

Egham Regatta 2026 – Competitor, Coach and Spectator Instructions

These instructions apply to all competitors, crews, coaches, groups of club members or supporters of a club who are visiting/attending or racing at Egham Regatta and are designed to comply with the current British Rowing Rules of Racing (specifically unsporting behaviour rule 8-5 and other rules in the rules of racing) and British Rowing RowSafe Guidance. **Competitors, coaches, parents, guardians and officials should familiarise themselves with these instructions alongside the Regatta Safety Briefing document before arriving at the regatta.**

- All competitors must be eligible to race in their entered age category under British Rowing age-category rules.
- Junior competitors must race only in events for which they are entered.
- Every junior crew must be under the supervision of a responsible coach, teacher or designated club representative throughout the event.
- All clubs are responsible for ensuring all competitors understand the circulation pattern, safety procedures and emergency arrangements.
- Competitors must comply immediately with instructions from umpires, marshals, safety personnel and regatta officials.

British Rowing competitions are conducted to provide safe, fair and equal racing, with due regard to RowSafe guidance.

2. Welfare and Safeguarding

- Please see the Regatta Welfare and Safeguarding document

3. Car and Boat trailer parking

- Access for trailers to the regatta: it is advised to approach the pleasure grounds entrance from the Runnymede roundabout ie from the Staines or Egham side. Please do not attempt to approach the entrance from the Old Windsor direction.
- Boat trailers should be parked in an orderly fashion as directed.
- **Cars and Trailers** - Please note the Runnymede car park is now **council managed** and therefore charges do apply on exit which the regatta can not waive as the council manage under an ANPR system.
- Boat racks are not provided by the regatta. Clubs must bring their own trestles.

3. Before Boating

Timetable of racing

- The schedule of racing can be found on www.easyregatta.co.uk - the draw will be published here and this can be used for live results throughout the regatta

Crew registration

- This is located by the boating area and will open an hour before the first race.
- Coaches must take their crew in full to register and collect race numbers on arrival at the regatta site.
- Race numbers need to be attached to the back of all single scullers and all bow seat rowers. Coaches are responsible for ensuring that the correct race numbers are attached by all 4 corners so that all officials can clearly identify crews.
- Coaches are responsible for ensuring that all substitutions are compliant with Rule 7-2-4 Crew and other relevant rules that cover Crew Composition of the British Rowing rules of racing. Any undeclared substitutions may lead to disqualification. Please ensure that all competitors bring their up-to-date membership card/ means of proving identification. Failure to show may lead to disqualification rule 5-5-4 and 7-2-3.
- There is no requirement to row over unless it is a final. If a crew already on the water has no opposition, then a row over will take place and be followed by an umpire.

Equipment Checks - It is the responsibility of the clubs and crew to ensure safe and working equipment Rule 7-2-8 that complies with the British Rowing rules of racing and RowSafe. Control commissions may undertake spot check inspections of the boats prepared by the competitors and shall exclude any boat that fails to meet the standards of Rule 7-2-8b.

Before launching, it is the crews/club and coaches' responsibility to ensure:

- Bow ball is secure and compliant.
- Heel restraints are fitted correctly, and shoes and release mechanisms operate properly.
- Hatch covers/buoyancy compartments are in place.
- Steering is working correctly.
- Boat ID is in place
- Coxes minimum weight requirements (45kg J15 and younger & 55kg for all other crews. If a cox is required to take additional weight, the club must source this and these must not be attached to the cox in any way when in the boat. Any dead weight carried may be checked after an race in an event rule 7-2-7d
- Coxes are wearing the correct life jacket/buoyancy aid depending on bow or front coxed.
- It is recommended that crews take bottled water with them when out racing, especially in hot weather.
- Coaches: please ensure that crews are adequately dressed for the weather conditions on the day

4. Boating

- Crews must find and pair up with their opposition before boating in good time to be boating at least 25 minutes prior to race start; however, in case of delays, please listen to officials in the

boating area. Crews that arrive to the boating area without their opposition will not be allowed to boat.

- Launch only from designated boating areas and listen to officials' instructions at all times.
- Carry boats carefully and safely.
- Do not obstruct access routes, pontoons or emergency access points. Please place all blades away from the pontoons.
- **Besides regatta officials, only 1 club representative with the crew boating to be on the pontoon at any given time. Please listen to officials managing the pontoon around this - this is to keep the pontoon clear and safe at all times. Failure to comply with instructions may lead to an official public warning or disqualification**
- There is no warm-up zone or cool-down zone. Crews must boat and head directly to the start. On finishing the race, the crews must either immediately return to the boating area or, if directed by an official, return to the start. Failure to follow these instructions or any instructions by an official may result in action under the rule 8-5

5. Circulation Pattern - See the Regatta Safety Briefing

- Crews must follow the published circulation pattern at all times.
- Boats going to the start line in the navigation channel must stay on the cox's left side of the buoys that separate the channel from the racecourse. (ie the right-hand side of the navigation channel when looking towards the start) - see diagram in the Regatta Safety Briefing
- Observe all navigation signs and marshal instructions.
- **No overtaking, firm pressure or practice starts in the navigation channel - this may result in an official warning**

Failure to comply with the circulation pattern may result in an official warning before racing

