racing License number as recorded by the relevant Great Britain Rowing Body. The Entries Secretary may ask to see the Racing License of substitutes. Substitutions are subject to British Rowing Rule of Racing 7-2-4; all substitutions must be notified to Registration before going afloat. Substitutes must be registered members of their declared club(s) by 1 June 2024.
- 3.2. Crews that have scratched (either by notifying Registration or by failing to confirm by the required time) cannot be reinstated into the event.
- 3.3. Any competitor withdrawing from an event for medical reasons will automatically be withdrawn from any other events they are entered to take part in. Withdrawal after a crew's first race will be allowed if notice is given to the Entries Secretary and there are acceptable reasons.

4. Regulations for Racing

- 4.1. For time trials, each crew will be assigned a unique number. An Empacher number, and two back numbers (one to be worn on bow's racing kit and one on his/her outer clothing) for each crew will be found in the club envelope. **Competitors are asked to provide their own safety pins** and ensure that the number is securely attached (with 4 safety pins - one in each corner). Numbers not visible due to hair covering it or not secured in each corner may mean a crew is not timed in the Time Trial and subsequently eliminated from the event. The cox will not wear a number.
- 4.2. Empacher numbers should be placed in the buckets at the end of the pontoon after racing, or returned to the registration desk. A charge may be made for lost or damaged Empacher numbers.
- 4.3. There is no warm up loop for time trials so do not boat more than 20 mins before your time trial.
- 4.4. For side-by-side racing, each crew will be assigned a lane number which must be attached to the boat. Numbers may be collected no earlier than 40 minutes before the programmed start time of each race. A charge may be made for



lost or damaged lane numbers. Please place your lane numbers in the buckets at the end of the pontoon when disembarking.

- 4.5. Entry fees will not be refundable if it should become necessary, for any reason, to abandon the Regatta or any event, or if crews withdraw for any reason once entries are closed.
- 4.6. When it is not possible, for whatever reason, to complete the Championships or an event, the draw pattern may be changed or times from time trials or semi-finals may be used to determine which crews will progress to later rounds, or to determine the medal positions.
- 4.7. The Organising Committee reserves the right to exclude any crew or sculler from further competition in an event if it does not show sufficient competence in either attaching to the Start Pontoons or progressing down the course during a race. This is applied in the interests of safety and fairness to other competitors.
- 4.8. It is the competitor's responsibility to keep him/herself informed of any changes to the event programme.
- 4.9. Doping Rules apply to all participants of the sport, including minors (children and young people), and they make all participants subject to drug testing. For the purposes of those rules, consent of a parent or guardian to the testing of a minor is deemed to follow automatically from the fact that the minor has been permitted by their parent or guardian to participate in rowing. Therefore, any minors as well as all other athletes participating in this competition may be subject to drug testing. A Clean Sport essential guide for parents and carers, along with more information about antidoping and your responsibilities can be found on British Rowing's [Clean Sport](https://www.britishrowing.org/cleansport) webpage or email cleansport@britishrowing.org.

5. Weighing In

- 5.1. The scales for weighing coxes and lightweight rowers will be in the cabin in the boating area where lane numbers are issued.
- 5.2. All coxes shall be weighed prior to their first race or time trial. The minimum weight for coxes shall be: 45kg for all J15 and younger crews, and 55kg for all other crews. To make up this weight a lighter cox shall carry dead-weight. Any dead-weight carried may be checked after any race in an event.
- 5.3. All coxes will be weighed and issued with a wristband as a weight certificate, which may be inspected, together with any dead weight, by Control Commission before boating or after disembarking.
- 5.4. Coxes must present their Membership Card/ID (digital or otherwise) with



photograph to the weighing official for identification before they are weighed.

- 5.5. Coxes will be weighed by Control Commission according to British Rowing Rule of Racing 7-2- 7. Weighing-in will open 90 minutes before the first coxed race each day.
- 5.6. Lightweight rowers shall be weighed-in each day not less than one hour and not more than two hours before the originally scheduled race time of the first race that day of the event in which they are entered. A crew that does not meet the weight requirements shall not be allowed to race.

