

# ***2022 USRowing Northeast Youth Championships Coaches & Coxswains Meeting***

***May 15, 2022  
7:00 P.M. ET***



Photo courtesy of USRowing



**USRowing**

# AGENDA

1. **USRowing**
  - a. Welcome to the 2022 USRowing Northeast Youth Championships - Introductions
  - b. Review of Registration & Venue Schedule
  - c. USRowing Code of Conduct
  - d. SafeSport
2. **Chief Referee**
  - a. Referee Welcome
  - b. Traffic Pattern(s)
  - c. USRowing Rules of Rowing
  - d. On the water
  - e. Racing
  - f. Finish
  - g. Unsportsmanlike Conduct
3. **USRowing, LOC, Chief Referee**
  - a. Safety on Venue (Water & Land)
    - i. Evacuation Plans
    - ii. Medical Aid

NOTE: Please put all questions in the Q&A so we can best answer every question.



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# WELCOME - INTRODUCTIONS

USRowing is excited to welcome everyone to the 2022 USRowing Northeast Youth Championships on May 21-22 in Lowell, MA

Safety both on- and off-the-water continues to be the top priority at all USRowing events.

Tonight we have the following people on the call:

**USRowing** : Regie Robinson, Chris Chase, Sarah McAuliffe

**Lowell Regatta Association(LOC)** : Jessica Murray

**Chief and Deputy Referees:** Lyssa Bayne, Kate Suyo



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# REVIEW OF REGISTRATION & VENUE SCHEDULE

- **Teams should contact the LOC to best plan their trailer/team tent arrivals.**
- **USRowing Registration Tent is open:**
  - Friday, May 20, 12:00 pm - 6:00 p.m.
- **Practice**
  - Friday, May 20, 1:00 p.m. - 6:00 p.m.
  - Launch docks will shut down at 5:30 p.m.
- **Heat Sheets**
  - Monday, May 16 on [HereNow.com](https://www.herenow.com)

# USROWING CODE OF CONDUCT

At USRowing, our mission is to champion participation and the passionate pursuit of excellence in rowing. To support this mission, we need to ensure rowing at all levels is fair, inclusive, competitive, and safe for all participants.

Whether an athlete, coach, parent, vendor, staff, volunteer, or spectator at a USRowing event, you are a member of the USRowing community. We invite you to enjoy this experience and expect you to abide by the following Code of Conduct.

**SAFETY & WELLBEING:** It's the top priority of USRowing to safeguard the physical and emotional well-being of all of community members. We will:

- Abide by USRowing's safety procedures and guidelines, the Rules of Rowing, and the direction of regatta officials.
- Refrain from discriminatory, disparaging, or threatening language or behavior of any manner.
- Prioritize athlete safety and wellbeing at all times.

**PROFESSIONALISM & INTEGRITY:** USRowing expects respectful and honest communications and behavior. We will:

- Display good sportsmanship at all times.
- Follow the policies and guidelines of the host venue.
- Ensure competition free of cheating, doping, and other forms of unfair advantage.

**THE BOATHOUSE IS OPEN TO EVERYONE:** As members of the USRowing community, it is critical that we model positive behavior and advance the inclusive and competitive culture we envision. We will:

- Honor the diversity among us and celebrate our common love of rowing.
- Compete hard and respect our competitors.
- Resolve conflicts in a professional manner.

**NON-COMPLIANCE IS NOT AN OPTION.** If a community member chooses not to follow the USRowing Code of Conduct, there will be consequences. These include disqualification, dismissal from the event, exclusion from future events, legal action, and revocation of USRowing membership. Please notify a USRowing official in the event of witnessing illegal, discriminatory, or inappropriate activity.



