

Coxes Briefing

Head of The Mersey 2015

8:15am, 10:45am, 13:15pm

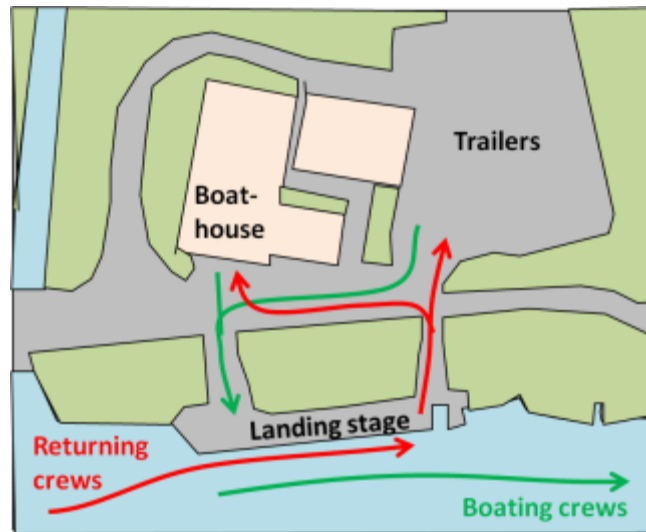
Welcome

- Welcome to WRC
- Safety is the priority. It is cold so please listen to the officials, we are all here for a good days racing.

Kit

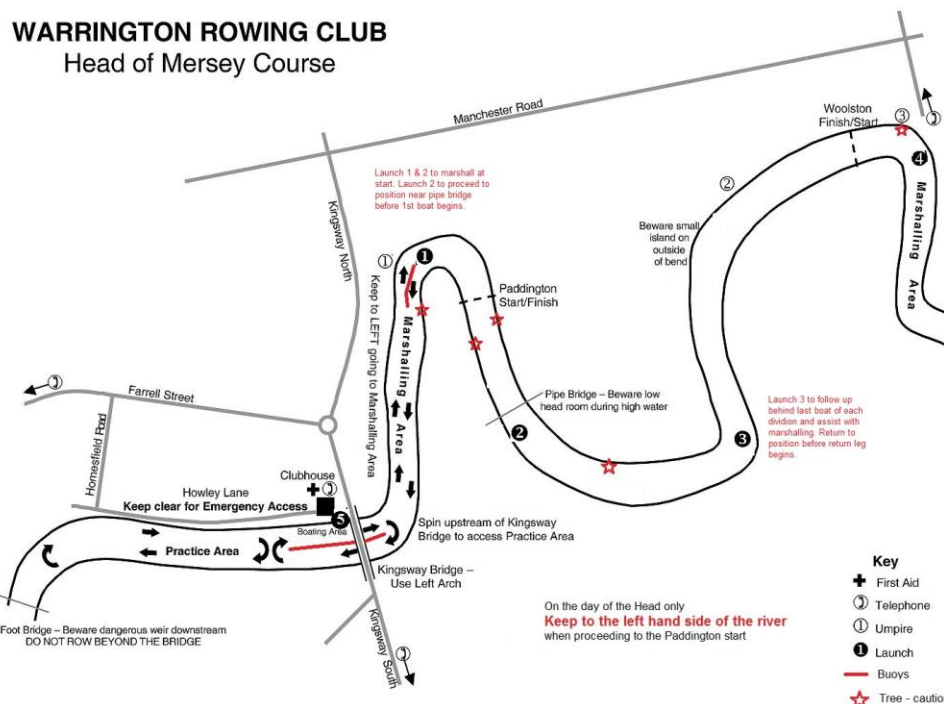
- Racing Kit-I am more interested in you being warm than wearing club kit. If we think you are not properly dressed you will not be allowed to boat.
- We encourage you to wear multiple layers of clothing. Please though remember we must be able to see your racing number.
- Hoodies are not allowed.
- You will probably need wellies on the landing stage. However, no wellies are to be worn in boats.
- Hot showers, shelter and warmth can be found in the new club house.

Boating



- Please ensure you inspect your boat prior to boating.
- Boating will be via steps in front of boat house and include boat inspection by marshals. Approach the stage with the bows pointing forwards.
- Please boat bows towards the bridge and use all of the landing stage.
- The stage may well be under water; if so make sure you have enough depth of water under your boat to protect the fin, rudder and boat.
- Go upstream on this side of the river and through the clubhouse side arch.
- If you are going downstream to practice, row upstream first and spin once you are well clear of the bridge to pass back under the other arch.
- Under no circumstances go under the suspension footbridge below the regatta start – there is a weir.

Marshalling at Paddington



- Once you boat please move upstream on this side and be in position 10 mins before your race. Don't delay or try and be clever by boating at the last minute. If there is a delay we will keep you informed and keep you moving.
- You will be in race order with the first crew sitting just downstream of the big horse shoe bend. When we tell you to go - move up stream around the outside of the bend.
- When you can see a straight line you will be in the start area and you need to be ready to race.

Racing

- We intend to maintain ~10 second intervals between crews.
- Overtaking- it's a big river and you will all have different ideas of the fastest line. Be sensible and if you are being overtaken

please move out of the way. Beware though of the bends and some points where river narrows.

- Coxes- make sure you have full control and response of your crews when navigating the course – especially bends. Make sure you can be heard before starting the race.

Marshalling at Woolston

- When you finish the first leg keep moving around the Woolston bend. Beware of strong currents which may push you towards the north bank.
- Listen to the marshals. When they tell you to stop keep your bows pointing upstream.
- Put on the layers you need to keep warm.
- When all the crews have finished the marshal will tell you to start turning and you will restart in the order in which you finished.

Returning to the stage

- When you have finished the downstream leg, keep to the left bank and keep moving. Be aware of crews from next division who will be waiting to race.
- Proceed under the arch furthest from the boathouse and go past the landing stage. Spin and come onto the stage bows pointing towards the bridge. Again use all the landing stage.
- Exit landing stage by the new slope next to the slipway.

Good luck

- Enjoy your racing and please start boating Division One.