

2022 USRowing Northwest Youth Championships Coaches & Coxswains Meeting

***May 15 , 2022
6:00 P.M. PT***



Photo courtesy of USRowing



USRowing

AGENDA

1. **USRowing**
 - a. Welcome to the 2022 USRowing Northwest 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 Northwest Youth Championships on May 20-22 in Vancouver, WA.

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: Sarah McAuliffe, Jules Zane, Rich Cacioppo

LOC: Molly Evjen & Kyle Crebar

Chief and Deputy Referees: Dee McComb



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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:**
 - Thursday, May 19, 12:00 p.m. - 6:00 p.m.
 - Friday, May 20, 6:30 a.m. - end of racing
 - Saturday, May 21, 6:30 a.m. - end of racing
 - Sunday, May 22, 6:30 a.m. - end of racing
- **Practice**
 - No practice
- **Heat Sheets**
 - Monday, May 16



USRowing

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...](#)

Contact Details

Name:

Address:

City:

State/Province:

Zip/Postal Code:

Country:

Mobile Phone:

Home Phone:

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 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	remove
Mary Smith	Coach	remove

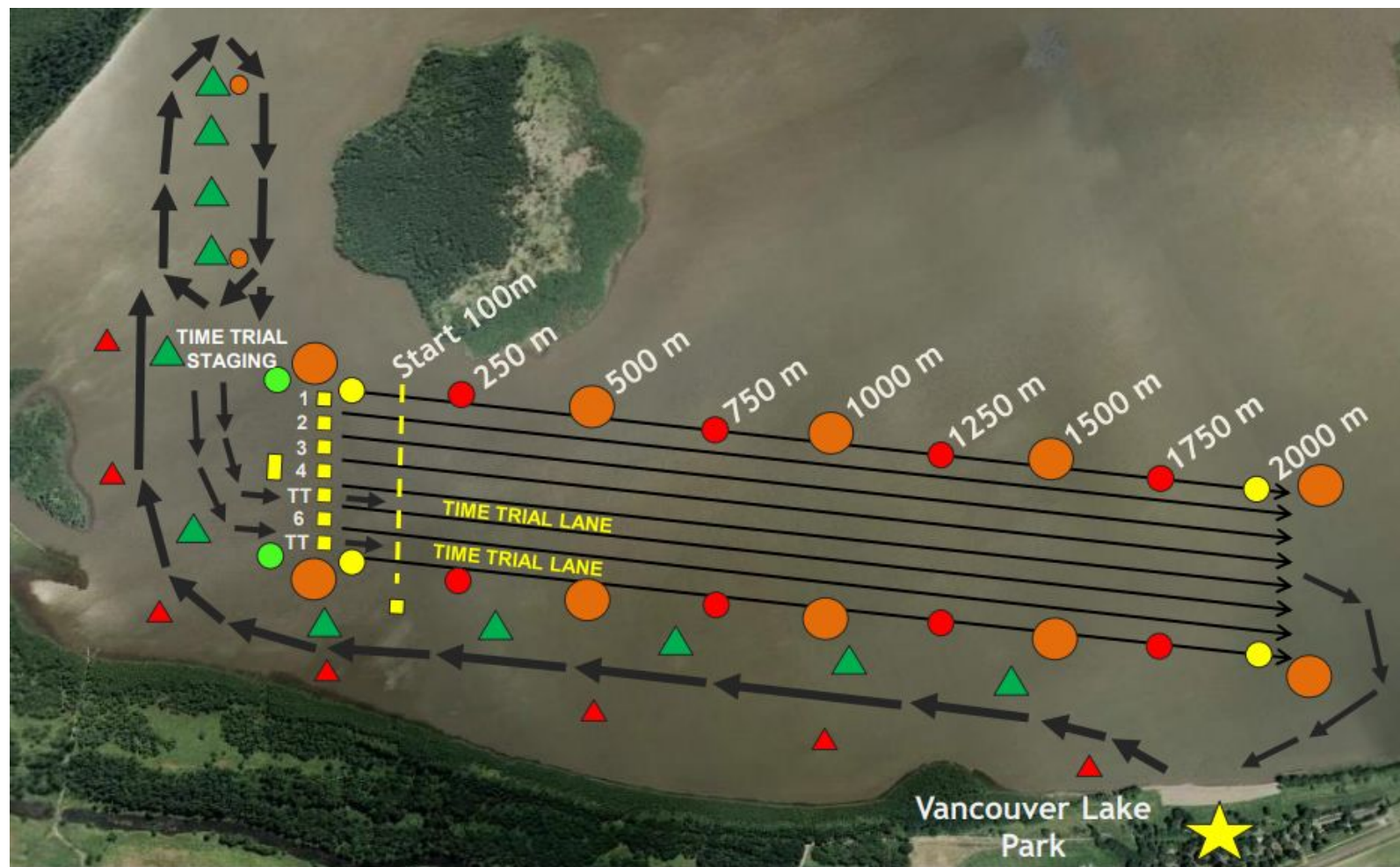
Preview of Coaches & Support Staff roster for regattas