6. Prize Winners

- 6.1. To win a medal a crew must beat another crew, except for gold in an event from which all other crews have withdrawn.
- 6.2. Individual gold, silver or bronze medals will be awarded to the overall fastest three crews in the final A of each event. The principal coach of each medal-winning crew will also receive a gold, silver or bronze medal.
- 6.3. The names of the winning crew for each event will be recorded in the British Rowing Championships Book of Winners.
- 6.4. The most successful club at senior level and the most successful club/school at junior level, based on the results of all four days' racing taken together, will each be declared the Victor Ludorum and will be presented with commemorative plaques.
- 6.5. Medals will be presented from the pontoon by the Finish Tower. Medalists must make their way directly to the Presentation Pontoon and not warm down.
- 6.6. Any undeclared substitutions will result in immediate disqualification.
- 6.7. Medals will not be presented to any crew whose identities have not been confirmed.

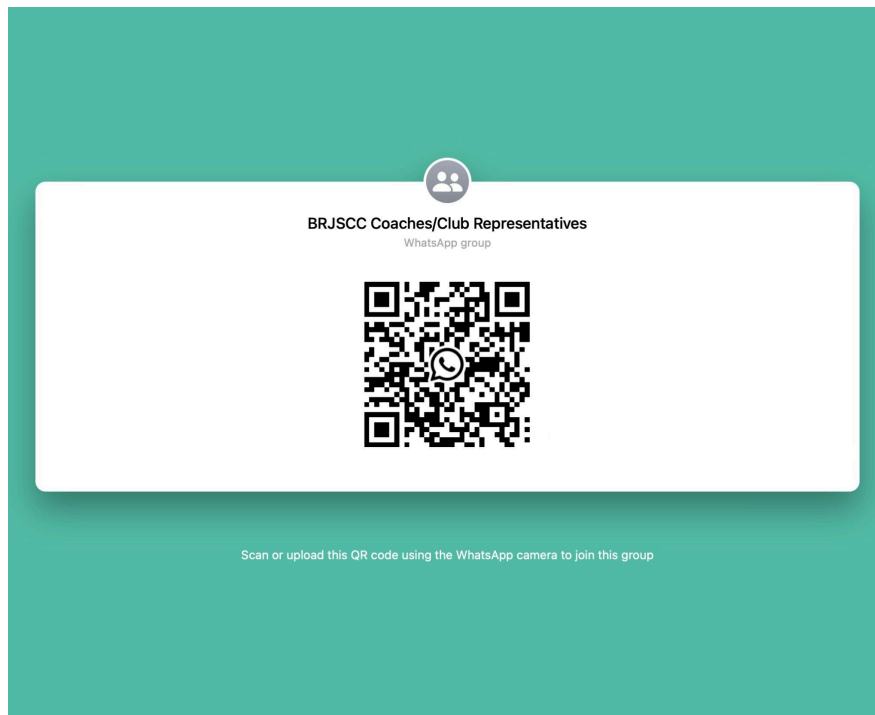
7. Results

- 7.1. Live results will be published on the British Rowing website www.britishrowing.org/brjscc as soon as possible after the end of each race. with full results available at the end of each day.
- 7.2. Printed copies of results will not be produced.



8. Updates During the Regatta

- 1.1 There will be a Coaches' briefing each morning, time to be confirmed.
- 1.2 There will be a Coaches / Club Representatives' WhatsApp Group for important updates during the Regatta which can be accessed via a QR code below:



9. Official Merchandise and Event Village

Official BRJSCC and British Rowing Merchandise will be available in the Event Village. You will also be able to find many other retailers in this area.

10. Car and Trailer Parking

Arrangements are slightly different to previous years. Please refer to the instructions published on the [British Rowing website](#) for full details.



