



## Starting Side by Side races at Dorney lake

The essential things to do are

- a) Practise stakeboat skills before the regatta. Coaches need to run through this process with all crews
- b) Make sure you know what the Starter will say

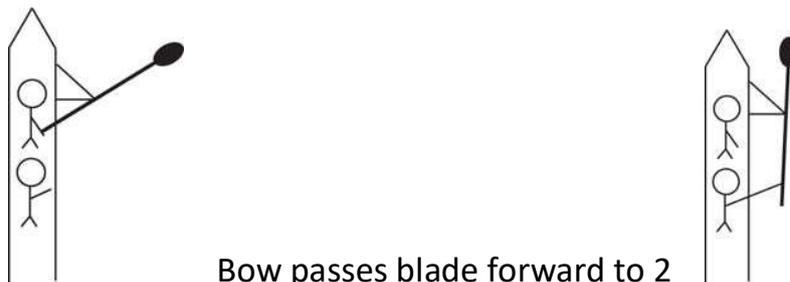
Here is a simple guide to starting:

Once the previous race has left the start, you will be asked to move under the bridge and across to your lane. Paddle close to the stake boats and then spin and back down in your lane so that the stern of your boat is in the hands of the person on the start pontoon.

**Listen carefully so that you know if there will be a Roll Call or whether the Starter tells you it will be a “Quick Start”**

The starter and helpers will get you all straight and ready to race.

Remember if you need to pull the bows round, then the easiest way is to “pass one of your blades forward” to the person sitting in front of you



Row in short, sharp strokes with the spoon of the blade as near to the boat as possible

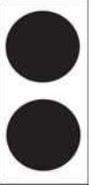
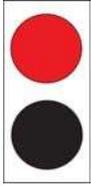
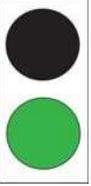
You need to keep the bow of the boat pointing into the wind. The umpires are experienced and will make sure that all the boats are straight before the start. The Starter will wait for you to pass the blade back again before saying “Go”



If there are more than 2 minutes to race time the Starter will count down in minutes so that you are aware how much time there is before race time. e.g. 4 minutes.....3 minutes.....2 minutes. Listen for the Starter to say “Two Minutes”

The Starter is entitled to start the race at any time after they say “Two Minutes” so get ready to start immediately. All of the crews will be named in a Roll Call - **This is the time to put your hand up if you are not ready!**

The traffic light start works like this

	When all the crews are ready – you will hear “ <b>ATTENTION</b> ” then
	The starter will turn on the “RED” light
	PAUSE
	The starter will turn off the “RED” light and turn on the “GREEN”. There will also be a buzzer

**RACE!!!!**