



COASTAL ROWING

**PRACTICAL GUIDELINES TO
HOSTING A COASTAL
REGATTA**

INTRODUCTION



Purpose

- **Aid Organizing Committees (OC) and the Jury to host Coastal regattas**
- **Practical advice / considerations to hosting Coastal regattas**

Intended Audience

- **OCs that are new or inexperienced in hosting Coastal regattas**
- **Umpires (the Jury)**
- **Other parties interested in the practical considerations of hosting a successful Coastal regatta**

Supporting Material

- **RCA Rules of Racing (RoR)**
- **Coastal Rowing presentation explaining RoR**

INTRODUCTION



Topics

- 1. What is the Objective?**
- 2. Introducing Coastal Rowing**
- 3. Safety Considerations**
- 4. Equipment Considerations**
- 5. Course Considerations**
- 6. General Considerations**

What is the Objective of this Initiative?

- *Promote Coastal Rowing in Canada!!!*
 - **Take on the challenge!**
 - **Accept the Learning Curve**
 - **Have fun (Athletes, spectators, OC, Jury)**

A DIFFERENT MINDSET



Coastal rowing is:

- **Under the authority of RCA**
- **Governed by RCA's Rules of Racing**



Coastal rowing is unique in terms of:

- **Equipment**
- **Course (layout, beach start/finish options)**
- **Navigation**
- **Competitor categories**
- **Jury assignments**
- **Weather constraints**



Coastal rowing shares commonalities with traditional events:

- **Safety**
- **Fairness**

EQUIPMENT – BOAT CLASSES



C1X



C2X

C4X



C4+



- **Boat adapted for rough waters**
- **Constructed with 3 water-tight compartments**
- **Self-bailing hull designs or systems**
- **Movable riggers**
- **FISA specifies construction requirements (length, weight, gauges restrictions), but these do not apply at PCA**

COURSE CHARACTERISTICS



Distance:

- **In principle, between 6km and 8km.**

Course Route/Shape:

- **No set requirement: can be straight, rectangular, triangular, W- or M- shaped, point-to-point, etc.**

Course Markers:

- **Markers (buoys) at key locations**
- **No turning marker before 1km, if angle is $>45^\circ$**

Start/Finish:

- **On-water: marked by 2 landmarks or buoys. Ample width.**
- **Beach Finish: a finish line or a flag is used. Competitors beach their boat and 1/more athletes per crew run to cross the finish line.**



SAFETY CONSIDERATIONS



Be knowledgeable of:

- **Water conditions (tides, currents)**
- **Weather conditions (direction, strength)**

Multiple users of the water:

- **This is normal!**
- **Part of the challenge of coastal rowing**
- **Be respectful, courteous**



EQUIPMENT CONSIDERATIONS



Sourcing equipment will likely be the biggest challenge

Sources include:

- **Personally supplied by competitors (uncommon)**
- **Rented boats and oars (more common):**
 - **How many of each class is available?**
 - **Consult equipment provider on course conditions, beach start/finish, pre-regatta availability (e.g. practices)**
 - **Have discussions on how damage will be handled (what damage is acceptable, who pays for damage, need for insurance, disclaimers required, etc.)**

*Carefully consider **equipment insurance** (irrespective of source)*

COURSE CONSIDERATIONS



Suitable Bodies of Water:

- **Ocean or any large, open body of water (Long course)**
- **Dams, lakes, or suitable beach/ocean conditions (Beach Start Sprints)**



Considerations when selecting the Venue (Safety & Fairness):

- 1. Type of Coastal regatta being hosted**
- 2. Water conditions**
- 3. Shore considerations - Beach Start:**
 - **Breaking waves**
 - **Shore type (rocky, stony, sandy?)**
 - **Water depth at the edge**
- 4. Visibility of the course from the shore (officials, spectators)**



COURSE CONSIDERATIONS – GENERAL



Decide on Start & Finish Types:

- **Beach Start or Floating Start**

(If boats are being rented for the regatta, the equipment provider should be consulted)



Considerations:

1. Shore break present?

- **Shore breaks = greater risk of capsizing, competitor injuries, equipment damage**

2. Shore composition (rocks, stones, sand)

3. Slope of entry into the water (gentle, steep)

4. Width of the Start & Finish areas

5. Access to/from the beach for boats and competitors

6. Equipment insurance (especially Beach Starts & Finishes)



COURSE CONSIDERATIONS - START



Floating Starts:

- **Start on time. Be precise with Start Procedure (timing)**
- **Do not wait for late crews.**
- **Crews may search for best starting position**
 - **Normal for crews to practice & time their start**
 - **Running starts are legal – provided crews are behind the line at the Start signal.**



False Starts:

- **Restart the race if multiple boats false start**
- **Issue 2-minute penalty for single false start**



Beach Starts:

- **Identified by demarcated area on the beach**
- **Boat holders can be used** and will require training!
- **Boat holders *may* push the boats off**
- **Have a back-up plan if shore conditions get too rough (e.g. shift to floating start, more sheltered location)**



