

2025 RCA National Beach Sprint Selection Trials Safety Bulletin

The Coaches/Safety meeting will take place Friday night, 6:00 PM, location TBD.

There will be a brief Safety meeting Saturday morning at the Start/Finish before racing commences. Exact time TBD.

It is **STRONGLY** recommended that all runners wear foot protection. IE water shoes, surf socks, thick socks.

First Aid will be provided on site.

Prepare for beach conditions: Sun, hot temperatures, water temps of 12 – 18 degrees, need for drinking water, your own beach chair, showers and toilets are on site, getting wet, possible rain and wind, etc

Adverse weather delays

Decision regarding delays or rescheduling will be made by the Fairness Committee.

Starts

10 mins before the commencement of an event all athletes will meet at the Start/Finish Tent.

The commands for the Starts will be:

3 Minutes – Call of “3 Minutes” will be given.

2.75 min to 1.75 min – The announcer will introduce crews. After introductions, crews will move to start their positions.

1 Minute – Call of “1 Minute” & “Put the boats on the water.” The runners shall stand behind the start line and the other members of the crews and/or the boat handlers shall immediately put the boats on the water ready for the start.

30 – 20 Sec – “Get Ready” will be given.

20 – 0 Sec – Starter will say “Attention”; raise the Start Flag; pause, drop flag to one side while sounding a horn to start the race.

Time Trial Starts

3 minutes – Call of “3 Minutes” will be given.

Crews 1-4 and their boat handlers, will be standing beside their boats. Crews 5-10 will be waiting outside of race area at Control with their boat handlers and oars.

1 minute – Call of “1 Minute” will be given and Crew 1 will be told to “put your boat on the water”. Runner must be standing behind the Start line.

30 – 20 Sec – “Get Ready” will be given.

20 – 0 Sec – Starter will say “Attention”; raise the Start Flag; pause, drop flag to one side while sounding a horn to start the race.

30 Sec after first start – Crew 2 will be told to “put your boat on the water”.

20 - 30 Sec after – “Get Ready” will be given.

0 - 20 Sec after – Starter will say “Attention”; raise the Start Flag; pause, drop flag to one side while sounding a horn to start the second crew.

Crew 3 will then be told to “put your boat on the water” and the process will continue until all crews have cycled through.

Crew 1 will use boat 1, crew 2 will use boat 2... crew 5 will use boat 1, crew 6 will use boat 2 etc.

Boat Preparation during Time Trial

Crews finishing must exit the boat immediately after they finish (and remove their oars), with the help of their boat handlers.

The next crew to use that boat will carry the boat, with the help of the previous crew's boat handlers, back to its position.

It is the responsibility of the crew, to prepare their boat, and to check for any damage. The Control Commission marshal will check they have the correct boat.

Boat Handlers

It is requested and recommended that boat handlers wear matching identifying uniforms, however crews will not be penalized if this is not the case.

The boat handlers will support the crews in holding the boat for the crew members to board and depart and may assist the crew in other ways, including rudder fixing, etc.

The boat handlers must not board the boat or move into any position where the typical water surface is above their shoulders when standing on the sea bed.

The boats should be held reasonably in line and shall be positioned so that the centres of boats are in a line with the buoys in their lane.

The boat handlers may assist the crew by giving verbal and visual steering assistance to the crews. However, it is prohibited to use any electric, electronic or other technical device to give verbal or audio instructions; and no technical or artificial visual aids may be used other than the uniform clothing worn by the boat handlers.

When the boat returns to the beach the boat handlers may "catch" the boat to slow its progress when it reaches the beach and a crew member disembarks to run to the finish line.

Once the runner has exited the water, boat handlers shall stay with the boat and not assist or run with the crew member to the finish line.

After the crew member disembarks to run, the boat handlers are responsible for the swift removal of the boat from the water.

Unless approved by the CU due to weather conditions, there shall be no more than 2 boat handlers per crew.

The boat handlers shall comply with any instructions of the race officials and shall at all times be subject to the Rules of Racing.

Penalties

Missing a Buoy

A crew not correctly rounding any buoy on the course shall be listed as DNF.

Interference

A crew causes interference to its opponents if its oars or boat encroach into the opponent's water and cause a disadvantage to its opponents by contact or by causing the other crew to change course to avoid such contact.

If a crew has caused interference to another crew and has, in the Umpire's opinion, affected the result of that crew, then the Umpire may exclude the crew or alternatively may award a time penalty of 10 seconds or such other time as they deem appropriate against the crew causing the interference or take other appropriate measures under the rules.

Runner not passing on the correct side of the Lane Flag

A runner not passing on the correct side of the flag shall receive a penalty of 10 seconds.

Finish

The finish of the race for each crew is when they have finished the run to finish line and have pulled the Finish Flag out of the sand.

Capsizing

The first priority if a crew capsizes, is safety.

If a crew capsizes and wants and is able to get back in their boat (assisted or not) and would like to finish their race, that is allowable.

If a crew capsizes and wants, but is struggling to get back in their boat, safety personnel and/or the CU will only allow the crew to continue to try to get back while it is deemed safe to do so. If it is deemed no longer safe for athletes, athletes will be assisted from the water and listed as DNF.

Crews returning to the beach must make every effort to keep their boat under control in an upright position with the crew members in contact with the boat until reaching the beach. In the event the boat capsizes while returning to the beach, the crew is responsible to ensure that all crew members and equipment are safe, and such responsibility shall have priority over finishing their race.

