

# ***2022 USRowing Southeast Masters Regional Championships***

## ***Coaches & Coxswains Meeting***

***June 21 , 2022***  
***7:00 P.M. ET***



**USRowing**

# AGENDA

1. **USRowing**
  - a. Welcome to the 2022 USRowing Southeast Masters Regional 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.



**USRowing**

# WELCOME - INTRODUCTIONS

USRowing is excited to welcome everyone to the 2022 USRowing Southeast Masters Regional Championships on June 25-26 at Langley Pond in South Carolina.

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, Sarah McAuliffe

**LOC:** Jim Buckalew, Megan Buckalew, Brad Holdren

**Chief Referee:** Sam Dempsey



**USRowing**

# REVIEW OF REGISTRATION & VENUE SCHEDULE

- Teams should contact the LOC to best plan their trailer/team tent arrivals.
- **USRowing Registration Tent is open:**
  - Friday, June 24 from 12:00 p.m. - 6:00 p.m.
- **Practice**
  - Friday, June 24 from 12:00 p.m. - 5:00 p.m., last launch at 4:30 p.m.
- **Heat Sheets**
  - June 23

# 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.



**USRowing**





# 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](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

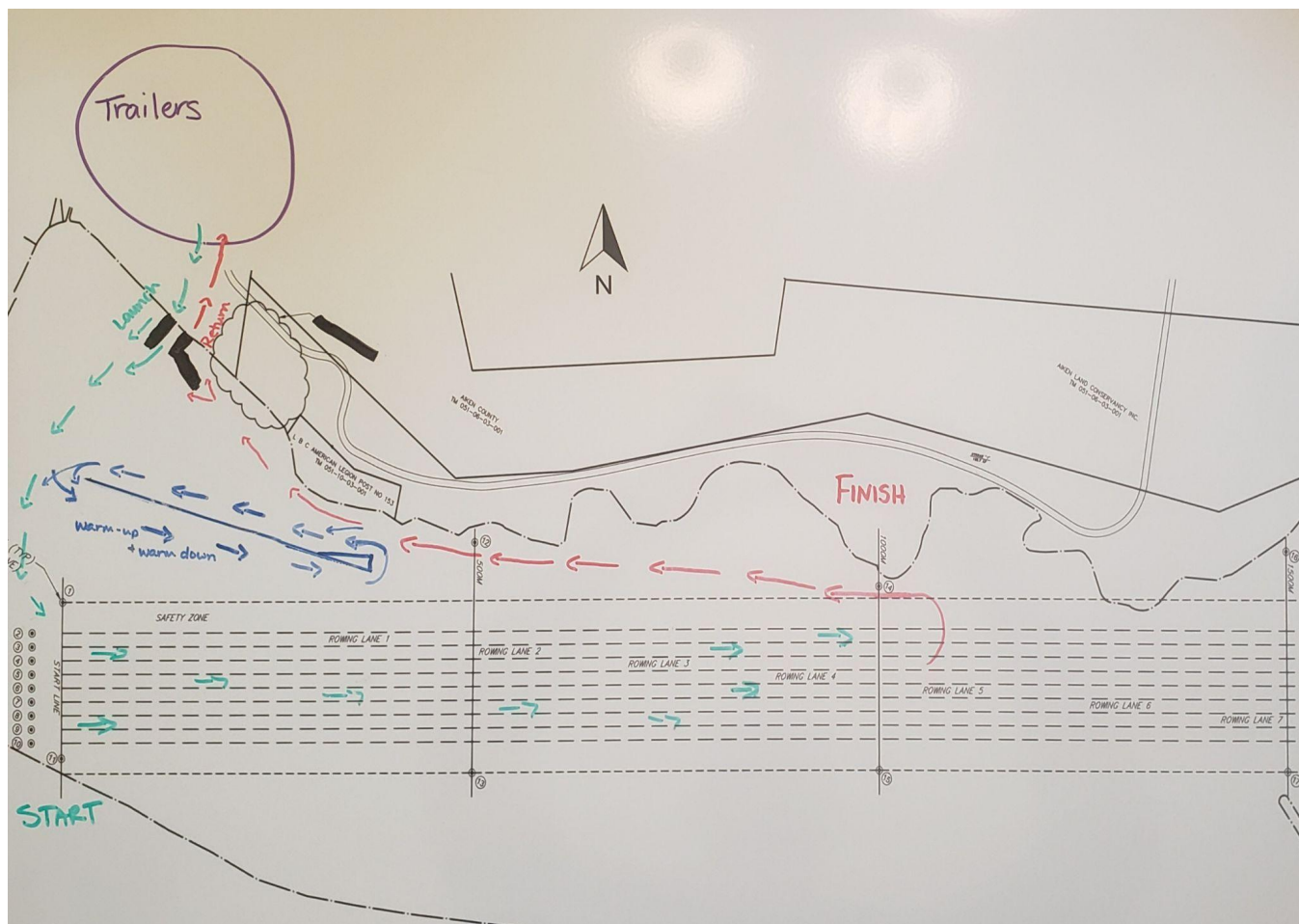