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# SAFESPORT

## What do I need to do?

18+ years old



### Athlete Only

Training for Adult Athletes

30 minutes



### Authority/Direct Contact

NGB1 Core Training

90 minutes

Annual Refresher Course

30 minutes



### No Direct Contact

MAAPP Awareness

Policy review



# SAFESPORT

## How do I comply?

### Registering & Auditing Attendees

Register athletes as you normally do for USRowing-hosted regattas

On Friday, 4/29 RegattaCentral will add a "Coaches & Support Staff" roster for populating your club's non-athlete Adult Participants for SafeSport compliance

Compliance emails will begin nine days ahead of the start of each regatta

**Registration Form**

Club/Team Affiliation  
Club: Anytown Boathouse Club-test [New Club...](#)

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**Contact Details**

Name:

Address:

City:

State/Province:

Zip/Postal Code:

Country:

Mobile Phone:

Home Phone:

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**Coaches & Support Staff**

Please list all coaches and support staff 18+ (including team volunteers) who will require access to any restricted areas of the venue. Before the regatta, each person listed here must be a current USRowing member, have a signed waiver on file, and have completed the relevant SafeSport course/refreshers course for their role. Free USRowing membership is available to non-coach support staff. Individuals who are not on this list or not compliant will not be able to access the restricted areas of the venue.

For more information, see our [FAQ here](#). If you are encountering technical issues with SafeSport training, email [members@usrowing.org](mailto:members@usrowing.org) with your issue and include your name, email on file with USRowing, and your USRowing member number.

Search:  Primary Role:  [Add](#)

Person	Role	
Jane Parent	Support Staff	<a href="#">remove</a>
Mary Smith	Coach	<a href="#">remove</a>

