

Head of the Nicomekl

September 25, 2021



Regatta Package

This Regatta is sanctioned by Rowing BC and races will be governed by the Canadian Rules of Racing defined by Rowing Canada Aviron. RCA Head Race Rules apply (Appendix 4) The start will be a sequential running start. **THE OVERTAKING BOAT SHOULD BE GIVEN RIGHT OF WAY WHERE THE BOAT BEING OVERTAKEN, YIELDS THE RACING LINE.**

Composite Crews are welcome. They must be designated as Composite Crews at registration. No competitor may compete for more than one club at the same regatta.

Novice rowers are those who were new to rowing after September 2019.

The Location

The Regatta will be held at Blackie Spit Park in Crescent Beach, Surrey, BC. Blackie Spit Park is named after the dramatic spit that extends into Mud Bay at the mouth of the Nicomekl River. This is the best vantage point for cheering on your club members as they round the spit and the finish line comes into view. The park is an environmentally protected area – please take care.

Boats should be offloaded and placed on stretchers in the parking lot at Blackie Spit Park.

The 'Coaches/Coxswains/Bowperson's meeting will be at the registration tent at 09:30 AM. It is mandatory that at least one representative from each crew attend.

The Races

The morning race is a Class Race with awards for the top Men's, Women's and Mixed crews in each boat class (1x, 2x, 4-'s, 4x and 8+). Trophies will be awarded to the top Novice, Junior, Para and Open sculler or crew. Classes may be combined if insufficient entries for any one class are not received.

The afternoon race is a Trophy Race with all crews handicapped by age, gender and boat type to determine the overall Head of the Nicomekl Regatta winner for 2021.

The Launch

All boats are to be wet launched at the designated beach in Blackie Spit Park. Boats not launching from Blackie Spit will not be considered as regatta participants. Exception: Para rowers may launch from the Nicomekl Rowing Club dock at Ward's Marina.

All boats must proceed past the Control Commission where the bow numbers will be distributed and heel tie-downs and bow balls will be checked prior to launch.

For the morning Class Race boats must be launched between 9.50 and 10.20 am and ready at the staging area by the start line before 10.55 am.

For the Trophy Race boats must be launched between 12.30 and 1.00 pm and ready at the staging area before 1.35 pm.

Please follow instructions from the Beach Marshalls. No late launching will be allowed.

The Row to the Start

After launching, proceed up river to the start area. Please follow instructions from the Course Marshals. Enjoy the river. Take note of the position of course marker buoys and of any hazards that will need to be avoided while racing back.

All boats must be upriver of the start area by 10.55 am for the Class Race and 1.35 pm for the Trophy Race.

The Start

At the discretion of the Start Marshal, the Class Race may be split into two flights, depending on the number of boats registered. The 8+, 4+ and 4x's will start at **11:05 AM** in the first flight and the 2-, 2x and 1x's immediately following in a second flight. In this instance, 2-, 2x and 1x will be positioned in the designated holding area to allow the larger boats to stage and start the race. Once the 8+, 4+, 4- and 4x' have passed the holding area, all second flight boats will proceed up river to the start area. This is a running start headrace. Start between the buoys placed just ahead of the start line. Follow starter's orders. Starts will be in sequence of your bow number. It will be a running start with approximately 15-second intervals between boats.

The Course

The Nicomekl is a tidal river with many turns, shallows and obstacles. Navigation to avoid obstacles and shallows is part of the headrace. There are red navigation buoys along the river. **These buoys mark the deep-water channel and are not part of the course.** They may be passed on either side.

Three inflatable buoys are placed ahead of the railway trestle bridge. **Pass to your starboard side of these buoys.** For safety reasons, there must be no overtaking from these buoys until you have cleared the end of the trestle bridge approach. If you are overlapped with another boat, the behind boat must fall back to follow the lead boat. A Course Umpire will be on hand to determine which boat is in the lead – if your bow number is called and you are requested to fall back, you **must** follow the instructions of the Course Umpire.

