



## **2021 RCA National Rowing Championships Regatta** Elk Lake, BC | Thursday Nov 11th – Saturday Nov 13th

### **Bulletin No. 2**

*RCA acknowledges that our 2021 National Rowing Championships is being hosted on the traditional territories of the Lək̓wəḡən peoples known today as Songhees and Esquimalt Nations and the W̱SÁNEĆ peoples known today as W̱JOŁEŁP (Tsartlip), BOŖEĆEN (Pauquachin), S̱TÁUTW (Tsawout), W̱SIŖEM (Tseycum) and MÁLEXEŁ (Malahat) Nations.*

### **GENERAL INFORMATION**

#### **IMPORTANT UPDATE – CHAT GROUP**

The Organizing Committee (OC) will initiate a *WhatsApp Chat Group* to inform PRAs, club managers, coaches and staff of important information during the event. To register in this group, go to this link: [2021 NRC's GENERAL](#).

*WhatsApp* is free to download at: <https://www.whatsapp.com/download/>

#### **REGATTA INFORMATION**

This bulletin will be the final information bulletin. All future communications will be made available on the [RegattaCentral](#) and [Rowing Canada Aviron](#) websites and at the venue.

#### **COVID-19 MITIGATION**

Please see the attached site plan that outlines the main features at Elk Lake. Please note that in accordance with COVID-19 mitigation strategies, everyone joining us on site at the NRCs is required to be **fully vaccinated** and show a valid government-issued **photo ID**. Those who are not fully vaccinated will be required to provide proof of a regular Health Canada approved **negative rapid antigen COVID-19 test** - to be completed within 72 hours of entry, at their own expense. While various jurisdictions may have amended COVID-19 policies recently, RCA has made the decision to retain our requirements for all attendees to be fully vaccinated. We encourage the use of masks around the venue (and inside rooms), regular hand sanitizing, and 2m physical distancing. View the [venue map](#).

## PARKING ARRANGEMENTS

Trailer and vehicle parking will be assigned by the OC for emergency vehicles, Para athletes, people with special needs, key members of the Organizing Committee, the Chief Umpire and the Assistant Chief Umpire<sup>1</sup>. All other parking will be in the gravel lot, Jennings Lane (overflow parking) and along Patricia Bay Highway. Assistants will be on-site to assist participants with parking.

## TRAILER PARKING

Parking spaces have been reserved for the lower car park area. Please reverse your trailers to the allocated parking space.

## \*\*TRAILER DRIVERS

Please give us advance notice. Please *send an email* to the OC to tell us your *planned arrival day and time*. Please email Brenda Taylor and Case DeBoef at:

Brenda: [brendastaylor@telus.net](mailto:brendastaylor@telus.net) (Cell: 250-880-2798)

Case: [ccdeboef@telus.net](mailto:ccdeboef@telus.net)

## TEAM MANAGERS/COACHES MEETING

All team managers/coaches are required to attend a compulsory meeting on **Thursday November 11 at 4:00pm** in the Spracklen Room (upstairs at the back of the boathouse). This will be an opportunity to review final regatta details with the OC and the Chief Umpire.

## VOLUNTEERS

Thank you to everyone volunteering to make this event a success! If you are attending and could offer some time as a volunteer, please consider [signing up here](#). Volunteers who help with two or more shifts in a day will be treated to lunch at the on-site concession as a thank you!

## REGATTA SCHEDULE AND TIME TRIAL DRAW

The final schedule and time trial draw will be [available on RegattaCentral](#) following the close of entries.

The OC is aiming to minimize waste and protect the environment, and so where possible, will operate in a 'paperless' environment. Limited hard copies of schedules and results will be posted on the results and notice board. Please bookmark the RegattaCentral website on your handheld device to avoid unnecessary printing requests.