COURSE CONSIDERATIONS - FINISH



Recommendations:

- **Arrange for Photo Finish or video**
- **Close finishes are difficult to call – especially in rough conditions**

Beach Finish Awareness:

- **Crews should land in a controlled manner**
- **Crews are responsible for damage to equipment**
- **Bow rower should avoid exiting boat too early**
 - **Water may be too deep**
 - **Risk of being overrun by boat**
- **Boat holders – safety first! (Stand clear of fast-moving boats)**
- **Injury awareness – jumping into cold water & running after 6km row!**



COASTAL (LONG) COURSE



- **Rough conditions and large swell is acceptable**
- **Breaking waves anywhere on the course is a major safety concern**
- **Course length is typically 6 - 8km**
 - **No fixed course length (determined by the OC)**
 - **If heats are required, it is acceptable to shorten the course (e.g. 4km)**
- **Coastal *Overtaking* rule differs from flatwater rowing**

Course Pattern:

- **No fixed rules (consider venue characteristics, prevailing weather conditions)**
- **Consider spectator visibility (i.e. running some legs closer to the shore)**
- **Target a longer first leg (spread the crews prior to the first turn)**
- **Extra turns are good for spectator interest, but require a larger Jury & more volunteers**

ADDITIONAL CONSIDERATIONS



Crew Identification

- **Boats should have a unique identifier per RoR**
- **Advisable to also place an identifier on the back of the bow rower:**
 - **boats are often rented / shared (i.e. Boat IDs may be confusing)**
 - **easier to see rower's bib in rough conditions**
- **Is the OC's responsibility to provide boat identifier stickers & bib**

Umpires on the Water – think SAFETY

- **Turning points can be dangerous – be vigilant!**
- **Set an appropriate tone early (penalize non-**
- **Communicate with crews (collision potential with other crews) – especially with new Coastal r**



BEACH SPRINTS (SHORT COURSE)



- **Sprint (and spectator-friendly!) form of coastal racing**
- **Short course that begins and finishes with a run on the beach**
- **Rough conditions & large swells are acceptable (great for lakes/dams with suitable shorelines)**

Three boat classes:

- **Solo (C1x)**
- **Double Sculls (C2x)**
- **Coxed Quadruple Sculls (C4x+)**

How it works:

- **Minimum 2 lanes, maximum 4**
- **Race begins with a beach sprint (10-50m) to the boat by one crew member.**
- **Rower(s) enter the boat and slalom around 3 buoys over 250m, turn around the 3rd buoy, and row straight back to shore.**