Preview of Coaches & Support Staff roster for regattas

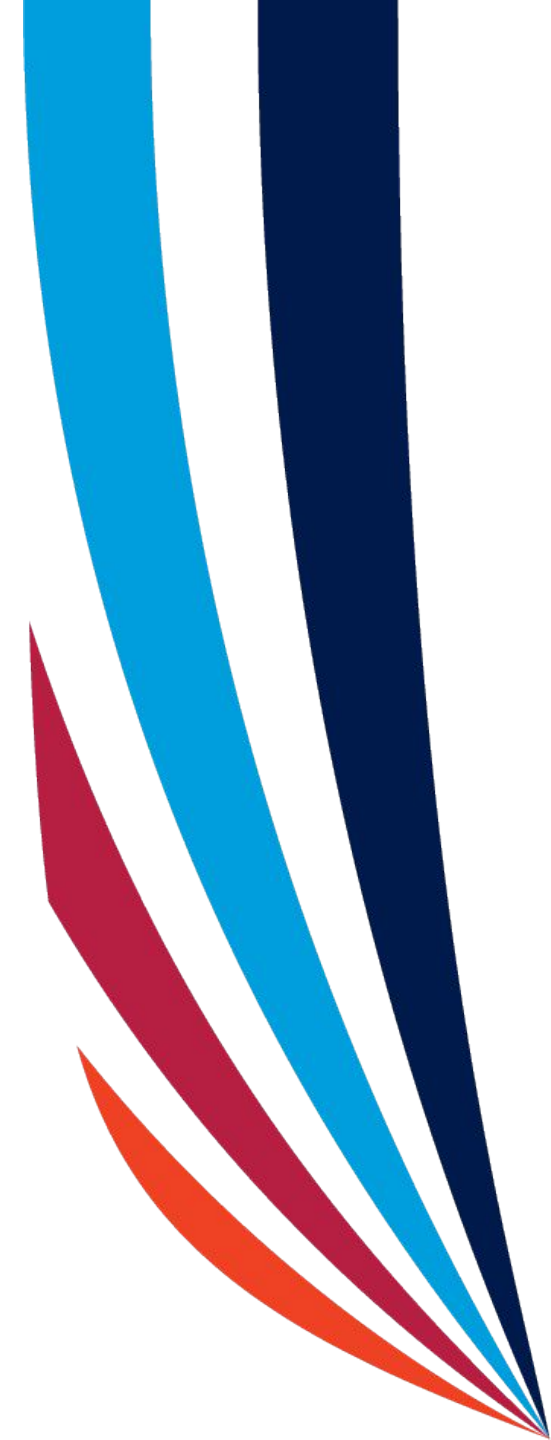
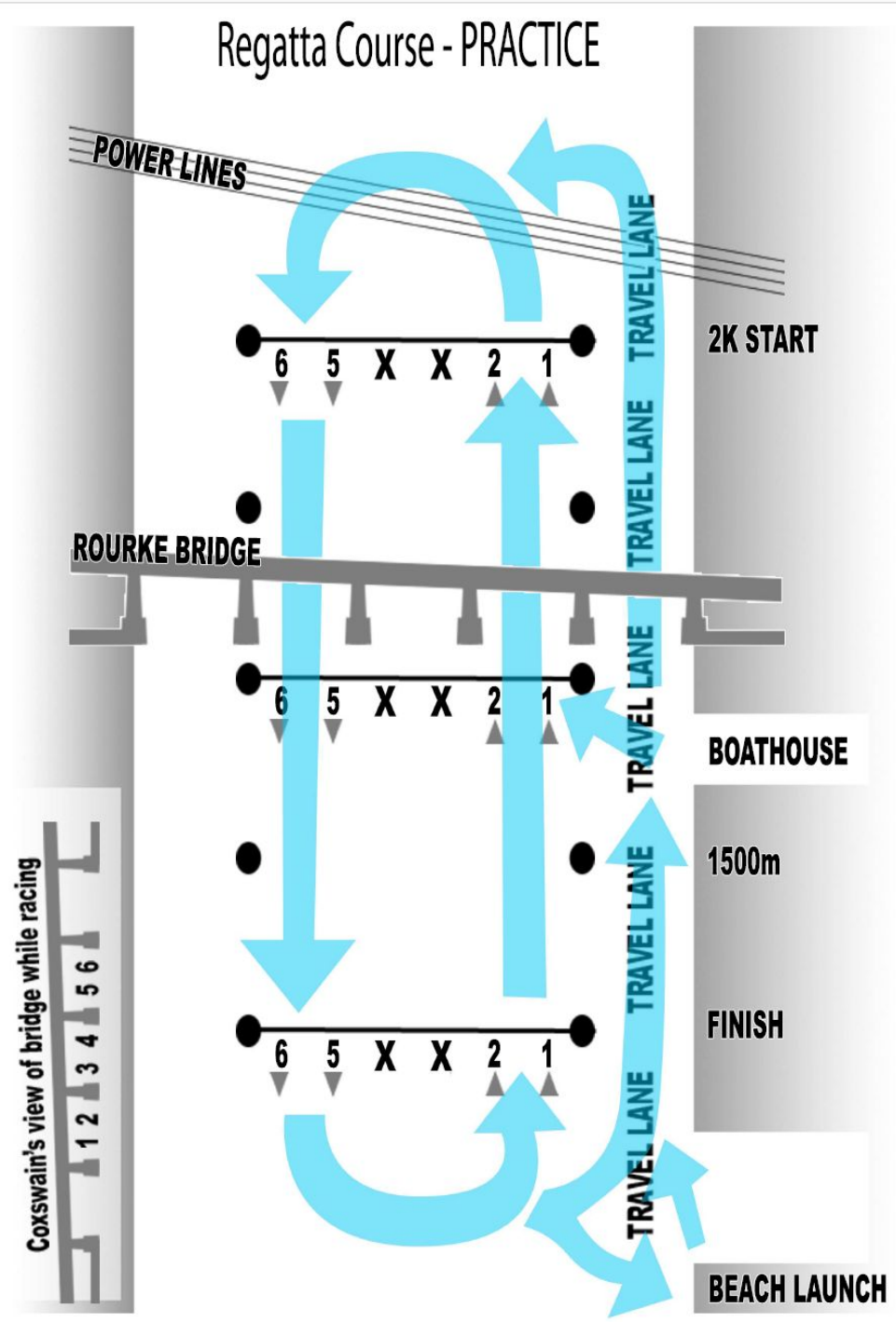


# REFEREE WELCOME

- **Referee Jury Introductions**
  - **Chief Referee: Lyssa Bayne**
  - **Deputy Chief Referee: Kate Suyo**
  - **All over the Northeast region**
- **The Referees are here for everyone's safety and fairness**



