

# Head of the Nicomekl September 17, 2022



## Regatta Package

This Regatta is sanctioned by Rowing BC and races will be governed by the Canadian Rules of Racing as defined by Rowing Canada Aviron. RCA Head Race Rules apply (Appendix 2), these rules are posted in Appendix 4 of the regatta package. The start will be a sequential running start.

THE OVERTAKING BOAT SHOULD BE GIVEN THE 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 January 1, 2021.

## **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 at Blackie Spit Park.

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

Copies of maps, the draw, and the race schedule will be available to view at the Registration Tent or on Regatta Central.

## 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/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 2022.

## 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 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 1.30 and 2.00 pm and ready at the staging area before 2.35 pm.

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

## The Row to the Start

After launching, proceed up the 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 2.35 pm for the Trophy Race.

## The Start

At the discretion of the Start Marshal, the Class Race may be split into two waves, depending on the number of boats registered. The 8+, 4+, and 4x's will start at **11:05 AM** in the first wave, and the 2-, 2x, and 1x's immediately following in the second wave.

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 wave boats will proceed up the river to the start area.

This is a running start headrace. Start between the buoys placed just ahead of the start line.

Follow the 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.** Please refer to Appendix 2 for a map of the finish line.

## 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 refer to Appendix 2 for a map of the finish line and how to safely row back to the beach.

**Please return your bow number to the registration tent!**

**Results will be posted following the races. Awards will be presented after the Trophy Race has finished and the results are finalized.**

## Boats Not Finishing

If you do not 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, prior to, during, or after the event.

**Be guided by the rules of good sportsmanship.  
Your safety and the safety of other participants is 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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> best adjusted time in each class, to win a medal there must be at least 2 entries in the class.

#### ***Best Junior Crew Trophy***

Open to all entrants under the age of 18 years. Times are corrected for boat type and gender (see handicap table below) to determine the Best Junior Crew 2022. The Head of the Nicomekl Junior Cup will be awarded for 1<sup>st</sup> place, along with Medals awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place crews.

#### ***Best Novice Crew Trophy***

Open to all entrants who began rowing after January 1<sup>st</sup>, 2021. 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 1<sup>st</sup> place, along with Medals awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place crews.

#### ***Best Para Rower Trophy***

Open to all categories & classifications of rowers. The Head of the Nicomekl Para Trophy will be awarded for 1<sup>st</sup> place, along with Medals awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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 Open Trophy will be awarded for 1<sup>st</sup> place, along with Medals awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place crews.

### ***EVENT 2 – The Trophy Race***

#### ***Head of the Nicomekl 2022 Trophy***

With times corrected for age, gender, and boat type (see handicap table) the Head of the Nicomekl 2022 Trophy will be awarded for 1<sup>st</sup> place, with medals awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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

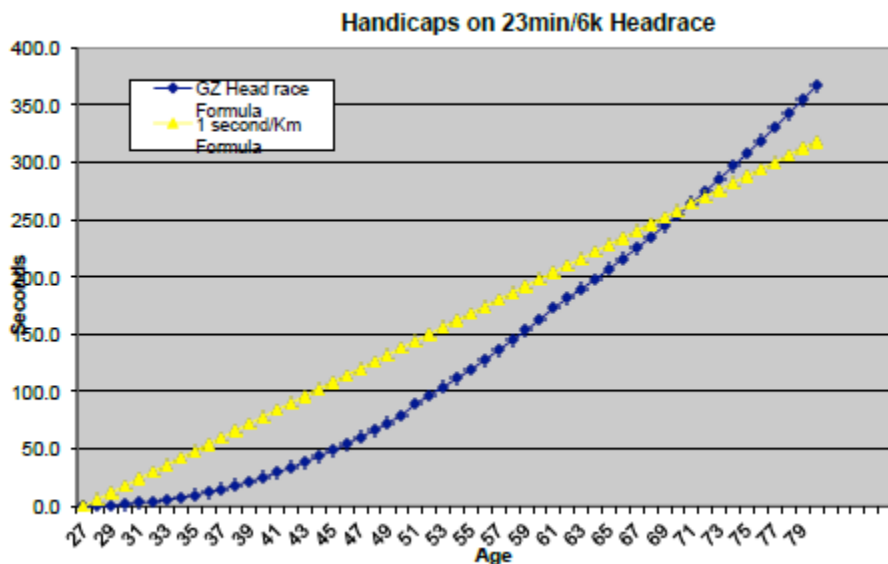
\* No adjustment is made for crews 27 years and under

**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

### Handicaps on 23min/6k Headrace





# APPENDIX 2

## The Nicomekl River Course



If Multiple waves are required:

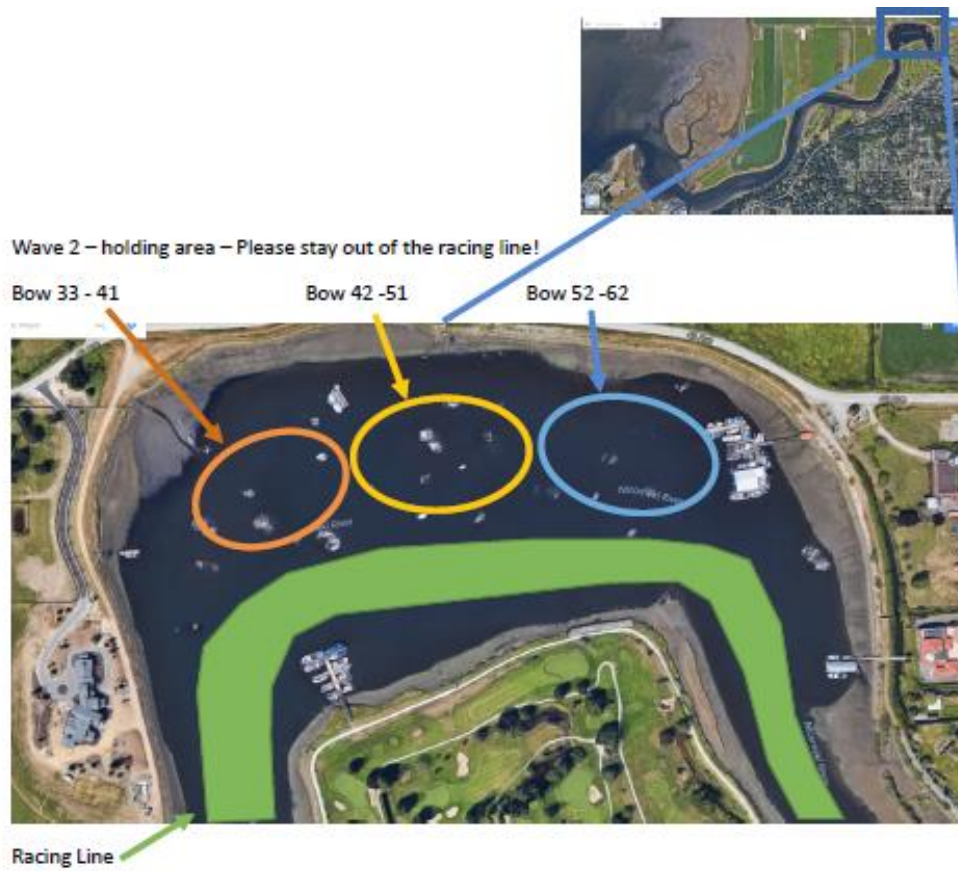
Wave 1 – start accumulation

Bow 1- 8

Bow 9 - 21

Bow 22 - 32





The Finish Line:

All crews will race along and finish between the 2 yellow buoys that will be placed outside of the channel marker, the red line. Crews that are returning to the beach after their race will follow the green line and row to the beach by passing between the channel marker and the pier. This will keep those who have finished the race out of the course.





## APPENDIX 3

# Head of the Nicomekl Regatta 2022

## Emergency Action Plan

This event will abide by all safety rules outlined in the RCA Rules of Racing, and the Event Sanction Application associated with this regatta.

### KEY CONTACTS

**Regatta Organizing Committee Chair:** Ruth Pattison [604-614-7475]

**Chief Umpire:** Malcolm Fletcher [604-562-0125]

*As stated in the RCA Rules of Racing (Section 11.11), the Chief Umpire is responsible for the application of the Rules of Racing to a sanctioned regatta and shall uphold the principles of safety, fair competition, and good sportsmanship.*

**Safety Officer:** Derek Pattison [778-823-2991]

*As stated in the RCA Rules of Racing (Section 8.2), the focus of the Safety Advisor is to ensure that appropriate safety measures have been implemented for the safe running of the regatta and observe any breaches of safety practices during the regatta.*

**First Aid/Medical Officer:** Tracey Corbett [778-838-1423]

Tracey has a First Aid Certificate that expires on Nov 18, 2023. Tracey will be responsible for arranging for First Responders and Search & Rescue boat to attend the regatta and obtain any incident reporting from them at the end of the regatta

*As stated in the RCA Rules of Racing (Section 8.3), the Organizing Committee shall appoint a qualified person as the regatta Medical Advisor with specific responsibilities for ensuring that appropriate medical support and facilities are readily accessible to the regatta. First aid facilities on land at the regatta site and a rescue service on the water must be available at all times.*

### IN THE CASE OF AN EMERGENCY

**Charge Person:** The Chief Umpire, Malcolm Fletcher [604-562-0125] will assume the role of the charge person. This individual will take control of the situation and activate other components of the Emergency Action Plan.