11. Club Gazebos

Clubs are encouraged to create their own rest areas by erecting gazebos on the grass bank, and in 2024, there will be no charge for this. Please ensure you follow the below requirements:

- 11.1. No gazebo may be erected before 12:00 on Thursday, 18 July. All must be removed from site by 18:00 on Monday, 22 July.
- 11.2. There will be no marked "pitches". Space is offered on a first-come-first-served basis. An indication of the space available is shown in the published site plan.
- 11.3. All gazebos on the grass bank **must** be placed at the bottom of the bank (i.e. closest to the lake) to leave sufficient space for trailer parking.
- 11.4. All tented structures must be securely fastened at all times, giving consideration to the prevailing weather conditions.
- 11.5. No responsibility can be accepted by the Organising Committee,, British Rowing Limited, the National Water Sports Centre, Holme Pierrepont Leisure Trust or Serco for any loss, theft, damage, injury, accident etc.
- 11.6. Any tented structure is pitched entirely at your own risk.

12. Cancellation and Changes to Racing

- 12.1. Competitors, volunteers and spectators are reminded that safety is the Organising Committee's primary concern. In cases when the OC considers that the Regatta cannot be run safely, the OC may choose to take appropriate action, which may include (amongst other things) suspending racing, changing the timetable, shortening the course, cancelling specific events or cancelling the Regatta altogether. The OC will seek to make a decision as early as practicable based on the circumstances in question and in the event of advance cancellation, the OC will aim to make and communicate this decision at least 24 hours in advance of the Regatta. Team managers, competitors, volunteers and spectators should take this into account when making plans for travel, accommodation etc.
- 12.2. Entry fees will not be refundable if it should become necessary, for any reason, to abandon the Regatta or any event on the day. It will be at the discretion of the Organising Committee if a partial refund is offered if the Regatta is cancelled prior to race day.
- 12.3. When it is not possible, for whatever reason, to complete the Regatta or any event, times from the time trials or heats may be used to determine medal winners, to declare the victor ludorum and award other prizes.
- 12.4. The Organising Committee will monitor conditions throughout the Regatta and, if necessary, will adjust the draw patterns to create the fairest racing conditions.
- 12.5. It is the responsibility of each Coach/Competitor to keep him/herself informed of any changes to the Regatta programme.



13. Photography

- 13.1. The Regatta is working with *AllMarkOne* as official photographer. They will provide photographs of racing crews and medal ceremonies via their website.
- 13.2. Competitors and those responsible for them should be aware that other, non-official photographers and videographers might operate at national sporting events and the subsequent photographs may be freely used in print, digital media or elsewhere, over which the Organising Committee has no control.
- 13.3. Coaches and competitors agree that by entering crews they have made the crew members and their parents/guardians (where in loco parentis) aware of the above two paragraphs.

14. Welfare and Safeguarding

- 14.1. The Event Welfare Officer for 2024 is Ben Gillard. Ben can be contacted using the mobile number 07976 902618.
- 14.2. A full copy of the Event Welfare Policy is available on the [BRJSCC web page](#) and via the Event Organisers Office.

15. Clean Sport Statement

- 15.1. The British Rowing Masters Championships is committed to Clean Sport. All athletes, athlete support personnel and clubs are bound and must abide by the World Anti-Doping Agency Code. Athletes competing at the Regatta could be tested at any time, and by entering this competition it will be deemed that consent to be tested has been given.
- 15.2. To understand more about anti-doping, the rules and your responsibilities, go to <https://www.britishrowing.org/about-us/governance/anti-doping/> or email antidoping@britishrowing.org

16. Sustainability Statement

- 16.1. Please trailer share and car-pool/use public transport if possible. Please see the link here for the number 11 bus service from Nottingham Railway Station to the Water Sports Centre: <https://www.nctx.co.uk/services/NCT/11>
- 16.2. Water bottle refill points are here, please bring your own refillable water bottles (and cups):
<https://w3w.co/layers.wider.void>
<https://w3w.co/beats.upper.sofa>



- 16.3. Delphis Eco, British Rowing's new sustainability partner, will be giving every club a bottle of their multi surface cleaner - suitable for washing boats - at registration.
- 16.4. Also present over the weekend, in the Event Village, will be our clean water partners; The Rivers Trust and River Action, as well as the local Trent Rivers Trust, the Nottingham Plastic Free Community and Earthwatch.