REFEREE WELCOME

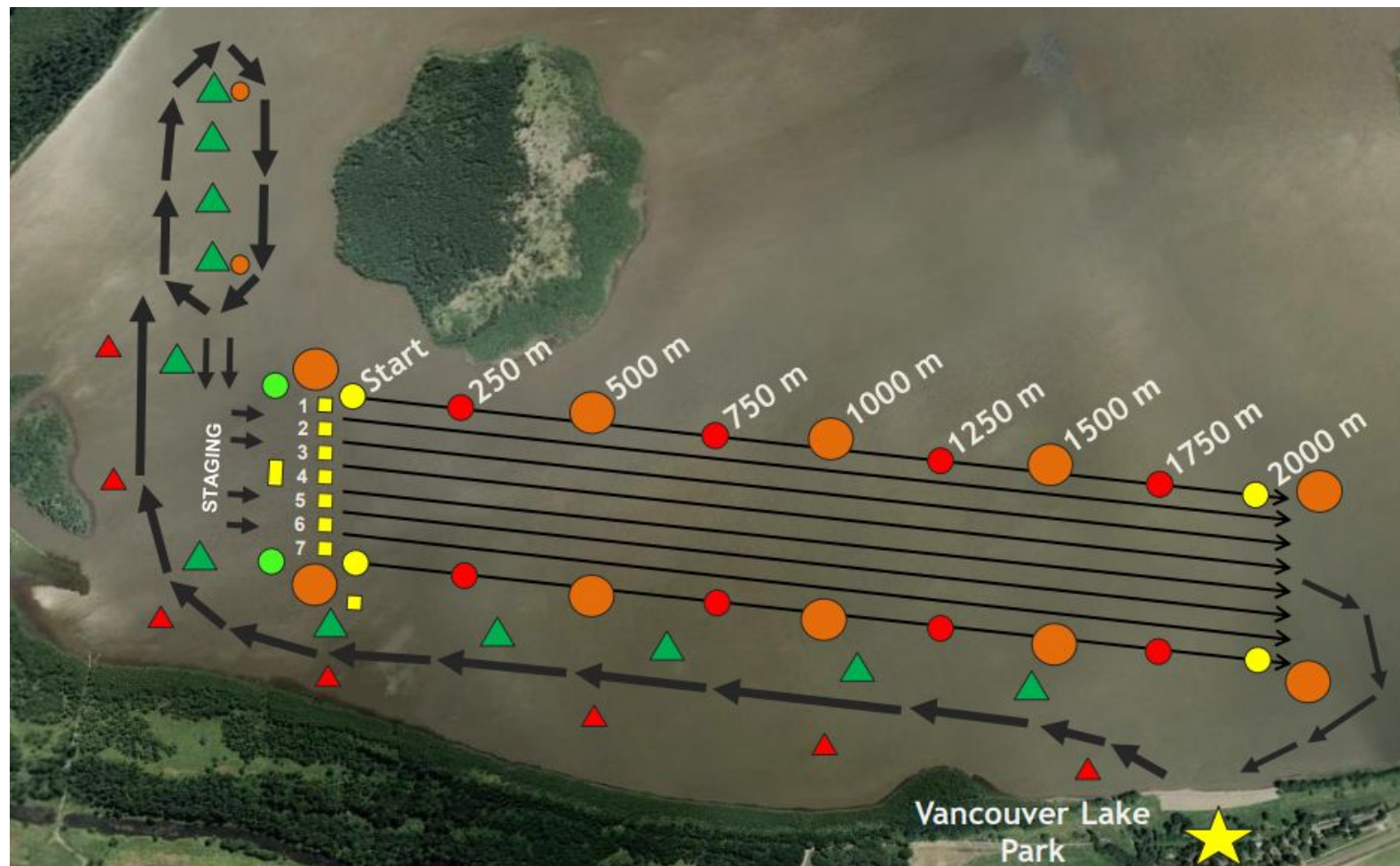
- **Referee Jury Introductions**
 - **16 Referees**
 - **Northwest Region**
 - **100+ years of officiating experience**
- **The Referees are here for everyone's safety and fairness**