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<sup>1</sup> People with accessibility concerns should speak with the parking attendant at the entrance to the park

## REGATTA OVERVIEW

### Thursday November 11

- Regatta Office: 9:00AM - 4:30PM
- Concession: 10:00AM - 4:30PM
- Course Officially Open for Training (using NRCs traffic pattern and safety boats): 11:15AM - 4:30PM
- Compulsory Coaches & Team Managers Meeting: 4:00PM (Spracklen Room)

### Friday November 12

- Regatta Office: 6:30AM - 4:30PM
- Concession: 7:30AM - 4:30PM
- Practice Session: 7:00AM - 8:15AM & 3:15PM - 4:30PM (depends on race program each session)
- Racing Sessions: (see the Provisional Schedule on the RegattaCentral website)
  - 8:30AM - 12:00PM (depends on final entry numbers)
  - 12:00 - 3:00PM (depends on final entry numbers)
- PRA Briefing Session: 4:30PM (Spracklen Room)

### Saturday November 13

- Regatta Office: 6:30AM - 4:30PM
- Concession: 7:30AM - 4:30PM
- Practice Session: 7:00AM - 8:15AM & 3:15PM - 4:30PM (depends on race program each session)
- Racing Sessions:
  - 8:30AM - 12:00PM (depends on final entry numbers)
  - 12:00 - 3:00PM (depends on final entry numbers)

### Sunday November 14

AM Session: Spare session contingency in case of bad weather on Nov 12/13.

## ON-WATER SAFETY

The OC has arranged for safety boats to be on water for all training and racing sessions. Notes:

a) **Para athletes** may require additional rescue/safety services during training. Para coaches/athletes please contact the OC in the Regatta Office to ensure adequate coverage is arranged.

b) Teams arriving *before* the official opening of the venue should contact the boathouse manager to ensure access to appropriate safety boats. Contact Jess Phillips at [clubadmin@vcrc.bc.ca](mailto:clubadmin@vcrc.bc.ca). Note: A coach boat on water (acting as a safety boat) is compulsory as per local rules.

## COLD-WATER RULE

Chief Umpire Tim Henderson will enforce a '**cold-water rule**' for all training and racing sessions. That means, if you fall out of the boat, you will be assisted out of the water and transported by motorboat to the boatsheds to warm up. If this occurs during racing, you will be relegated to last place in that round. Athletes and coaches are requested to review their safety drills prior to attending the regatta.

## TRAFFIC PATTERNS

Updated maps of the traffic patterns for training, Time Trials, and 1850m racing are [available here](#). Notes:

- a) **Local crews**, please note the changes to regular club rowing traffic patterns. Athletes and coaches should carefully review the maps before arrival.
- b) **Infringements** of the traffic pattern(s) may incur an official warning, yellow card, or red card (exclusion from the event).

## TIME TRIALS

Time Trials will be conducted in all events for the first round of racing (instead of the normal 'heats'). Rankings within each category will be used in the subsequent round. Please see the attachment '*Time Trials - Instructions to Coaches and Crews*' on the RegattaCentral website.

**\*\*Athletes are reminded to *race to your full potential*, in every race.** In the event of bad weather, a round(s) may be dropped or compressed, and results from previous rounds *may* be used to determine overall rankings or seeding. Note RCA Rule Book Appendix 7, 3.4-7, etc.

## CREW DEADLINES/SCRATCH DEADLINES

As per RCA Rule 7.6, crew changes after the close of entries and before the first heat may be made in writing at the regatta office, up to 1 hour before the first heat of the event (other than medical substitutions). See Rule 7.7 for rules related to changes after the first heat. A fee of \$50 will be charged for each scratching and 'no show' crews.

Note: Medical substitutions require a medical certificate to be lodged with the regatta office in order to waive the scratching fee.

## ATHLETE INFORMATION

### COVID-19

Everyone joining us on site at the NRCs is required to be fully vaccinated (2 vaccine shots) and show a valid government-issued photo ID.

Those who are not fully vaccinated will be required to provide proof of a negative Health Canada approved rapid COVID test, to be completed at their own expense.