APPENDIX 1 - Safety Instructions

Key Points

Due to the length of the racing day and the opening hours at NWSC, there will be **no training time available on the lake either before or after racing on any day of the regatta.**

Anyone wishing to train on the lake on Thursday should make direct contact with the NWSC.

Although the Regatta will endeavour to provide a safe environment within the RowSafe guidance, competitors are specifically reminded that persons using the venue do so entirely at their own risk and are solely responsible for:

- Their own safety.
- Ensuring that their boats are safe and are prepared to the standards required by the BR Rules of Racing and RowSafe. Any boat that fails to meet the standard shall be excluded. See Rule of Racing 7-2-8 for details.
- Strict observance of the circulation patterns (land and water see maps) and of the RowSafe guidance.
- Deciding, together with their coaches, whether or not they are competent and capable to use the lake in the prevailing weather and water conditions.

Clubs and competitors must:-

1. Not practice during racing.
2. Ensure that all roadways and access routes are kept clear at all times. No vehicles may be left within the boating area after 06:30 on any racing days. Crews should be especially vigilant in the boating/boathouse areas.
3. Report all accidents to the Regatta Office and/or NWSC Reception.



Safety Boats

There are safety boats on the course during racing. The first duty of every waterborne official is to the safety of competitors or any person in difficulty.

Water Quality

Water users should check [here](#) for up-to-date information on the water quality of the lake. Remember that there is a potential health risk in any open water. Avoid swallowing water; cover cuts with a waterproof plaster; wash or shower when you come ashore and before eating or drinking. British Rowing's guidance on water quality can be found [here](#).

Accidents and Emergencies

All accidents and emergencies must be reported to a Regatta Official and/or NWSC Reception as soon as is practicable.

The Official will summon medical support if necessary and will summon any additional support that may be required.

The Official will also ensure that the Safety Adviser, Regatta Controller and the Race Committee Chair are made aware of the incident. An online incident report **MUST** be completed for all accidents, collisions or capsizes. This is available on the British Rowing website (incidentreporting@britishrowing.org).



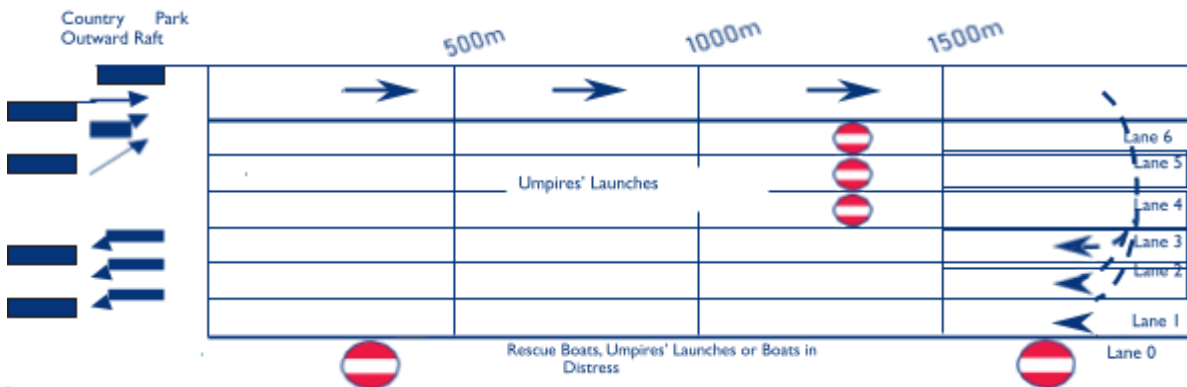
**BRITISH ROWING
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Racing Circulation Patterns