TIME TRIAL TRAFFIC PATTERN



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SPRINT RACING TRAFFIC PATTERN



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USROWING RULES OF ROWING

- **It is your responsibility to know and understand the Rules of Rowing**
- **Equipment**
 - You have certified that your equipment meets the rules - heel ties 3" and bowball is firmly affixed.
 - Visual & hands-on check will happen at launch
 - Please let the referee know your race when launching to ensure an accurate time
 - Bow numbers are critical, especially on Saturday!
- **Broken Equipment - alert the nearest referee immediately and we will attempt to accommodate you.**



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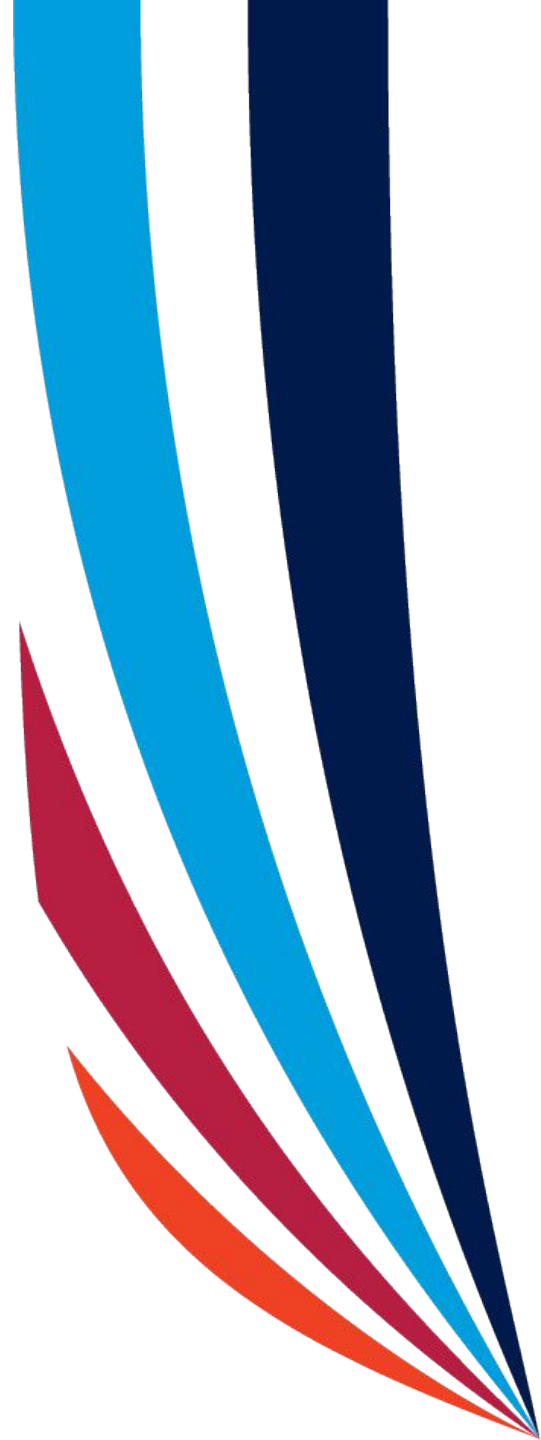
ON LAND

- When checking in with Control Commission, they will issue you a bow number for your race.
- Coxswains, you need to know the event # and time of your race
- Vancouver Lake is beach launching - no docks; make sure you walk your boat out into the lake to your knees or so, so when rowers get in you don't damage the skeg
- Return bow numbers when recovering
- Coaches - check with Control for hot seating requests and arrangements - we will not hold races



ON WATER - 1

- In general, if a referee gives you an instruction, coxswains / bow seat must acknowledge with a hand so we know you heard us.
- In proximity of the course
 - If a race is in progress, you should stop rowing until the race passes
 - Do not stop on the start line or where you will drift into the way of the aligner, or the following referees. .
 - Do not sit at the finish line after your race as you will block the camera for the next finish.
 - Do not do power strokes/sequences along the race course as a race is approaching you.
- Warm Up
 - Follow the Traffic Pattern - know what it is each day.
 - Do not row beyond the warm-up buoys - the start marshals will NOT come looking for you at race time.
- 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 next to 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.*
 - *Referees will be staggered along the course on the side to assist.*
 - *Yield to the empty lane next to you if being overtaken; Referees may ask you to yield*
 - *If you have an objection at the end of the race, speak with the finish marshal.*