The Finish

The finish line is off the end of the Crescent Beach Pier, which is at Wickson Road. Two buoys will be placed just behind the finish line. **Finish between these two buoys.**

After the Finish

After the finish turn to port - away from the finish line. Proceed back to the launch area. Keep clear of boats approaching the finish line staying well to the inside bank and close to Crescent Beach Pier. **Please return your bow number!**

Results will be posted following the races. Awards will be presented after the Trophy Race at approximately 3 pm.

Boats Not Finishing

If you do not to complete the course for any reason please advise the nearest safety boat.

Risk

Competitors and crews participate in the races entirely at their own risk. The decision to race is that of the competing crew alone. The organizers will not accept any liability for material damage, personal injury or death sustained in conjunction with, or prior to, or during or after the event.

**Be guided by the rules of good sportsmanship.
Your safety and the safety of other participants are paramount.**

Regatta Schedule

9:30 Pre Race Meeting at Registration Tent

CLASS RACE

9:50 – 10:05	Launch window for 1x, 2x, 2-
10:05- 10:20	Launch window for 4x', 4-+ & 8+
10:20	Beach Closed – All Boats Must Be Launched
10:55	All Boats at the Start Area
11:05	Start of the Class Race

TROPHY RACE

1:30 - 1:45	Launch window for 1x, 2x, 2-
1:45 – 2:00	Launch window for 4x', 4-+ & 8+
2:00	Beach Closed – All Boats Must Be Launched
2:35	All Boats at the Start Area
2:45	Start of the Trophy Race

Trophies and Handicaps

We use the best information available in applying a fair handicap that levels the field between male, female and mixed crews, older and younger so that crews can judge how well they rowed against a broad competitive spectrum. We use the age handicapping system developed by John Garrett (Canada) and Carlo Zezza (USA) considering it the best approach available.

The organizing committee seeks to create a rewarding and high-level competitive experience. In order to be awarded first, second or third, there must be at least four competitors in the race. This ensures that each award represents a well-earned result where the competitors fought it out for the top three positions.

EVENT 1 The Class Race

Times are corrected for age only (see handicap table below) to determine the top men's, women's and mixed 1x, 2x, 2-, 4x/4x+, 4-/4+ and 8+. Medals will be awarded for the 1st, 2nd and 3rd best adjusted time in each class.

Best Junior Crew Trophy

Open to all entrants under age 18 years. Times are corrected for boat type and gender (see handicap table below) to determine the Best Junior Crew 2021. The Head of the Nicomekl Junior Cup will be awarded for 1st place with Medals awarded to 1st, 2nd and 3rd place crews.

Best Novice Crew Trophy

Open to all entrants who began rowing after September 1, 2019. Times are corrected for age, gender and boat type (see handicap table) to determine the best overall novice crew. The Head of the Nicomekl Novice Cup is awarded for 1st place with Medals awarded for 1st, 2nd and 3rd place crews.

Best Para Rower Trophy

Open to all categories & classification of rowers. The Head of the Nicomekl Trophy will be awarded for 1st place with Medals awarded to 1st, 2nd and 3rd place crews.

Best Open Crew Trophy

Open to all. Times will be adjusted for boat type and gender to determine the Best Open Crew. The Head of the Nicomekl Trophy will be awarded for 1st place with Medals awarded to 1st, 2nd, and 3rd place crews.

EVENT 2 – The Trophy Race

Nicomekl Head of the River 2021 Trophy

With times corrected for age, gender and boat type (see handicap table) the Head of the Nicomekl 2021 Trophy will be awarded for 1st place, with medals awarded to the 1st, 2nd and 3rd place crews.

APPENDIX 1

Handicap

Age: The Garrett/Zezza formula is applied to the elapsed times based on the average age of the crew as follows:

Age*	Seconds	Age	Seconds	Age	Seconds	Age	Seconds
28	0	40	25	52	96	64	198
29	1	41	29	53	104	65	207
30	1	42	34	54	111	66	216
31	2	43	38	55	119	67	225
32	4	44	43	56	127	68	234
33	5	45	49	57	136	69	244
34	7	46	54	58	144	70	254
35	10	47	60	59	153	71	264
36	12	48	66	60	165	72	275
37	15	49	73	61	173	73	285
38	18	50	79	62	181	74	296
39	22	51	89	63	189	75	307

* No adjustment is made for crews 27 years and under

Gender Handicap: Female crews are adjusted by 10% and times for mixed crews are adjusted by 5%. Mixed crews are those which are up to a maximum of 50% male.