# TRAFFIC PATTERN PRACTICE



# TRAFFIC PATTERN TIME TRIAL

### Racing Lanes: Lane 3 and Lane 4

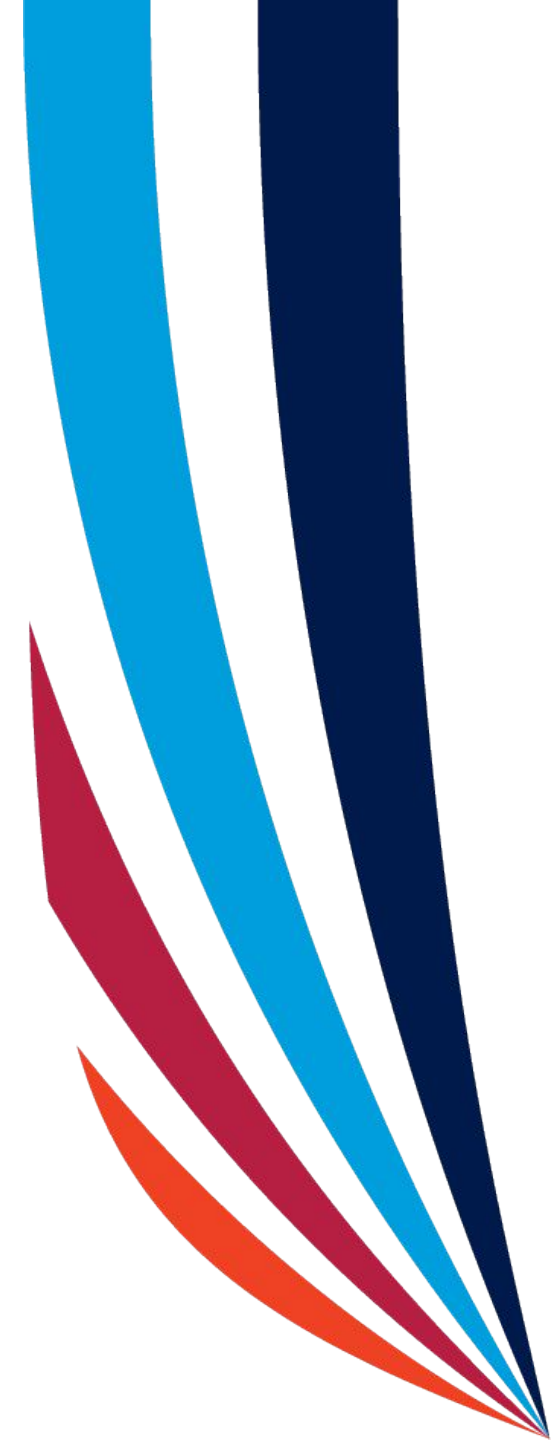
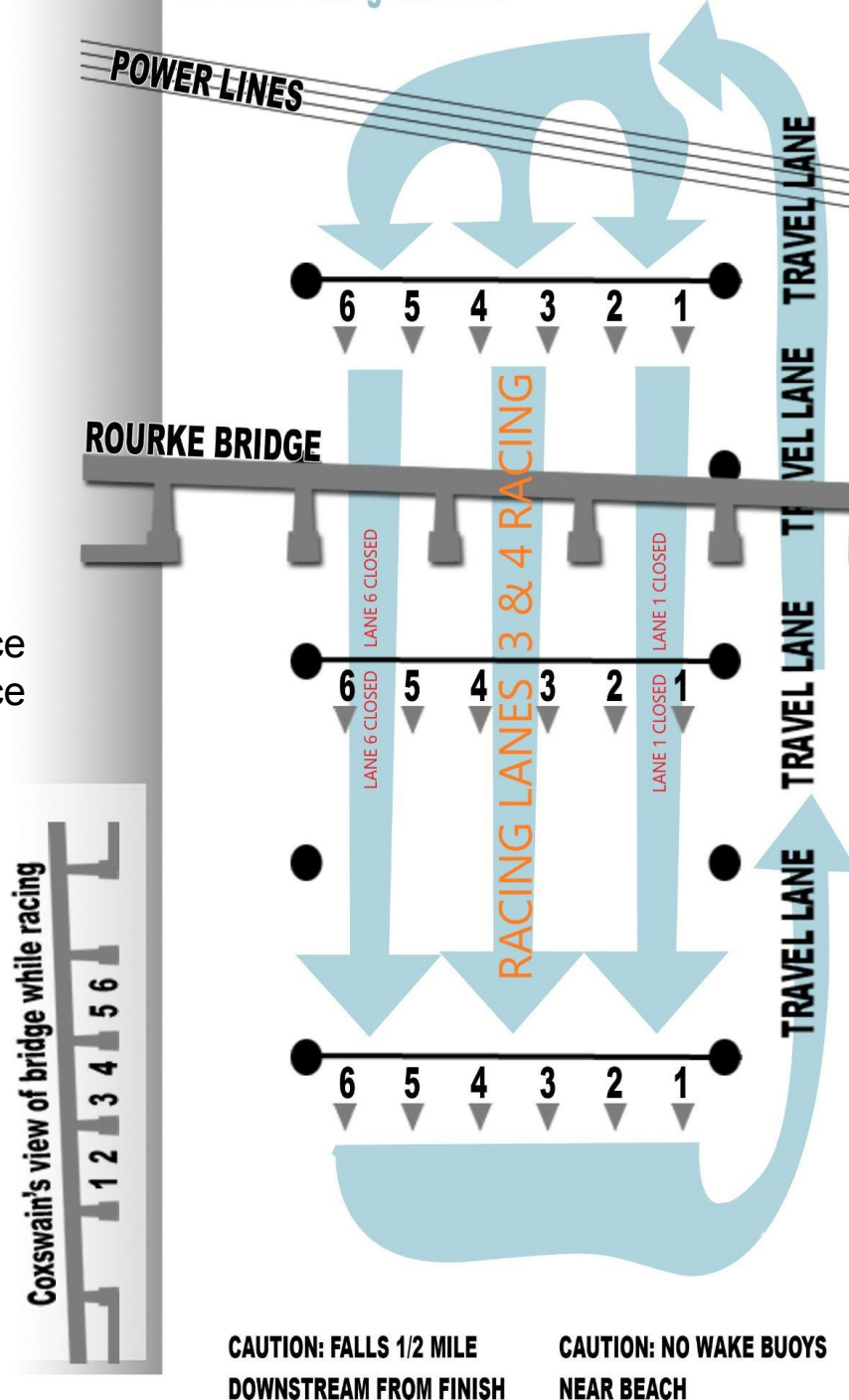
### Yielding:

Lane 3 will yield into Lane 2 and continue their race

Lane 4 will yield into Lane 5 and continue their race

### Closed Lanes:

Lane 1 and Lane 6 are closed for Official use



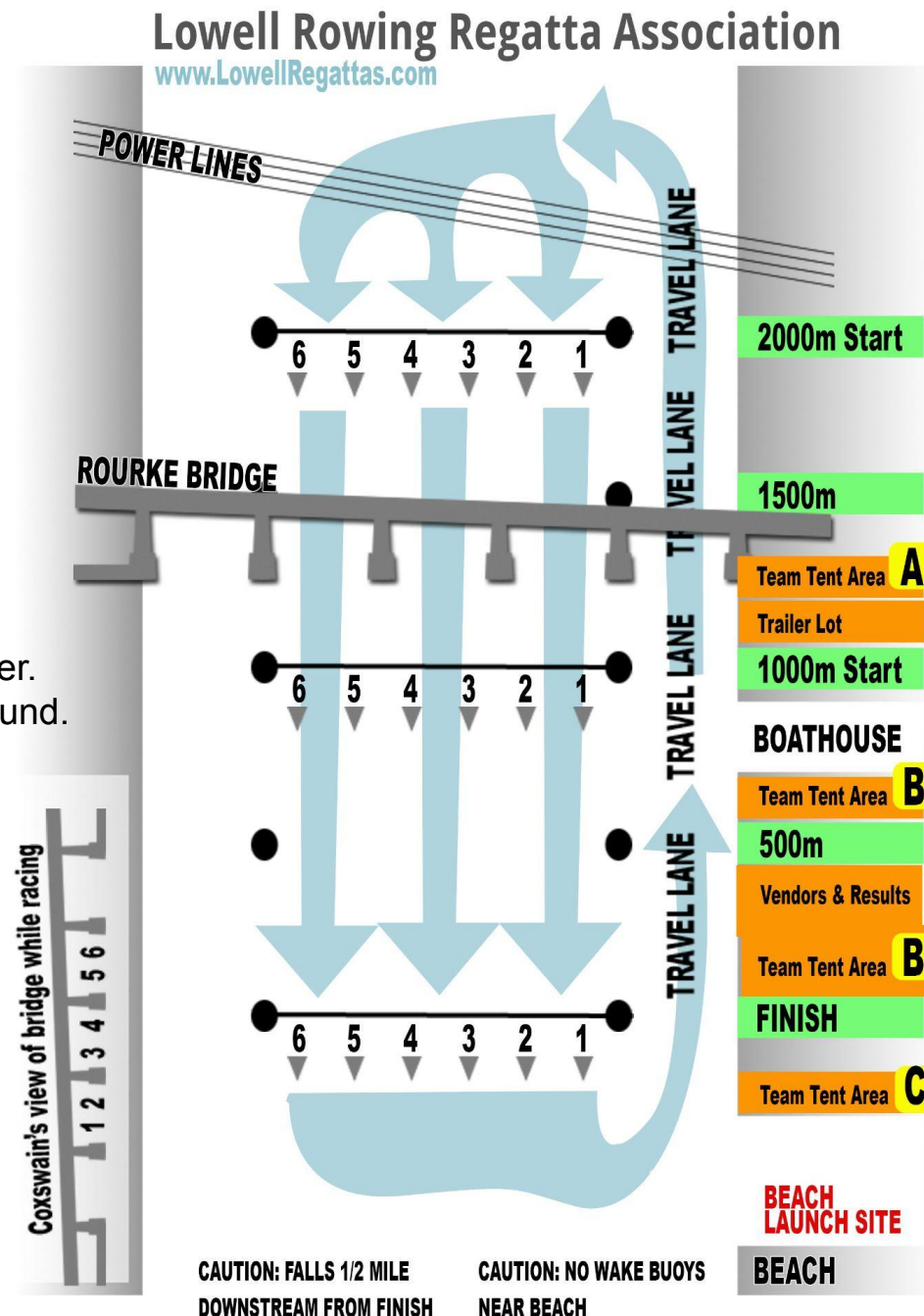
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# TRAFFIC PATTERN SPRINT