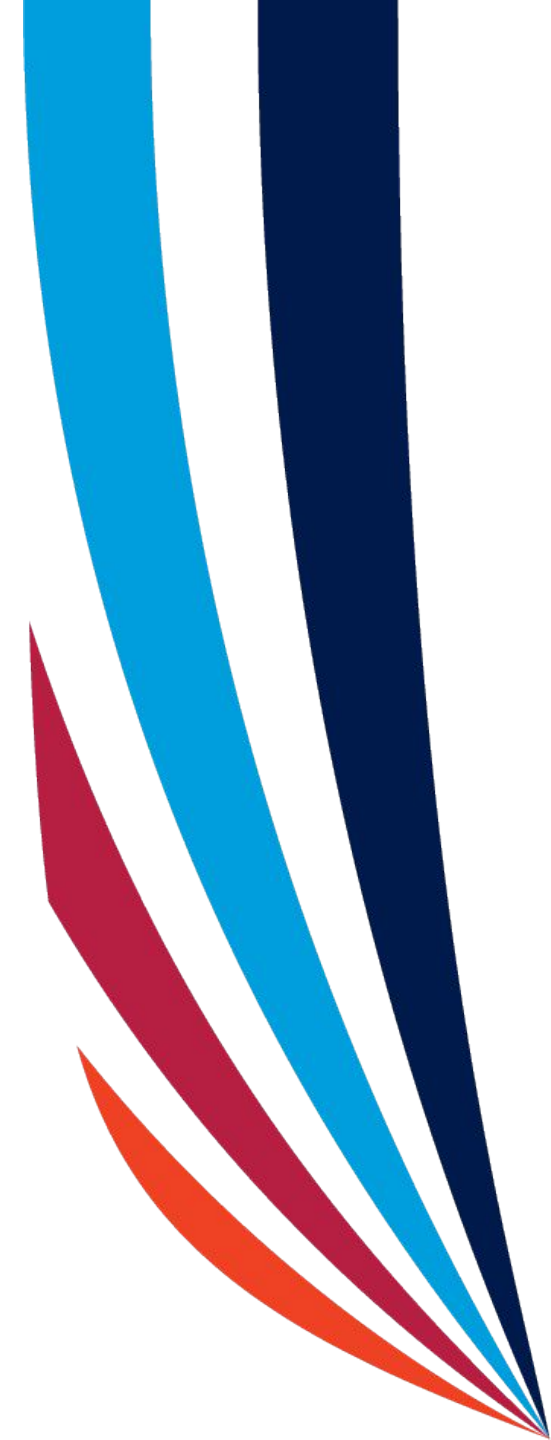


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ON WATER - 2

- **Sprint Starts**

- If directed by the starter, you may enter your lane after the start of the prior race and warm up in your lane.
- If you have to turn in your lane to attach to stakeboats, do it close to the stakeboat - *know how to scull your point once attached to the stakeboat*
- You must be locked on 2 minutes prior to your race; failure to be locked on will result in a warning for late to start
- The race may Start at any time after the 2 minute notice
- Hands will not be recognized during the Start
 - Crews will be announced in a steady cadence, then “Attention” along with a dropped starter flag (red with white cross) with the command: “Go” - go on movement of the flag!
 - If the Starter is interrupted, crews will hear “As you were” and the cadence will begin again
- What to do if you aren’t ready – don’t row
- If you leave the start, you have accepted the start and can no longer object to it.
- Breakage zone is 100M or 20 sec.
- At the starter’s discretion we may move to a Quick start. Quick Start will be announced by the Starter and the starting sequence will be “Quick Start, Attention, (Go)”. Crews will not be announced..



ON WATER - 3

- **Sprint - Racing**

- Chase Official will move behind the boats and use the white flag to direct your shell while calling your crew name - using the stroke to communicate to the coxswain.

- **Finish**

- Hear a horn
- Row through the large orange buoys at the finish line.
- Any / all objections must be raised on the water, before the referee displays the white flag to the finish tent.
- 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 to you,
 - what impact it had on you and
 - what resolution you are seeking.
- After your conversation, let the referee know if you plan to submit a protest. You will need to submit the protest in writing. The written protest is due within 1 hour along \$50. Protests should be submitted to the Chief Judge or Chief Referee. Rule 2-604 thru 2-606, USRowing Rules of Racing 2022



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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. Unsportsmanlike conduct is grounds for exclusion!