**Call Person:** Derek Pattison [778-823-2991]

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.

## Available safety equipment:

Safety boats will be along the raceway, the number required will be determined through conversations with the Chief Umpire. First Responders will be located at Blackie Spit near the registration tent. Umpires will use radios to communicate with each other. Communication between safety boats, umpires, Search & Rescue, and First Responders will occur using cell phones.

Each safety boat will be equipped with the following:

- 4 lifejackets
- Heaving line
- Whistle – All of the umpires will have a mega horn
- 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 the chief umpire, safety officer, other safety boats, CSAR's boat, regatta chair
- Map of course with the position of other safety boats
- Paddle/s
- Toolkit

## In the case of an on-water emergency, the following protocols will be followed:

For an 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 an 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 below
- 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 the day of the 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

Here are the safe landing spots that are vehicle accessible along the 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

### In the case of a medical emergency, the following protocols will be followed:

If an emergency occurs on land, the Regatta Chair or First Aid Officer will contact the First Aid tent to obtain first aid at the site of the emergency or will assist with bringing the rower to the first aid tent. The Regatta Chair or First Aid Officer will delegate a volunteer to locate the injured rower's coach and update the coach as needed.

**First Aid Provider:** First Responders will be available from 9 am – 4 pm

### Location of First Aid:



**Regatta Site:** Blackie Spit Park, 3136 McBride Ave, Surrey, BC V4A 3E2

If the emergency requires emergency services, a guide will be sent to the paved parking area to direct the emergency personnel where to go.

**Nearest Clinic:**

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

**Nearest Pharmacy:**

Safeway Pharmacy  
12825 16<sup>th</sup> Avenue, Surrey  
604 531 9694

**Nearest Hospital:**

Peace Arch Hospital  
15521 Russell Avenue  
White Rock, V3V 1Z2  
604 531 5512

Surrey Memorial Hospital  
13750 96 Avenue  
Surrey, V4B 5M2  
604 581 2211

## **APPENDIX 4**

### **RCA RULES OF RACING APPROVED JUNE 8, 2022**

#### **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 1. The RCA Rules of Racing shall apply in full, except as noted below.

#### **1. Course**

1.1 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 nonparticipating crews to travel to and from a launching area without impeding crews involved in a race.

1.2 The course should be identified on the water by buoys and off the water by distance markers at appropriate points along its entire length.

1.3 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.

1.4 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.

1.5 The starting line shall be clearly marked to guide crews to the start.

1.6 The finish line shall be conspicuously marked.

1.7 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.

1.8 A map of the course indicating traffic patterns and navigational hazards shall be included in the Regatta Package and prominently displayed at the regatta site.

#### **2. Local Regatta Rules**

2.1 For each Head Race, the Organizing Committee 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 and returning 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 which may 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 marshalling area, the starting interval, and marshalling procedures.

2.1.5 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 Umpires, and any no passing zones.

2.1.6 The OC shall provide telecommunication between starting line, finish line, and any Race Umpire or marshals stationed on the course

2.1.7 The OC shall provide each boat with a bow marker.

2.1.8 The OC is responsible for providing and operating the timing system for the event. 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. Umpires**

3.1 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 should be assigned to the start area, the finish area, the control commission (launch area), and on-water duties.

3.2 For each race, the Chief Umpire, in collaboration with the Regatta Chair, will assign Umpires and Marshals (where specified) to perform various duties that may consist of the following:

3.2.1 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.

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

3.2.3 Race Umpires or Marshals: The Race Umpires or Marshals shall be strategically positioned along a course and must have telecommunication capability 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

3.2.4 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.

3.2.5 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.

3.2.6 Marshal or Marshals to assist the finish judge.

3.2.7 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.

### **4. The Launch Area**

4.1 The OC should provide updates, including the regatta time, progress and delays, using appropriate means as outlined in the Regatta Package.

### **5. The Start**

5.1 Any crew that does not appear at the start area within the time specified in the Regatta Package, (local regatta rules) may be warned or excluded by the Starter

### **6. Penalties**

6.1 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.



## **7. Umpire Commands for Head Racing**

The Start: 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. The following command shall be used at the Finish:

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

7.2 The following command shall be used at the Finish:

7.2.1. 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.