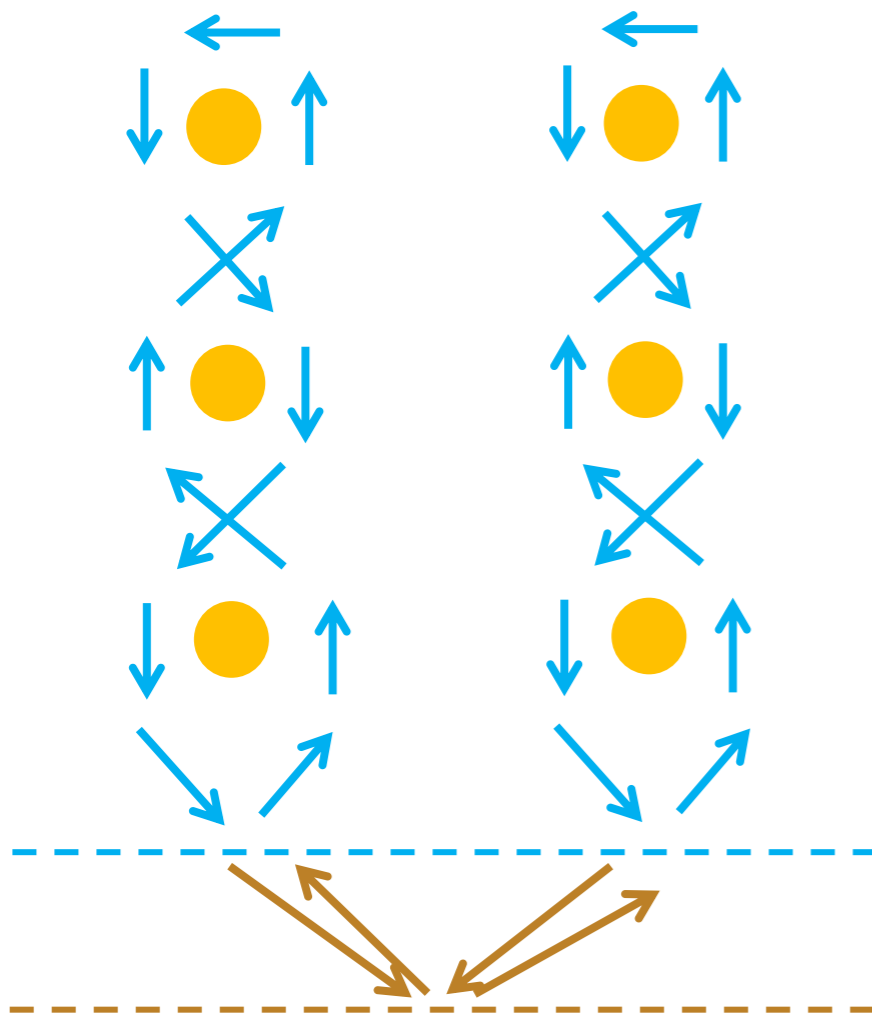


- **One of the rowers exits the boat and runs to the finish line.**

BEACH SPRINTS COURSE EXAMPLES



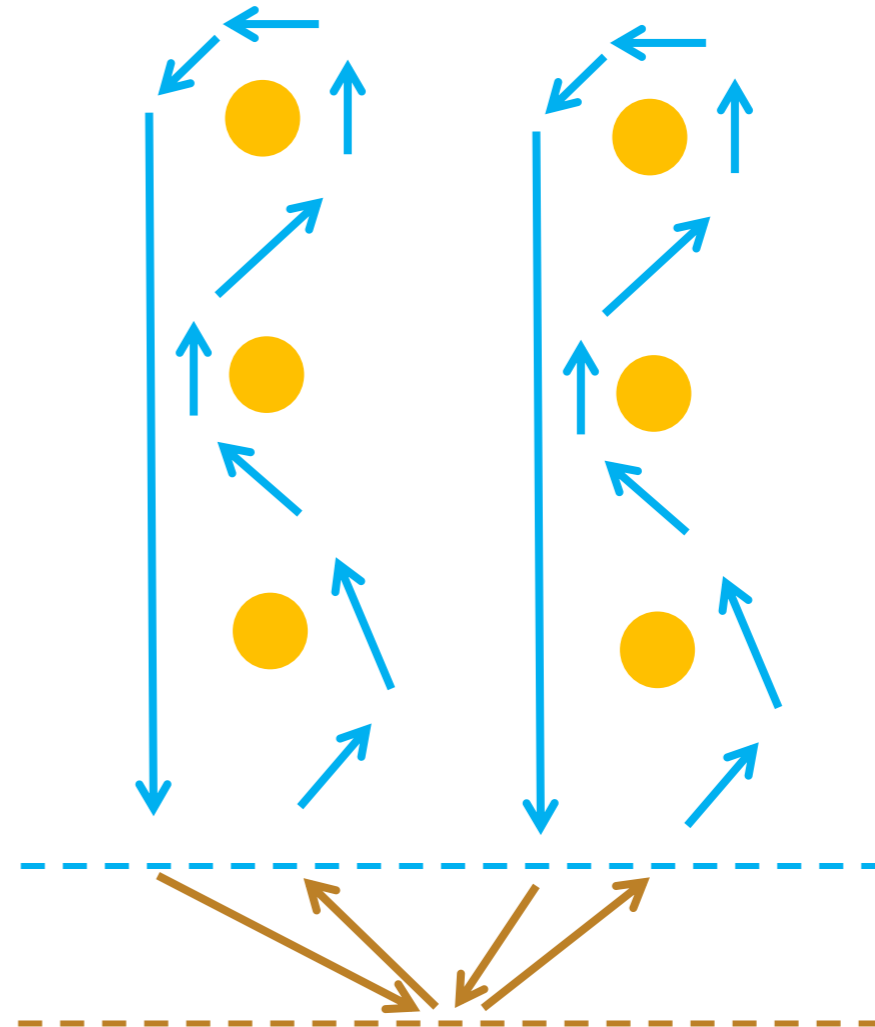
Slalom Out/Slalom Back



**Start /
Finish**

Note: Beach arrows above are showing equal distances for each crew's finish sprint

Slalom Out/Straight Back



**Start /
Finish**

Note: Beach arrows above are **not** showing equal distances for each crew's finish sprint: in this case, flags should be used to ensure the final sprint is the same distance for all crews (crew members must adhere to flag path)

BEACH SPRINTS CONSIDERATIONS



- Beach:
 - **Spread multiple-crew events sufficiently apart to avoid collisions and avoid interference between crews.**
- Water:
 - **All lanes should turn the final buoy in the same direction (fairness).**
 - **Crews can touch turning buoys with boat or oars, but the keel of the boat must pass around the designated side of the buoy (time penalties given)**
- General:
 - **Start line, finish line, turning flags, and buoys must be set to provide the same distance for all crews**



BEACH SPRINTS



PRE-REGATTA PREPARATION



Water Conditions:

- **Consult local experts on expected water conditions, speed of weather changes, prevailing wind conditions, etc.**
- **Monitor crews on training days leading up to regatta.**
 - **If weather/water conditions are too difficult, consider whether changes to the course are appropriate.**
 - **Consult the coaches on crews' comfort level with the conditions (know the experience level you're dealing with).**





THANK YOU FOR YOUR
ATTENTION

ENJOY YOUR COASTAL
ROWING REGATTA



**ROWING
CANADA
AVIRON**

ROWINGCANADA.ORG