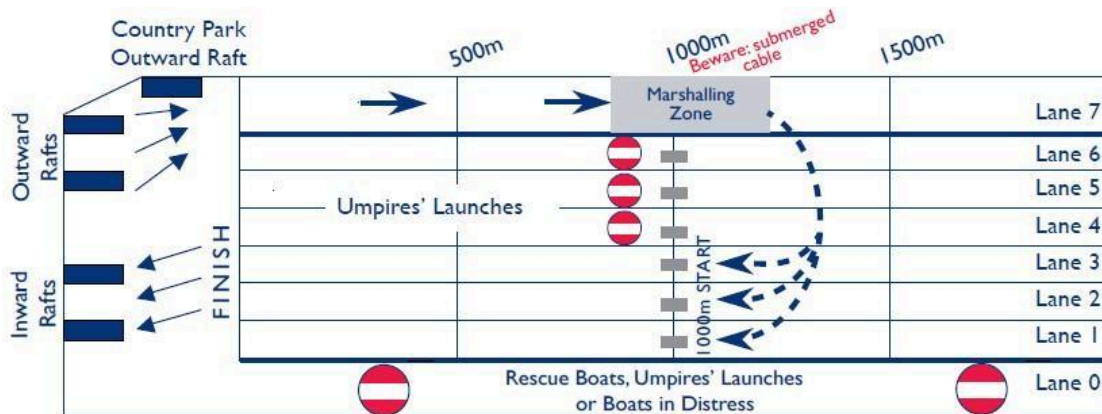
Failure to comply with these rules may lead to the removal of the crew or club from the Regatta.

Note that lake-side markers count down from the Start (2000m) to the Finish (0m)

1900m Time Trial Circulation Pattern - All Events Friday, Saturday and Sunday (except Adaptive, J14 and J15 Events on Sunday)



900m Time Trial Circulation Pattern - Adaptive, J14, J15 and Beginner Events (part Sunday, all day Monday)

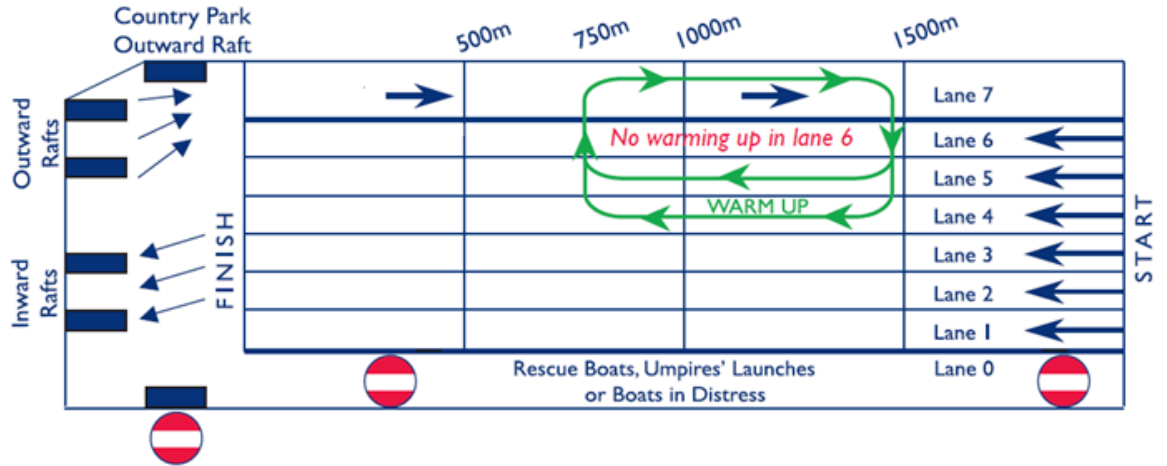


Only two of lanes 1-3 will be used for racing. This will be published before the time trials.