# REFEREE WELCOME

- **Referee Jury Introductions**
  - **10 Referees**
  - **Southeast Region**
  - **100+ years of officiating experience**
- **The Referees are here for everyone's safety and fairness**
- **Referees will not enforce Covid Standards. You should follow the guidance of your home club**



# SPRINT RACING TRAFFIC PATTERN



**USRowing**

# 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!
- **Broken Equipment - alert the nearest referee immediately and we will attempt to accommodate you.**



**USRowing**

# 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
- Langley Pond is dock launching
- 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.



**USRowing**



# 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 100 m 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, [flag raised], Go”. Crews names will not be announced.



**USRowing**



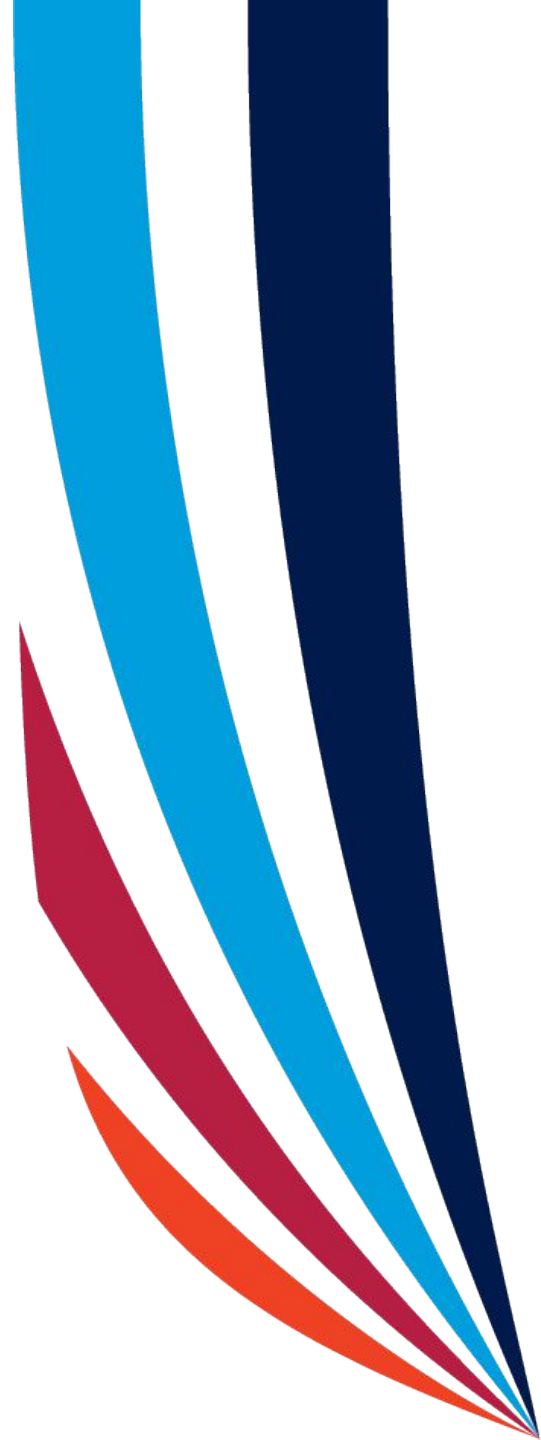
# ON WATER - 3

- **Sprint - Racing**

- Chase Official will move behind the boats and use the white flag to instruct 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 with \$50. Protests should be submitted to the Chief Judge or Chief Referee. Rule 2-604 thru 2-606, USRowing Rules of Racing 2022