Boat Type Handicap: Applied to Trophy Race, Best Junior and Best Novice.

1x = 0% handicap

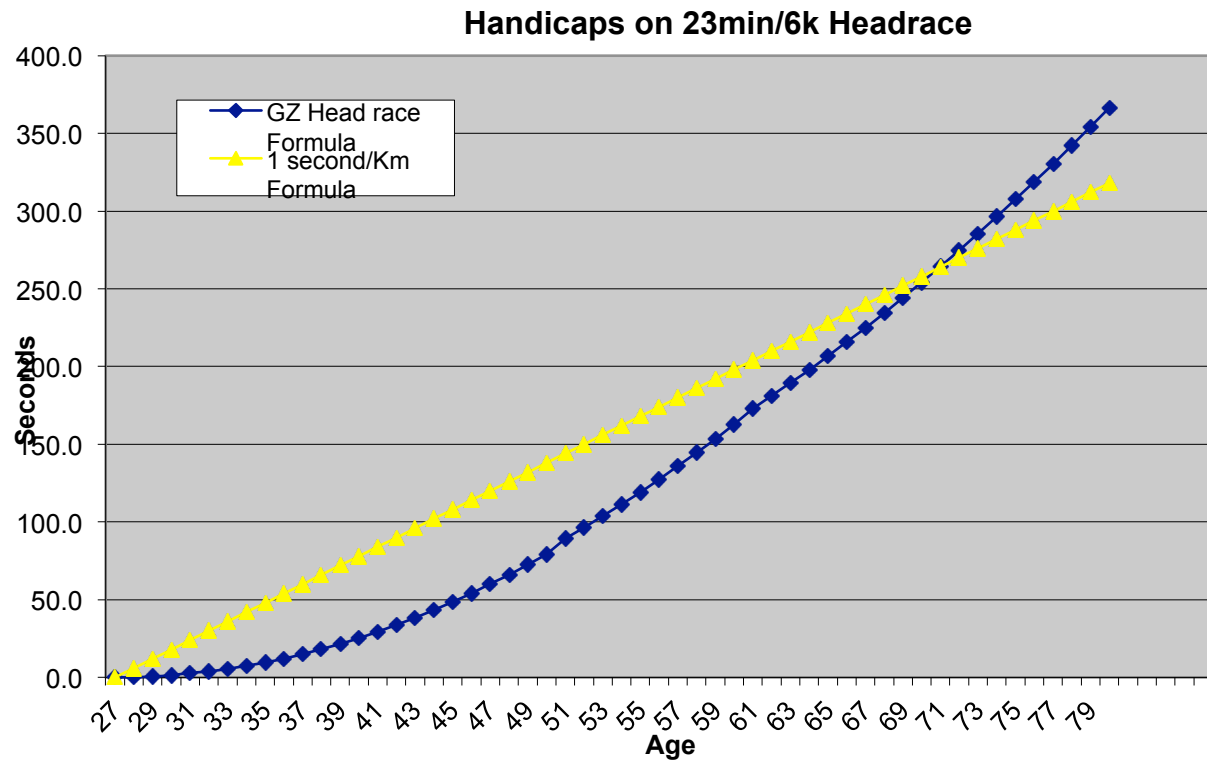
2- = 4% handicap

2x = 9% handicap

4- or 4+ = 10% handicap

4x or 4x+ = 15% handicap

8+ = 17% handicap



APPENDIX 2

The Nicomekl River Course



APPENDIX 3

EMERGENCY ACTION PLAN

Head of the Nicomekl Regatta 2021

REGATTA ADDRESS	3136 McBride Avenue, Blackie Spit Park, Crescent Beach, Surrey
CONTACT PHONE NUMBER:	
Charge Person/Chief Umpire	Mr. Simon Litherland cell 778-840-5748
President and Regatta Chair:	Ms. Helen Healey cell 604-836-4632
Safety Officer:	Mr. Ray Pici