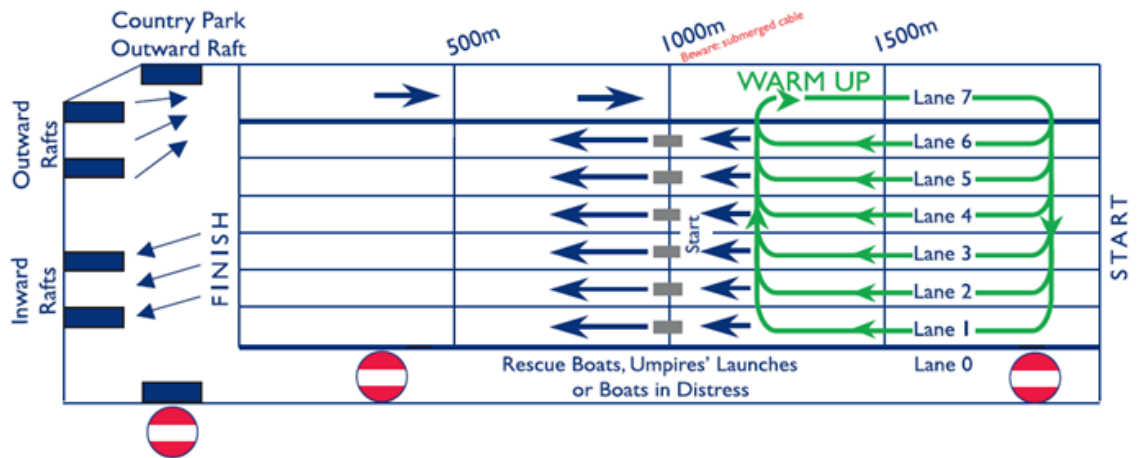


BRITISH ROWING CHAMPIONSHIPS

2000m Side-by-Side Racing Circulation Pattern (Friday, Saturday part Sunday)



1000m Side-by-Side Racing Circulation Pattern (part Sunday and all day Monday)



