



2025 Nova Scotia Sprints Safety Bulletin

1. Changes to the Draw:

Given a misunderstanding on the part of the organizing committee, the preliminary draw was not issued on August 26th as stated in the regatta package. For this reason, while the package states that no changes can be made after August 28th, we will be accepting changes at the coaches and officials meeting on August 29th at 6:30 in Oakwood House.

2. Lightweight Weigh-In Times:

Based on the number of registered crews and resulting draw (with the first flight at 7:15am), the lightweight weigh-in time is now 5:30-6:15am instead of 6:15-7:00am.

3. Dock Assignments:

Based on the number of crews, clubs will be assigned docks for launching. All clubs will share a return dock. This means that crews need to get their boats off the water as quickly as possible once they dock. Crews may be allowed to use other docks based on traffic flow on instruction from the Control Commission (CC).

From left to right, looking at the docks from shore:

Dock 1 (closest to the tower) – Not in use

Dock 2 – Out Dock: Halifax, Fredericton, Three Rivers

Dock 3 – Out Dock: North Star, RowPEI

Dock 4 – In Dock

Mic Mac boats will launch from their club.

4. Checking in with Control Commission (CC):

- All boats used for the first time in a flight must have their boat checked over, specifically, but not limited to heel ties and bow balls, at the Control Commission before going on the water. Mic Mac boats will be checked at a minimum at the start of the day but throughout the day if capacity allows.
- The CC must be informed by a club's coach of any boats that must be hotseated. If so, these boats must return to their relevant Out Dock, not the In Dock. This situation must only occur if absolutely required; otherwise, boats must come off the water at the In Dock and be checked in before going to their relevant Out Dock. This is for traffic-flow purposes. CC umpires will check hotseated boats while at the dock.
- All crews must pick up their bow marker from the CC before their flight.



5. Pooling before the Start for Time Trials:

- Crews need to know their Bow Number.
- Crews must adhere to the direction being given by the Marshal/Umpire/Starter.
- Crews should try to organize themselves in rough order of the start order (i.e., crews with higher numbers should keep back from the boats starting before them).
- Boats are not to crowd the Start area. As the first boats starts, the second boat should move into position, turn, and await to be called to the paddle.

6. The Start for Time Trials:

- The Start commands will be:
 1. "Crew #, [Crew Name], on the paddle"
 2. "Crew #, [Crew Name], approaching the line"
OR (depending on proximity to the line):
"Approaching the line"
 3. "Go" [as the crew crosses the start line]

7. The Start for Finals:

By default, all starts will include a roll call. If weather (in particular wind/waves) is deemed by the Chief Umpire to affect the likelihood of a fair start, a race will begin using a quick start. In the event of a quick start:

- The Starter will say to crews "This will be a Quick Start" at the Two-Minute call.
- The Aligner will align the crews.
- Once alignment is reached (without waiting for the exact start time), the Starter will:
 1. Say "All Crews"
 2. Say "Attention"
 3. Raise the starting flag
 4. After a pause of differing lengths of time, say "Go" and drop the flag simultaneously

8. Warm-up / Cool-down Area:

- From Launching Area(s): Boats are to travel up the shore side of the of the warmup/cooldown buoys and come down the lane side (Race Course Map image in regatta package).
- Boats must travel all the way to the last warmup/cooldown buoy before turning to come back down. Boats are not allowed to stop midway through to turn. If there is not sufficient time to do the full lap, then crews are not to start up the warmup/cooldown.
- Crews much watch where they are going in the warmup/cooldown to avoid collisions.
- When entering the warmup/cooldown area (Finish Area map in the regatta package), crews must be careful to avoid:



- a. The Tower
 - b. Moored Boats
 - c. Crews exiting the warmup/cooldown area
- Crews in the warmup/cooldown area must stop rowing when crews that are racing pass by.
- Crews exiting the warmup/cooldown area must not pass by the Tower (in either direction) when a race is finishing.
- Crews must be aware of their start time and plan accordingly to be at the start 5 mins before their start time.
- Crews must adhere to the direction being given to them from the Safety Boats/Marshal/Umpires.