## Remember:

The travel lane narrows at the start line this area is single file

After the power lines, there is a bend in the river. A large buoy will be placed as the last turn around. No crew is allowed to row upriver, out of eyesight of race officials.



# USROWING RULES OF ROWING

- It is your responsibility to know and understand the Rules of Rowing
  - Available for FREE: <https://bit.ly/3yGSbYf>
- Equipment
  - Crews to self certify that your equipment meets requirements - heel ties 3" and bowball firmly affixed
  - Visual check at docks
  - Report your race time to referee at the dock
  - Referees and dock staff are available for questions and support
  - Bow numbers are VERY important, especially on Saturday!
- Broken Equipment - alert the nearest referee and we will work with you, as possible



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# ON WATER - 1

- **In general, if a referee gives you an instruction, coxswains please acknowledge with a hand so we know you heard us.**
- **In proximity of the course**
  - If a start is in progress, STOP. You need to wait to proceed.
  - Do not stop on the start line or the finish line.
  - On your way to the start, stop when a race approaches. Do not restart until all boats have passed you.
- **Warm Up**
  - Follow the Traffic Pattern - know what it is each day.
  - The space beyond the large buoys will not be monitored. Please stay within the warm-up zone
- **Time Trial Starts**
  - Please be in the starting area listening 5 min before your event time.
  - There will be a series of referees helping you get into bow number order behind the start dock. Pay attention to each ref along the way.
  - You will have 100 meters to get up to speed and the start line.
  - There is NO breakage zone in the time trials. Please check your equipment.
  - Referees will be along the course on the side to monitor racing and assist with safety issues.
  - Yield one lane out from center when the passing boat is within one length
  - If you have an objection at the end of the race, speak with the finish marshal.