“Daily Self Assessments” are required to be completed every day before arriving at the venue. This takes 1 minute to complete. Please **take a screenshot of the result**. You may be asked to show this at the venue when you arrive. The link to the B.C. Health 'Self-Assessment Tool' can be found [here](#).

People from provinces or territories *other* than B.C. must show an official provincially/territorially recognized vaccine record and valid government-issued photo ID. More B.C. vaccine requirement information can be found here: [gov.bc.ca](http://gov.bc.ca)

### CONTROL COMMISSION

The Control Commission will be open during racing hours only. All boats must access the launch pontoon and water via the Control Commission checkpoint, where officials will check various safety requirements (including legal bow balls, quick release foot-stretchers, heel ties, athletes ID, etc.).

### ID REQUIREMENTS

Please note that photo ID is mandatory for athlete weigh-ins and dock access during racing. Acceptable ID will be any government issued document with a photo and date of birth. Photos of ID on electronic devices or a clear photocopy of a passport will be acceptable.

### LIGHTWEIGHTS AND COXSWAIN WEIGH-IN

For NRC regatta lightweight events, no lightweight rower may weigh more than 72.5 kgs (men) or 59kg (women). A test scale will be available in the weigh-in tent starting at 12:00pm on Wednesday November 10, 2021. As per WR ByLaw to Rule 22: Lightweight rowers shall be weighed wearing at least their racing uniform on tested scales *not less than one hour and not more than two hours* before their first race of each lightweight event in which they are competing, each day of the competition.

Weigh-ins will take place in a designated area, upstairs in the Spracklen Room.

### MEDALS

Medals will be awarded to first, second and third placed athletes and crews in the 'A' Final of each event. All awards will be presented **after the completion of all 'A' finals**, on land near the boating area.

## PROVINCIAL POINTS SYSTEM (NRCs)

### Points Distribution for events with more than 10 entries:

Points will be awarded to the top 10 placing crews on a sliding scale. Points will only be awarded to athletes representing their provincial team.

Single		Pair	
1 <sup>st</sup> place	- 10 points	1 <sup>st</sup> place	- 20 points
2 <sup>nd</sup> place	- 9 points	2 <sup>nd</sup> place	- 18 points
3 <sup>rd</sup> place	- 8 points	3 <sup>rd</sup> place	- 16 points
4 <sup>th</sup> place	- 7 points	4 <sup>th</sup> place	- 14 points
5 <sup>th</sup> place	- 6 points	5 <sup>th</sup> place	- 12 points
6 <sup>th</sup> place	- 5 points	6 <sup>th</sup> place	- 10 points
7 <sup>th</sup> place	- 4 points	7 <sup>th</sup> place	- 8 points
8 <sup>th</sup> place	- 3 points	8 <sup>th</sup> place	- 6 points
9 <sup>th</sup> place	- 2 points	9 <sup>th</sup> place	- 4 points
10 <sup>th</sup> place	- 1 point	10 <sup>th</sup> place	- 2 points

Points for composite pairs to be split equally to the provinces making the entry.

### Points Distribution for events with less than 10 entries:

In events with less than 10 competitors, the points to be awarded from the “bottom up” vs the “top down”. Points are awarded based on an athlete’s placing and distributed relative to the overall depth of an event. For example, if there were 8 competitors, the winning boat would earn 7 points for their province, second place 6 points, third place 5 points and so forth.

#### *Case of Athlete Winning Their Own Restricted Event and Open Category Event:*

An athlete can earn points only in the event in which they are entered. For example, if entered the BW1x and win the W1x, then points are awarded only for the BW1x event.

If an athlete/crew wins an event above their entered category, then the second place finisher in the event earns 9 points and the third place finisher earns 8 points and so on down.

### Provincial Awards:

The Grand Champion Award – Shall be deemed the province with the greatest number of points.

The Efficiency Award - Is tabulated by dividing number of points earned by a province by the number of athletes the province registered for the regatta.