EMERGENCY CONTACT: 9-1-1 for all emergencies

SITE ACCESSIBLE TO EMERGENCY VEHICLES FROM RIVER

Nico-Wynd Golf Course, 3601 Nico-Wynd Drive, Surrey 604 535 9511,

Nicomekl Rowing Club, Elgin Heritage Park, Crescent Road, Surrey

Crescent Beach Marina, 12555 Crescent Road, Surrey 604 538 9666,

Blackie Spit Park, 3136 McBride Avenue, Blackie Spit Park, Crescent Beach, Surrey

NEAREST HOSPITALS:

Peace Arch Hospital	Surrey Memorial Hospital
15521 Russell Avenue	13750 96 Avenue
White Rock, V3V 1Z2	Surrey, V4B 5M2
604 531 5512	604 581 2211

IN THE EVENT OF AN EMERGENCY DURING THE REGATTA

CHARGE PERSON: The Chief Umpire will assume the role of Charge Person

- Assume command, and direct and control operations until the arrival of the appropriate authorities;
- Work with the Safety Officer to co-ordinate on-water operations;
- Identify him/herself to the authorities; liaise with authorities and direct personnel as necessary.
- Halt the event if there is risk to any participant, or a reduction in safety to those involved.

SAFETY OFFICER

- For on water emergencies relay information to Charge Person
- Inform coach/club representative (delegate a volunteer to do this)

- Quick access to information on each rower is important in the event of an emergency. The Safety Officer will locate the injured rowers coach. Provided appropriate information and to which hospital the individual is being transported

CALL PERSON

- Dials 911 for emergency as directed by the Charge Person or Safety Officer

911 SCRIPT

- Follow the 911 dispatcher's prompts
- "My name is _____ Our regatta is at 3136 McBride Avenue, Blackie Spit, Crescent Beach, Surrey
- "The phone number I am calling from is: _____"
- Describe the nature of the emergency
- Request water rescue if appropriate
- DO NOT HANG UP!!
- Stay on the line and answer any questions asked by the dispatcher.
- Provide dispatch with an alternate phone number in case you're accidentally cut off.
- Minimize the use of walky-talkies and do not use them when passing confidential information.

For injuries

- "There is an injured person who needs an ambulance"
- "He/She is currently located _____ and is being provided first aid by _____"
- "We are sending _____ (name of person) to meet the ambulance at the entrance to Blackie Spit"
- Ask the dispatcher how long until the ambulance arrives and provide that information to the Charge Person as soon as possible.

FIRST AID/MEDICAL EMERGENCIES

- St. Johns Ambulance personnel will be at the First Aid Tent beside the Registration Tent.
- First Aid Attendant has a cell phone
- First Aid attendant may ask for assistance from, or explicitly defer to, someone with more medical training.
- Waits with the injured person until Emergency Medical Services arrives and the injured person is transported away from the site.

CONTROL PERSON

- Controls the crowd including parents and teammates
- Helps the Charge Person as asked
- Clears any traffic from the entrance/access road before the ambulance arrives
- Waits at the driveway entrance to direct the ambulance when it arrives
- In the event of an on-water emergency at a regatta, athletes should be directed to gather at the Registration tent, (unless directed otherwise).
- Coaches should take attendance and notify Control Person of any athletes not accounted for.

ON WATER EMERGENCY

- Calm judgment must be used in assessing whether a situation is an emergency, or is likely to develop into an emergency.