6. Proceeding to the Start/The Start

- After boating, remain single file with your opposition to the start as above. Turn as directed by the marshals and ensure that when you turn you are on the correct station. (Turning marshal located near the EA pumping station on the Berkshire bank - see Regatta Safety Briefing)
- When the turning marshal instructs crews to turn, please turn around the white buoy when safe and clear to do so (the river is not closed to river traffic coming to and from the lock)
- Once turned, please listen to instructions from the start marshal based on the Surrey bank
- The start marshal will line you up in your pairs, and then the race umpire will call you up towards the start for your race. Crews will be aligned by another umpire's launch on the water. **(Coaches: please ensure your crews are familiar with the umpires starting sequence to start races)**

7. During Racing

General Conduct

- After the umpire has started the race, it is the crew's responsibility for their own steering. Keep a good look out after every few strokes (for coxless crews) - Umpires will not steer crews down the course - only warn and stop for safety.
- Remain in your lane or racing station, the umpires launch will remain in the centre of the course for the race
- Do not obstruct, impede or interfere with another crew.
- Obey all instructions given by umpires when warning: this is done by the umpire raising a white flag, naming which crew needs to act and pointing the flag in the direction they want you to move.
- If the umpire needs to stop the race for safety or any other reason, this will be done by ringing a bell, raising a red flag above their head and shouting stop. If this happens, please stop immediately and listen to instructions.

Coxes

Coxes must:

- Maintain awareness of surrounding crews and river traffic.
- Follow all umpire instructions.

8. At the Finish

- The finish judges will ring a loud bell as each crew crossed the finish line. As soon as this is heard, please reduce speed and pressure and have a good look to ensure you steer away from the bank. Please listen out for instructions by the race umpire and/or the finish judges.
- If you feel you need to object to any aspect of the race please indicate this to the race umpire by raising one arm as soon as you have finished - however, please keep a good look out due to the close proximity of the finish and the bank.
- In the event of a dead heat then a re-row will take place immediately ideally with the same umpire.
- Winner stays on the water, and proceeds carefully back to the navigation channel. Please listen to instructions at the start to find your opposition if they are there.

9. In the Event of an Incident

Capsize

If your boat capsizes:

1. Stay with the boat
2. Follow instructions from officials and/or rescue personnel.
3. Do not attempt to swim ashore unless instructed to do so.

Equipment Failure

- Please notify any official of a failure, especially when out on the water paddling to the start and racing. If any equipment failure when out on the water, if it can not be fixed on the water, this will mean the crew can not race
- Follow marshal instructions.

Medical Emergency

- Notify the nearest official immediately.
- Follow directions from rescue and medical personnel.

10. Weather and Suspension of Racing

The Regatta may suspend boating or racing due to:

- Lightning.
- High winds.
- Reduced visibility.
- Dangerous river conditions.
- Other safety concerns.

Competitors must comply immediately with any suspension, evacuation or cancellation instruction issued by the Race Committee and listen to instructions given by officials.

Prize Giving

Prize giving will take place after each division at the Wraysbury Skiff and Punting Club. Prizes will be given by the Regatta Chairman or one of the Vice Presidents of the Event or the secretary. Winners will need to show their BR racing membership at crew registration or an agreed form of identification with the regatta, and if all is in order, a winner's slip will be given out for prize collection. Failure to show a valid BR racing membership or agreed form of identification with the regatta to confirm the identity of the member, the regatta holds the right not to award the prize until eligibility has been confirmed.

11. Environmental Responsibilities

- Dispose of litter responsibly.
- Use designated waste and recycling facilities.
- Respect local residents, wildlife and river users.
- Avoid unnecessary noise, especially near residential areas.

12. Sportsmanship/unsportsmanship conduct (rule 8-5)

All junior competitors are expected to:

- Show respect to fellow competitors.
- Accept race results graciously.

- Act as ambassadors for their club, school and the sport of rowing.
- This list is not exhaustive; for further details, see rule 8-5

Unsporting behaviour may result in disciplinary action under the Rules of Racing, Rule 8-5 - this includes all competitors, crews, coaches and groups of club members or supporters of a club.

Competitor Declaration

By boating at Egham Regatta, coaches, clubs and competitors confirm that they:

- Are medically fit to race.
- Understand and will follow these instructions and will comply with the Regatta Safety Briefing document.
- Will comply with British Rowing Rules of Racing and RowSafe guidance.
- Will follow all directions issued by regatta officials, umpires and safety personnel.

Appendix

- Regatta circulation plan
- TRUC guidance on heel restraints.

Schematic diagram of Egham Regatta Course and its Environs

Short Course (approx. 400 meters)

Competitors should find and boat with their opposition.

Key

 Water-based Start Umpires

 Other river users' navigation

 Correct navigation pattern for competitors

 Land based Umpires

 EA Pumping station

Two safety boats will be positioned along the course

Call Sign:
Safety Finish.

Call Sign:
Safety Start.

Bell Weir
DANGER

Bell Weir Lock cut.

DO NOT ENTER

 Warning sign

 First Aid

SURREY STATION

Nichols Boat Yard

Citroens Warehouse

Regatta Control & Judges (W3W= //focus cubes, drips)

WSPC TW20 0AA (W3W= //stacks buzz .brief)

WSPC – Bar, Refreshments, Prize Giving

Regatta First Aid Trailer and Car park (W3W= //chefs visual note)

Play area
Play Ground

Public Car park

To Windsor

A308

To Egham and Staines

2) The red shoes below have a valid release strap:



3) The shoes below have had the release strap removed:



4) Shoes with laces cannot be removed with one hand action.



(www.alamy.com - C2A114)



5) Shimano (and similar) rowing shoe system where the shoe detaches. Must not have heel restraint!