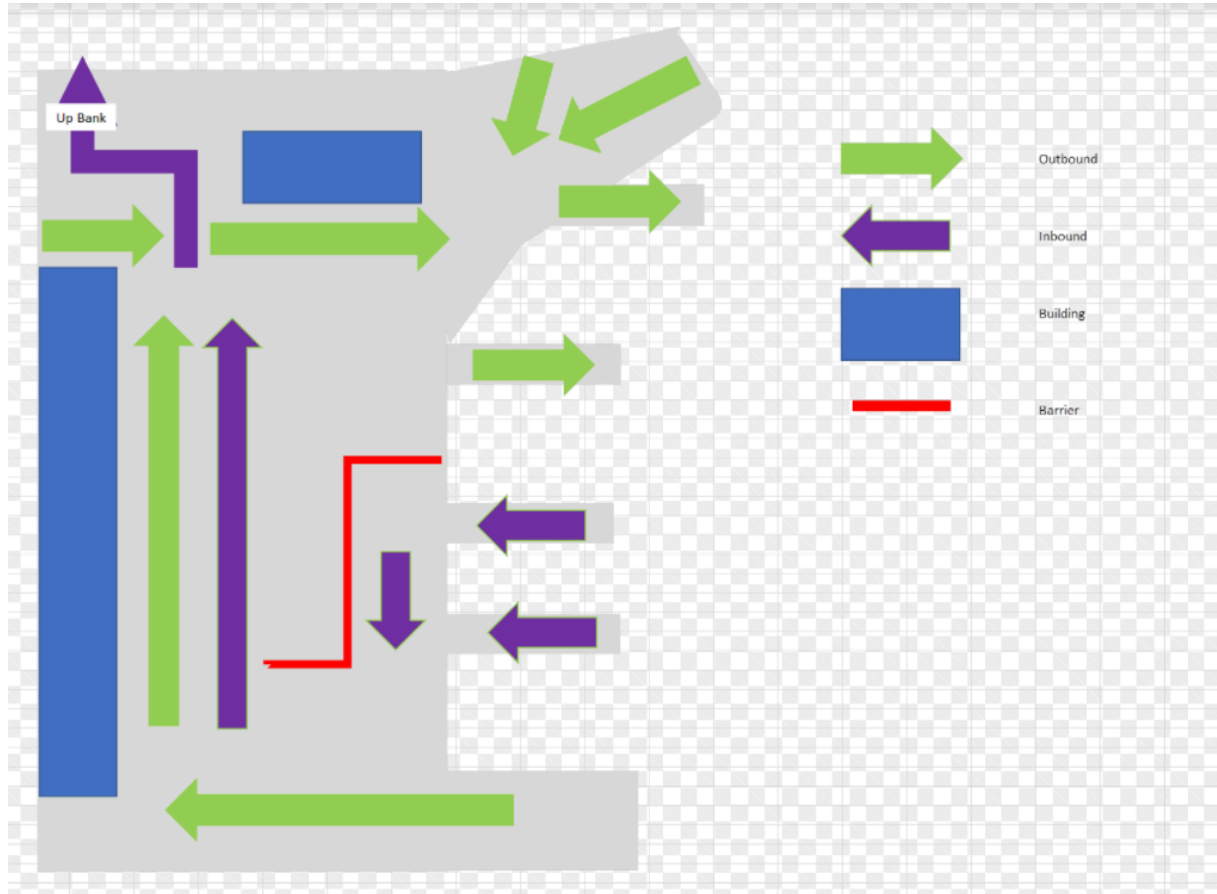
Key Points

- Great care must be taken when using the pontoon is for embarkation only. The pontoons on the side of the course past the Finish Tower and in front of the new boathouses must not be used by any crews.
- potential danger of being blown into the racing lane 6 if there is a cross-wind. Crews stopping
- At the Start crews must keep into the bank whilst waiting to be called to their race and must stay clear of the Start Zone. Crews must take particular care when crossing the course to get to their allocated
- Crews must take particular care near the Finish and in the Boating Area to avoid collisions with other crews that have just finished, have been cooling down.



BRITISH ROWING CHAMPIONSHIPS

Land Circulation Pattern





Marshalling Instructions for Time Trials

Please note that the lake-side markers count down from the Start (2000m) to the Finish (0m).

- Crews must be ready to boat 30 minutes before the scheduled start time of their time trial. Boat in number order.
- Control Commission Umpires will supervise boating and may do the normal safety checks. Any boat failing inspection will not be allowed to boat unless the problem can be fixed in a timely manner.
- Crews must proceed to the Start in lane 7 only

Warming Up/Cooling Down

There is no circulation loop to warm up/cool down before or after time trials. Instead, consider warming up/cooling down on land.

At the Start

Remove spare kit under the direction of the Start Marshals. Crews will then paddle in single file. Crews must then follow the Umpires' instructions to paddle between the two launches in a continuous clockwise semi-circle (e.g. "hard on strokeside, bowside light/ easy/hold") into the designated racing lanes. Crews will be alternately allocated to one of lanes 1, 2 or 3. We will decide the two lanes in use for time trials based on the weather and water conditions. Lanes 4 to 6 are safety lanes and are not in use for racing.

Lane 0 is for use by crews in distress. See diagram. After completing the turn, crews must keep paddling in their allotted lane towards the timing line.

For the 900m time trials crews will paddle above the start line and be directed by marshals to go between the start pontoons into their allocated lane.

For the 1900m time trials crews will paddle into lane just below the 2000m start pontoons.

The Starter will say 'Go' approximately 40m before the timing line and crews will be timed from the start marker to the Finish Tower.

If your crew is being caught by a faster crew, you must move out of their way before returning to your allocated lane. You must not impede the faster crew or any crews in adjacent lanes. Specific instructions for which way you should move will be confirmed at the coaches meeting but you must not impede a faster crew.

Disembarking

Crews must be careful near the Finish and in the Boating Area, and proceed straight to the rafts quickly and safely. Please remove hulls and blades from the rafts immediately. Please follow the one way pedestrian system within the boating area.



Marshalling Instructions for Side-by-Side Racing

Please note that the lake-side markers count down from the Start (2000m) to the Finish (0m).

Boating

Crews should go afloat to race using the outward rafts in the Boating Area. Crews may use the Country Park raft with care: this raft is for embarkation only. The rafts on the southern shore of the course towards the Finish Tower are not for the general use of competitors. Crews must proceed to the Start in lane 7 as far as the 1000m marker for 1000m racing and 1500m marker for 2000m racing where they will be held by a Start Marshal and given further instruction.