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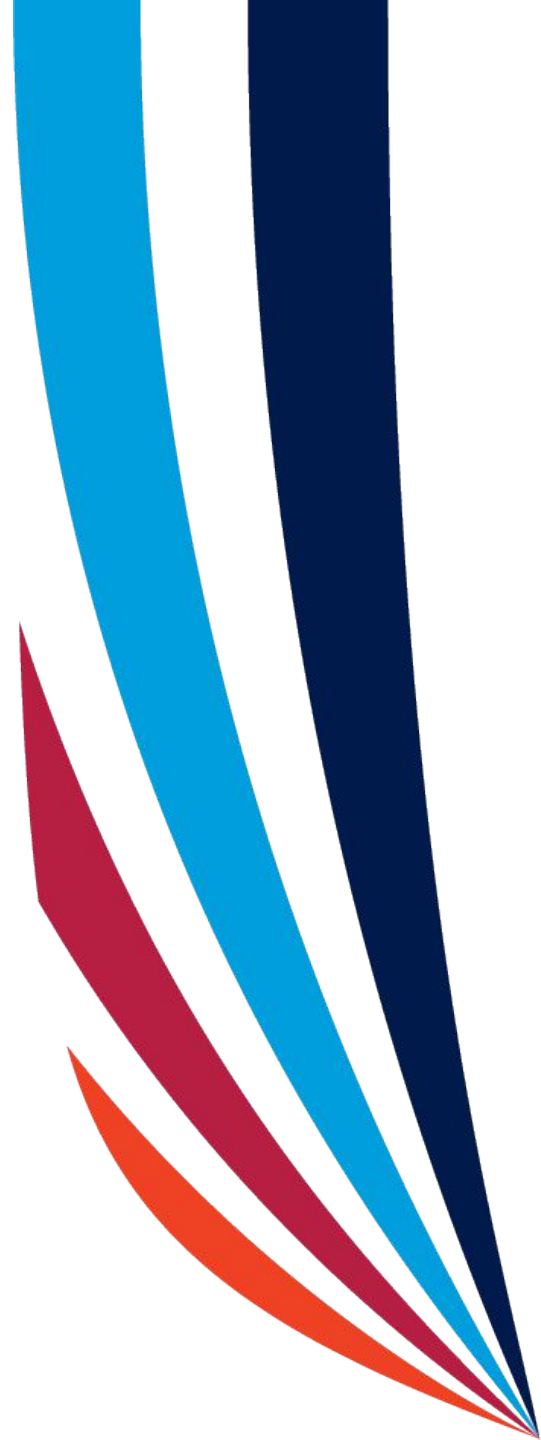


# ON WATER - 2

- **Sprint Racing Starts**

- When directed by the starter, you may enter your lane
  - Wait behind Starter when the race prior to yours is on the line
- You must be locked on 2 minutes prior to your race; failure to be locked on may result in a warning
- The race may start at any time after the 2 minute notice
- Use “sculling” or “pinching” to keep your point, once you are locked on
- Hands will **NOT** be recognized during the Start
  - Crews will be polled in a steady cadence, then “Attention”, then Red flag raised, variable pause, “Go” along with dropping the Red flag.
  - If the Starter is interrupted, crews will hear “As you were” and the flag is slowly lowered.
- What to do if you aren’t ready – don’t row
- If you leave the start, you accept the start
- Breakage zone is 100M, marked by red buoys
- Quick start – will be announced by the Starter, No polling of the crews.

**CREWS UNABLE TO LOCK ON TO THEIR STAKE BOAT MAY BE EXCLUDED**



# ON WATER - 3

- **Sprint - Racing**

- Following Officials will move behind racing boats and use a white flag as necessary, to provide direction. It is the responsibility of the crew to quickly and effectively communicate amongst themselves and respond

- **Finish**

- Hear a horn
- See the flag drop (on Lowell shore)
- Objection must be initiated on the water.
- If there is a question of fairness or another issue, please have one person raise their hand at the finish and talk to the referee. Please have in mind:
  - What happened
  - How you were impacted
  - The resolution you are seeking
- If the objection is not resolved on the water, let the referee know you plan to submit a protest. The formal is due within 1 hour along with a form (available at registration) and \$50. Objections can be submitted to registration at the Boathouse.



