**MOTHER’S DAY REGATTA – MAY 8, 2022 - COACH NOTES**

1. YELLOW CARDS are for that race/event only – not for other events an athlete may be rowing in that regatta and not for life. One yellow card is a “warning”; a second will result in exclusion of the entire crew from that event. Please make sure your athletes understand this.
2. Make sure your athletes know what race and what lane they are in and what race is ahead of them
3. Please ensure boats are 100% race-ready – shoes tied at 7cm., all wing nuts and oar locks tight, white bow ball is in good repair etc. The 100 m. rule no longer exists – if something comes loose or breaks at any time after the start, the umpire will NOT stop the race for a repair.
4. If a boat has an equipment issue on the way to and before the start of the race, the umpire may allow a delay for on-water repair or may allow the boat to return to the dock for repair – the old “30-minute-to-repair” rule was never a rule – it is the umpire’s discretion – this is why boats must be 100% race-ready when launched
5. Make sure athletes are properly dressed for the weather, they may need to wait in the warm-up area and that can be cold. School unisuits and consistent top shirts are nice but being warm is even nicer
6. **Weigh-Ins - Crews must weigh-in wearing what they plan to race in. Unisuits may not be practical given the weather. There is no weigh-ins for coxies. Crews must be consistent in their choice of what-to-wear. Weight limits: there is a 2kg. allowance beyond the max. stated in rule 2.10:**
	1. **Lightweight Women: 59+2= 61kg**
	2. **Mid-weight women: 63+2= 65kg;**
	3. **Lightweight Men: 66+2= 68kg;**
	4. **Midweight men: 72+2 = 74kg**
7. **Calls to the water will be made 30 minutes before race-time – be aware of the time and be there! You may not hear the call – don’t wait –get your crew(s) to the dock! Once on the dock, get your athletes into the boat, ensure everything is race ready and push them off – PROMPTLY!!.**
8. **Warm up pattern is counter-clockwise: up on the shore side, down on the course side – MAKE SURE THE ATHLETES ARE AWARE – THEY MAY BE YELLOW CARDED IF THEY FAIL TO FOLLOW. “We weren’t told” is not an excuse!!**
9. Crews must not go beyond the gates when warming up, cut across the warm-up area or go deep in to the warm-up bay – to do so may result in a traffic violation penalty / yellow card
10. The Marshal will call crews up in reverse order – Lane 7 – Lane 2
11. Ensure crews are told to get as close to gate as reasonable possible and then spin to back in – DO NOT BACK IN FROM THE 500!
12. **Under some circumstances, the Starters may call for a QUICK START – in that case, there will be no roll call. The starter will advise crews: “This will be a QUICK START, after a short pause the starter will say QUICK START (pause) ATTENTION(pause) “and the Horn will sound. Please advise your crews that this may happen, particularly if the weather is bad and / or the regatta are running late.**
13. Explain to the athletes that, if the umpire believes they are going off-course, s/he will call the crew by name and point the WHITE flag in the direction they are to go – **stroke** is responsible for watching that and communicating to crew and coxie (in a sweep boat). **Crews must obey the umpire’s flag.**
14. If a crew is lagging behind the rest of the race, the umpire may have to pass them in order to stay with the race – this will likely result in the slower crew(s) being waked – the umpire is responsible to be with the race. The umpires make every effort to minimize any impact on crews if this happens.
15. RED FLAG/ HORN means ALL BOATS MUST STOP RACING NOW!! Once whatever issue caused the race to be stopped has been resolved, the race may be restarted. Failure to obey may result in a YELLOW CARD!!
16. Coaches **MUST** advise Control Commission / Clerk’s Booth if and why a crew is delayed launching. Late crews may be given YELLOW CARDS or may miss their race. It is at the starters’ discretion to hold a race for a late crew.
17. At the finish – remind esp. novice crews that the first horn at the finish is for the FIRST crew across the line – there is a horn for each crew as they cross – DO NOT stop rowing until YOU are past the tower
18. At the finish, after a crew has finished but before the last boat has crossed the line, crews must keep out of the way of finishing crews but must not leave the finish area until the last boat is across the line - then head back to the dock being sure to stay off the course – keeping Lane 1 on the right/port and rowing between the island and 1500 m. pylon.
19. The water is still very cold – if an athlete flips and ends up in the water they will NOT be allowed to get back in to finish.
20. Please make sure your crews understand the umpires are on the big launches – the safety boats are “coach boats” or zodiacs. ONLY UMPIRES can give information / advice re course, equipment issues, stopping etc.
21. **Bad language will not be tolerated! Any umpire hearing inappropriate language will report to the Chief and yellow cards WILL be issued.**

**May 3, 2022**