**USRowing**

# 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!

# VENUE MAP - PARKING



**USRowing**



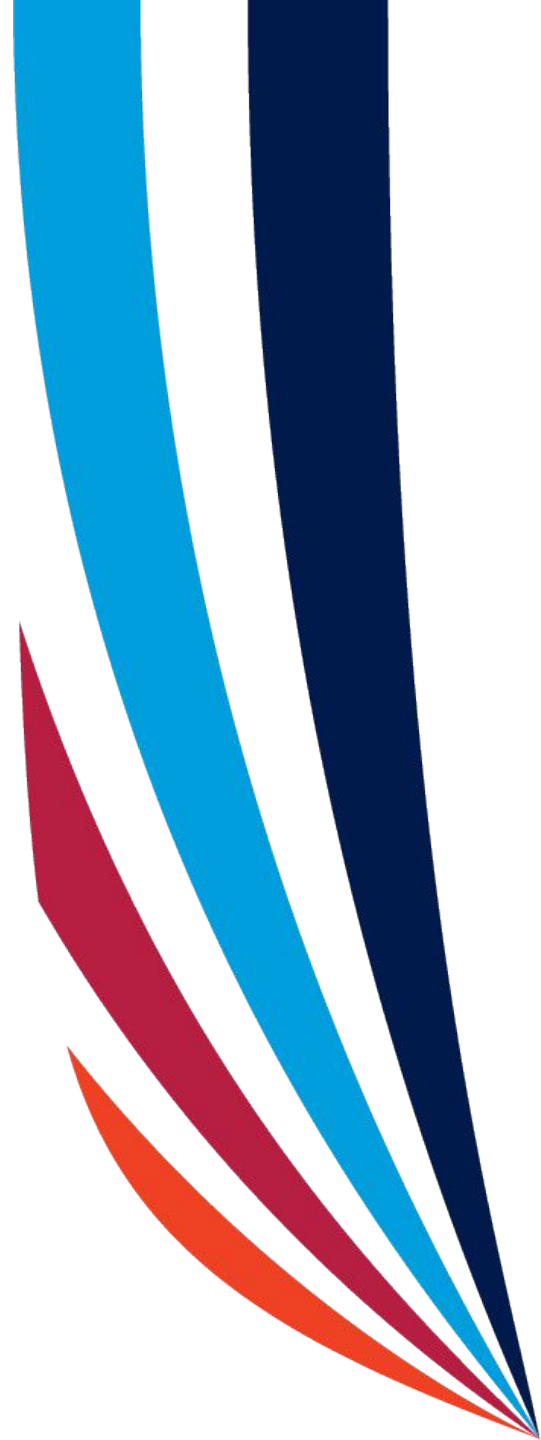
# VENUE MAP



**USRowing**

# VENUE NOTES

- Parking is free. Please listen to parking volunteers as they are familiar with the venue.
- EMS will be located next to Registration.
- It will be HOT! Please make sure your team brings plenty of water/gatorade.
- Please leave your dogs at home.
- Keep your boat storage and tent areas compact so that there is plenty of room for all teams. Please bag all trash. Volunteers will stop by periodically to pick up trash bags.



**USRowing**



# TRAILER PARKING

- Trailer Parking is available on Friday 12-7pm.
- Please follow the instructions of our trailer parking gate tenders. We need to ensure all trailers get a spot.
- All trailers will **BACK** into their spots to make exiting easier.

# VOLUNTEERS

- We have a great group of volunteers working this regatta. Please listen to the volunteers as they are familiar with the venue. Our first priority is your safety!
- We have spots available to volunteer. To sign up come visit the Registration tent on Friday 12:00pm-5:00pm!
- We are looking forward to a fun weekend of racing, see you soon!

# Join Our Texting Service!

Text “**Southeast Masters**” to (**609**)  
**354-7711** to receive updates on the  
schedule, weather and other event  
related items.

# GET READY TO RACE!

**For Additional Questions, Please contact :**

**Regie Robinson**

Events Coordinator

[Regie.Robinson@usrowing.org](mailto:Regie.Robinson@usrowing.org)



Photo credit: USRowing