Warming Up

For 2000m racing, crews may warm up in a clockwise direction in lanes 4 and 5 between the 1500m and 750m markers by carefully turning into lanes 4 or 5 at the 1500m marker and then warming up in the racing direction only, before turning back into lane 7 at the 750m marker. For 1000m racing, crews may warm up in a clockwise direction from 2000m to 1500m in their racing lane and then carefully turn back into lane 7 to proceed back to 2000m. Crews warming up must keep well clear of any racing and be vigilant for other crews in the area.

At the Start

2000m Racing - under the instructions of the marshal near the 1500m marker complete races will be assembled and sent forward in lane number order (1,2,3,4,5,6). When the Starter calls the race, crews will paddle across the course in lane order to their allocated lane. Only when in the correct lane will a crew be allowed to paddle through the Start Pontoon and back down onto the Start Pontoon.

1000m Racing - under the instruction of the marshal proceed towards the 2000m start, cross safely into their racing lane where they can continue to warm up following the warm up instructions or be held in their lane ready to be called forward by the Starter to race.

Cooling Down

Cooling down on the water is not permitted at this competition, please cool down on land after disembarkation.

Disembarking

Use the inward rafts only when coming ashore after racing. Please follow the one way pedestrian system within the boating area.

Take care in the Finish Area to avoid collisions as crews merge from racing and from medal ceremonies.

Prize Winners

Instructions for prize-winning crews are given at section 6 above.



BRITISH ROWING CHAMPIONSHIPS

General Information

Cycling, Skating, Rollerblading and Pedestrians

Cycling, skating, rollerblading etc. is prohibited in all Regatta enclosures and in the boating area. The south side of the course will be closed to unauthorised users from half an hour before racing starts until half an hour after racing has finished.

Cyclists etc. must give way at all times to pedestrians and service vehicles of the Regatta. A designated cycleway is provided on the north side of the course from the Scoreboard to the Finish.

Cyclists must dismount at the end of the cycleway. Only crews and their coaches are permitted in the Boating Area. No other pedestrians may enter the Boating Area and should instead walk alongside the boathouses. Cyclists are not permitted in the Boating Area. Please follow the one way pedestrian system within the boating area.

Thunder and Lightning

Competitors and spectators will be advised on what to do in the event of lightning via the public address system. This will include instructions on how the course will be cleared of crews and officials, to seek 'proper shelter' and when the Organising Committee will make decisions on racing.

Medical Support

During racing hours medical and first aid facilities are available near the base of the Finish Tower: dial 24720 from any site telephone. Any medical problem arising on the campsite that can safely be brought to the First Aid Centre will be dealt with.

Medical facilities are intended to cover emergencies only: there is no provision for physiotherapy treatment.

A Duty Officer of the National Water Sports Centre is on call 24 hours a day, contactable through the Centre Reception: dial 24738 from any site telephone.

Outside racing hours, or if a more serious problem occurs, contact the NHS Walk-In Centre 10 minutes' drive away, or ring NHS Direct. See below for contact details

Changing Facilities

Changing and showering facilities are available in the main building. Toilet facilities are available in the Lakeside (Main Centre) building, in the boating area and in Portaloos around the site.



Emergency Telephones and Contacts

Emergency Telephones are situated:

Start Tower

At the 1500m marker on each side of the course

At 1000m on each side of the course

Main Reception in the Water Sports Centre

Waterman's Office

All manned huts have telephones.

Emergency numbers:

Emergency Services 999

Medical Practice, Radcliffe-on-Trent 0115 933 2948 or 0115 933 3737

Medical Practice, 214 Musters Road 0115 981 4124

Hospital, Queens Medical Centre 0115 924 9924

NHS Direct 111

Police, non emergency 101

NWSC Address:

The National Water Sports Centre

Adbolton Lane

Holme Pierrepont

Nottingham

NG12 2LU

National Water Sports Centre Reception 0115 982 121