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# UNSPORTSMANLIKE CONDUCT

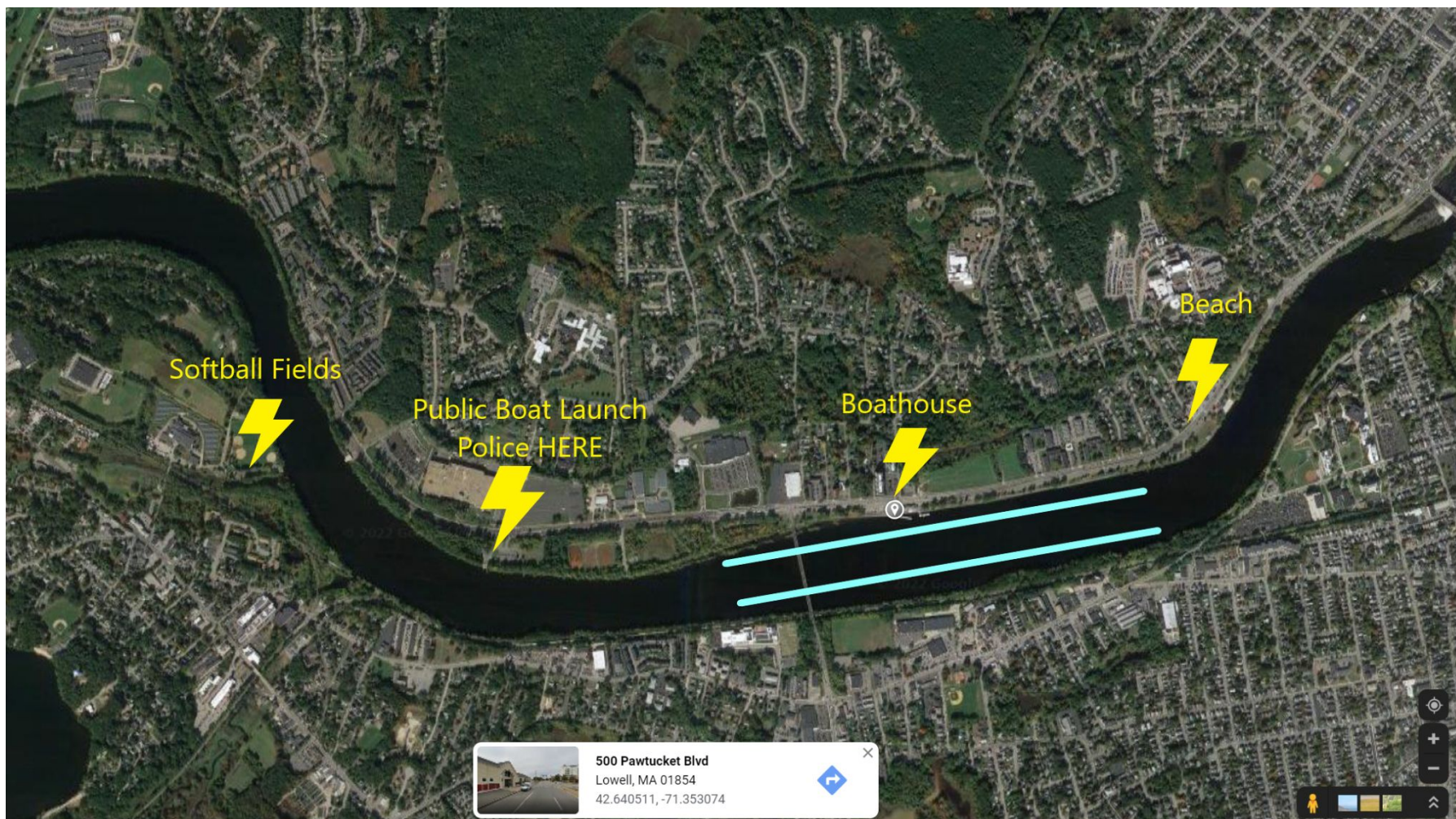
Among other things, profanities, in general, are not considered 'sportsmanlike' even when used to motivate; they should never be directed at another crew.



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# SAFETY ON VENUE - EVACUATION PLAN



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# VENUE INFORMATION

Please fill out as much information as you can online before the regatta to save you time at registration!

- **Directions**
- **Team Tents**
- **Trailer Registration**

Scan the QR code

<https://lowellregattas.com/venue-directions>





# SAFETY ON VENUE - MEDICAL AID

- **Medical will be located at the Bellegarde Boathouse & an EMS crew will travel the venue, staying closest to the beach.**
- **If medical is needed on the water, flag down the nearest official for assistance.**



# VOLUNTEERS NEEDED



Sign Up easily with this QR code

Create an account in **Sling**

You will be accepted to  
the Lowell Regattas Group

Then, you can sign up for any  
qualifying shifts

<https://lowellregattas.com/volunteer>



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# GET READY TO RACE!

**For Additional Questions, Please contact :**

**Sarah McAuliffe**

Director of Events

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