Rowers can not abandon their boat to start the run until the boat is back at the beach.

Course Configurations

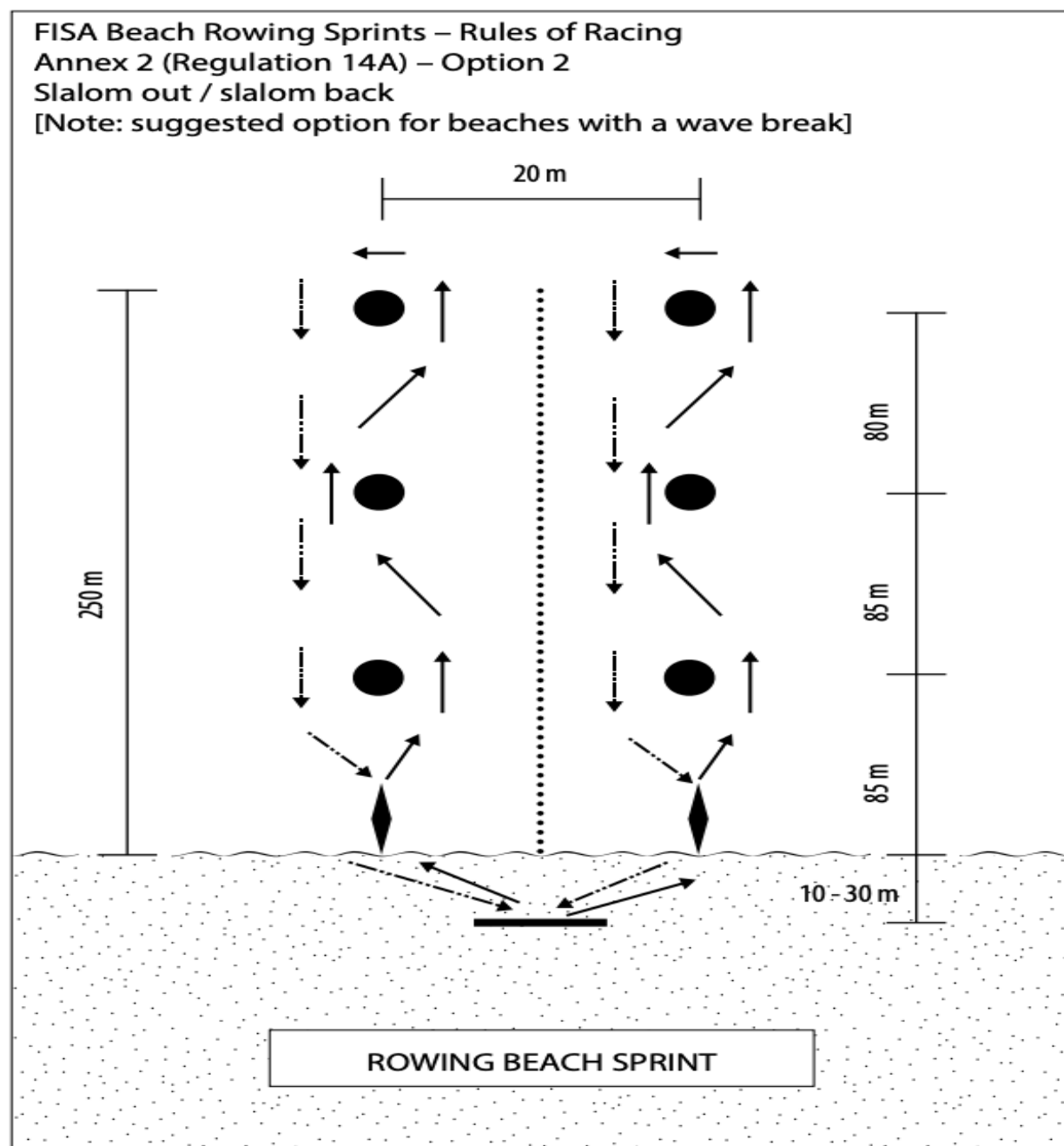
There will be two course configurations used for racing, one for the Time Trias (TT), the other for all other races.

Heats, QF, Semi & Final Course

Run of 10-50m/ Row of 500m / Run of 10-50m

1. The designated start runner will run from the start line directly to their boat.
2. The crew will race 250m out to the turn buoy, slaloming their buoys in the direction indicated on the map.
3. Once reaching the turn buoy, the crew will turn 180 degrees around the buoy and row 250m straight back to the shore.
4. Once on the shore, the designated finish runner will run round the Lane Flag, up the beach to the finish line and remove the Finish Flag from the sand to end their race.

Annex 1 (Regulation 5) – Option 2



Time Trials

Time Trials will be run in a Processional format. The instructions and map for the TT are Below:

Run of 10-50m/ Row of 525m / Run of 10-50m

1. The designated start runner will run from the start line, around the Lane Flag, to the boat on the water in Lane 2.
2. The crew will race 250m out to the turn buoy, slaloming their buoys in the direction indicated on the map.
3. Rounding the turn buoy, crew will turn 90 degrees and row 25m to the Lane 1 turn buoy and turn another 90 degrees.
4. The crew will then row 250m straight back to shore in Lane 1, keeping outside of the slalom buoys.
5. Once on the shore the designated finish runner will run round the Lane Flag, up the beach to the finish line and remove the Finish Flag from the sand to end their race.

Note: Boats being overtaken need to move off the race line of the faster boat that is passing them. Failure to do so may result in a time penalty.