SAFETY BOATS

- Getting injured or unconscious person stabilized and ashore at a site accessible to emergency vehicles takes precedence over all-else. Determine the quickest route to a suitable shore location
- Critical medical emergencies - **call 9-1-1** and follow the 911 dispatcher's prompts
- Have emergency crews meet at the nearest water access point from the list provided at the beginning of this plan
- If appropriate call the Royal Canadian Search And Rescue (RCSR) boat, as it will be the best boat in an emergency. (See phone list provided at day of regatta)
- If the injured or unconscious crew is in the water, make sure they have a PFD, and are face-up. It may be necessary to assign another rower to enter the water to assist the injured or unconscious person. Determine and assign the person most qualified to help.
- First safety boat to call the nearest safety boat for assistance
- The second safety boat calls the Charge Person (Chief Umpire), Safety Officer and/or Regatta Chair

COMMUNICATION

- Cellphones are the only reliable form of communication on the river. They must be fully charged. It must be in a position that you would hear it if it rings or feel it if it vibrates.
- Emergency Plan must be in the safety boat and understood by safety boat drivers and spotters
- Emergency Cell Phones #'s list must be correct and in the safety boat

SAFETY BOAT EQUIPMENT

The following equipment will be present in each of the safety boats:

- 4 lifejackets
- Heaving line
- Whistle – All of the umpires will have a megahorn
- Bailer or sponge to be used in the event of swamping or a rowing shell taking on a large amount of water.
- Blankets – silver or other
- Ladder (some boats have no ladder)
- Contact #'s of chief umpire, safety officer, other safety boats, CSAR's boat, regatta chair
- Map of course with position of other safety boats
- Paddle/s
- Toolkit

INCIDENT REPORT

Following the conclusion of the events the Regatta Chair, Safety Officer and Chief Umpire must prepare a report detailing all incidents and actions taken to prevent a recurrence. The safety boat driver and spotter will be involved in completing this report.

RE-STARTING THE REGATTA AFTER A HALT

While any member of the Local Organizing Committee, Medical First Response people or Umpire Jury can halt a regatta, the Chief Umpire, Local Organizing Committee Chair and the Safety Officer must all agree to re-start a halted event. If there is disagreement amongst these parties, the halt remains in effect and competitors are evacuated from the course and the event discontinued.

NEAREST PHARMACY:

Safeway Pharmacy, 12825 16th Avenue, Surrey
604 531 9694

NON-EMERGENCY MEDICAL CARE

Mercy Medical Clinic
2332 160th Street
Real Canadian Superstore
Saturday: Please call 778 358 5323 first

APPENDIX 4

RCA RULES OF RACING APPROVED JANUARY 28, 2018

Appendix 2 - Head Racing Rules

A Head Race is defined as any race wherein competitors race over the same course but start sequentially. In format, the Head Race is the same as a time trial as described in Appendix 8. The RCA Rules of Racing shall apply in full, except as noted below.

Course

Head races shall be conducted on a course that is wide enough for a participating crew to navigate safely, for overtaking crew to pass another crew, and for non-participating crews to travel to and from a launching area without impeding crews involved in a race. The course shall be identified on the water by buoys and off the water by distance markers at appropriate points along its entire length.

Hazardous areas, such as shallows, underwater obstructions, narrow areas, an area where water traffic crosses a course, shall be conspicuously marked with buoys or other markers that are visible from both directions of the course. The starting area shall have ample room above the start line so that all crews in an event can be marshaled without interfering with the starting line.

The starting line shall be clearly marked to guide crews to the start. The finish line shall be conspicuously marked. The area beyond the finish line shall have ample room to allow crews that have finished a race to row away without interfering with crews still racing. A map of the course indicating traffic patterns and navigational hazards shall be prominently displayed at the launching area. It is the responsibility of the OC to ensure that the RCA Safety Guidelines are followed and that the RCA Regatta Sanction requirements are met.

Local Regatta Rules

For each Head Race, the Organizing Committee (OC) shall devise and publish local regatta rules that govern the conduct of racing and that are adapted to the particular characteristics of the course.