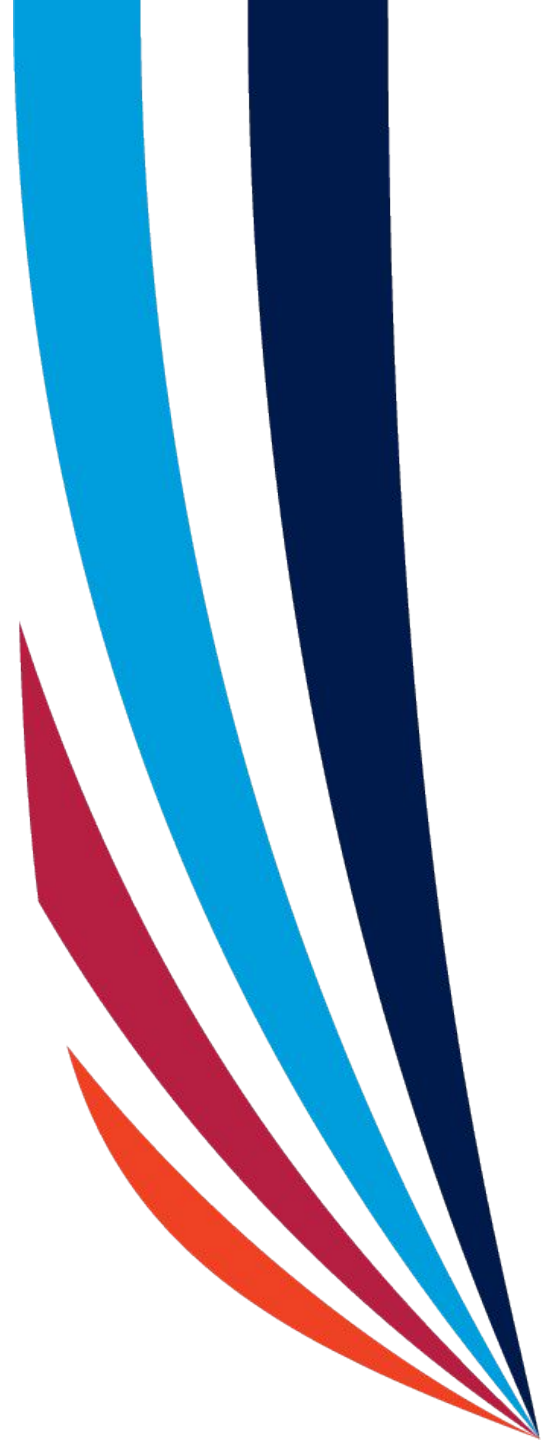


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Emergency Action Plan PVRA Race Course/Vancouver Lake Regional Park

1. Call 911

2. Instruct EMS personnel to “report to the beach at Vancouver Lake Regional Park.” **Location: 6801 NW Lower River Rd, Vancouver, WA (see map)**
3. Provide necessary information to EMS personnel
 - Name and telephone number of caller
 - Number of victims, condition of victim
 - First-aid treatment initiated
 - Other information as requested by dispatcher
4. Once EMS has been called inform PVRA Regatta Director and Chief Referee
5. Once EMS has been called, send someone to stand at the entrance to the park.
6. Provide appropriate emergency care until the arrival of EM personnel: on arrival of EMS personnel, provide pertinent information (method of injury, vital signs, treatment rendered, medical history) and assist as requested by EMS personnel.



VENUE MAP



VENUE NOTES

- Parking is \$3 a day- Please bring cash to speed up the process.
- Please ask your teams to leave your dogs at home.
- Spectator parking available in the Overflow Parking lot
- Eagle Shelter is available for athletes and spectators to use as needed, not for any one team
- Team may set up a few 10X10s in their boat areas, but anything larger should be in the Team Tent area by the shelter
- Keep your boat storage areas compact so that there is plenty of room for all teams



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TRAILER PARKING

- Rain has continued to fall at Vancouver Lake Park, and the ground is VERY soft
- We are hoping the regular Trailer Parking lot will be OK for fully loaded trailers to enter and park.
- As a contingency, trailers that are arriving and unloading on Thursday may be parking in the main cement parking until they unload - then parking in the lot once boats and equipment are off.
- We will send out a notice with additional maps/information if needed.



GET READY TO RACE!

For Additional Questions, Please contact :

Sarah McAuliffe

Director of Events

Sarah.McAuliffe@usrowing.org



Photo credit: USRowing