Such rules shall include:

- 2.1.1 The traffic pattern to be used by crews while launching, traveling to the start area, waiting for the start, racing the course itself, and traveling after the finish.
- 2.1.2 Right of way rules during the race itself, including any circumstances in which passing is not allowed.
- 2.1.3 Time penalties to be enforced for violation of the traffic pattern, right of way rules, or violation of course boundaries.
- 2.1.4 Starting procedures, including the time at which crew must appear in the start marshaling area, the starting interval and marshaling procedures.
- 2.1.5 The manner in which instructions to crews will be given during the race.
- 2.1.6 The map of the course showing the starting area, finish area, paths to be taken by launching and returning crews, the location of the first aid station, and the course itself. In showing the course itself, the map shall indicate the location of turns, any known hazardous conditions, course markings, the assigned positions of referees, and any no passing zones.
- 2.1.7 The OC shall provide for instantaneous communication, such as radio or telephone, between starting line, finish line and any Race Umpire or marshals stationed on the course.
- 2.1.8 The OC shall provide each boat with a bow marker or a numbering system, unique to its event.
- 2.1.9 The OC is responsible for providing and operating the timing system for the event.

Umpires

To fulfill RCA regatta sanction requirements, a head race will need a minimum of four RCA licensed Umpires, including the Chief Umpire. In principle, the four Umpires will be assigned to the start area, the finish area, the control commission (launch area) and on- water duties. The timing of races is the responsibility of the Organizing Committee. For each race, the Chief Umpire, in collaboration with the Regatta Chair, will assign Umpires to perform various duties that may consist of the following:

3.3.1 Starter: The Starter shall be stationed on the starting line and shall be responsible for the starting procedure including maintaining order and interval between crews.

3.3.2 Marshal: The Marshal shall be positioned in the starting area and is responsible for organizing participating crews above the start into the proper order.

3.3.3 Timing: The Timer shall be stationed at the start and shall record the starting time of each crew. There needs to be a method for the timing of races. The Chief Umpire should approve the method of timing races and must verify that the Organizing Committee knows how to implement that method, resulting in a fair regatta. However, the Organizing Committee is accountable for ensuring accurate times of the races. There must be at least one analogue back-up to the timing system, in case the electronic system fails.

3.3.4 Race Umpires or Marshals: The Race Umpires or marshals shall be strategically positioned along a course and must have a communication system at points along the course so that no portion of the course is at any time out of sight to one or more Race Umpires'/marshals' launches.

3.3.5 Launches for Race Umpires/Marshals shall normally be stationary while the race is in progress, but may move to respond to emergencies. Race Umpires or marshals shall note any violation of the local regatta rules, including traffic patterns, right of way rules, passing rules, no passing zone rules, and report such violations to the Chief Finish Judge or the Chief Umpire for the appropriate penalties. Race Umpires or marshals shall give instructions to crews to avoid collision or accident.

3.3.6 Finish Judge: The Finish Judge shall note the order of finish especially in those cases where one or more crews are crossing the finish line at the same time. A member of the Organizing Committee will mark the finish time of each crew.

3.3.7 Marshal or marshals to assist the finish judge.

3.3.8 A Race Umpire or Marshal in the finish area to ensure that finishing crews clear the finish line safely and that crews returning to the docks do not interfere with crews finishing their race.

The Launch Area

In the launch area, there should be an announcing system which updates the regatta time, progress, and delays.

Crews shall gather near the start area with the help of start area marshals. Crews will arrange themselves into their proper race order behind the Start line and await the Starter's instructions.

7.1 The following commands shall be used:

7.1.1 The Starter or the Marshal will instruct the crew "Crew #1 Alberta, on the paddle".

7.1.2 As the crew approaches the line, the Starter will say "Crew #1 Alberta, approaching the line".

7.1.3 As the crew crosses the line the Starter will then say "GO", or, sound a horn

7.2 As each crew finishes, the Finish Judge will say "Down" or sound the finish horn.

7.3 The Finish Judge shall mark the finish order of each crew.

The Start

Before the start of each event, the Marshal, Starter and Timer shall verify the presence of scheduled crews. Any crew that does not appear within the time specified in the local regatta rules may be warned or excluded by the Marshal or Starter.

Penalties

Time penalties: The OC may provide in the local regatta rules for the imposition of time penalties, to be added to a crew's elapsed time, for violation of the traffic pattern, right of way and passing or no passing rules or violation of course boundaries.