Starting

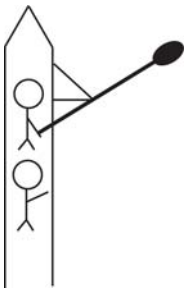
Races may be started using either Flags or Traffic Lights

They are very similar except for the “Go” bit. Here is a simple guide to starting:

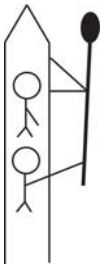
Once the previous race has left the start, you will be asked to move across. Go to your lane, spin and back down - Please help them by not turning too far away from the pontoon!

Don’t put your hand up yet, the umpires can see that you are not ready.

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 in a 4x or 8x is to “pass the blade forward”



Bow passes blade forward to 2

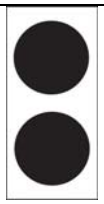
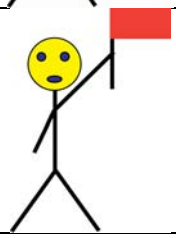
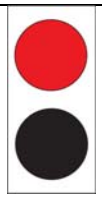
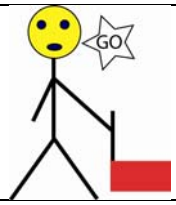
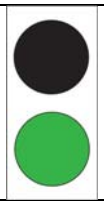


Row in short, sharp strokes with the spoon of the blade as near to the boat as possible

The Starter will tell you to keep the bow of the boat pointing into the wind. The umpires are experienced and will make sure that all the boats are aligned before the start.

When there is an umpire launch and you are aligned the Starter go through the “Start”

All of the crews will be named - **This is the time to put your hand up if you are not ready!**

FLAGS		TRAFFIC LIGHTS	
	When all the crews are ready – you will hear **“ATTENTION”** then		When all the crews are ready – you will hear **“ATTENTION”** then
	The Starter will slowly raise the RED flag		The starter will turn on the “RED” light
	PAUSE		PAUSE
	The starter will say GO and drop the flag quickly		The starter will turn off the “RED” light and turn on the “GREEN”. There will also be a buzzer

RACE!!!!!

Multi-Lane stakeboats – How to attach if windy

We hope these notes will help coxes and steerspeople onto the stakeboats safely if it is windy.

Good boat skill at the start is safer and cuts stress, allowing focus on getting the best result in the race.

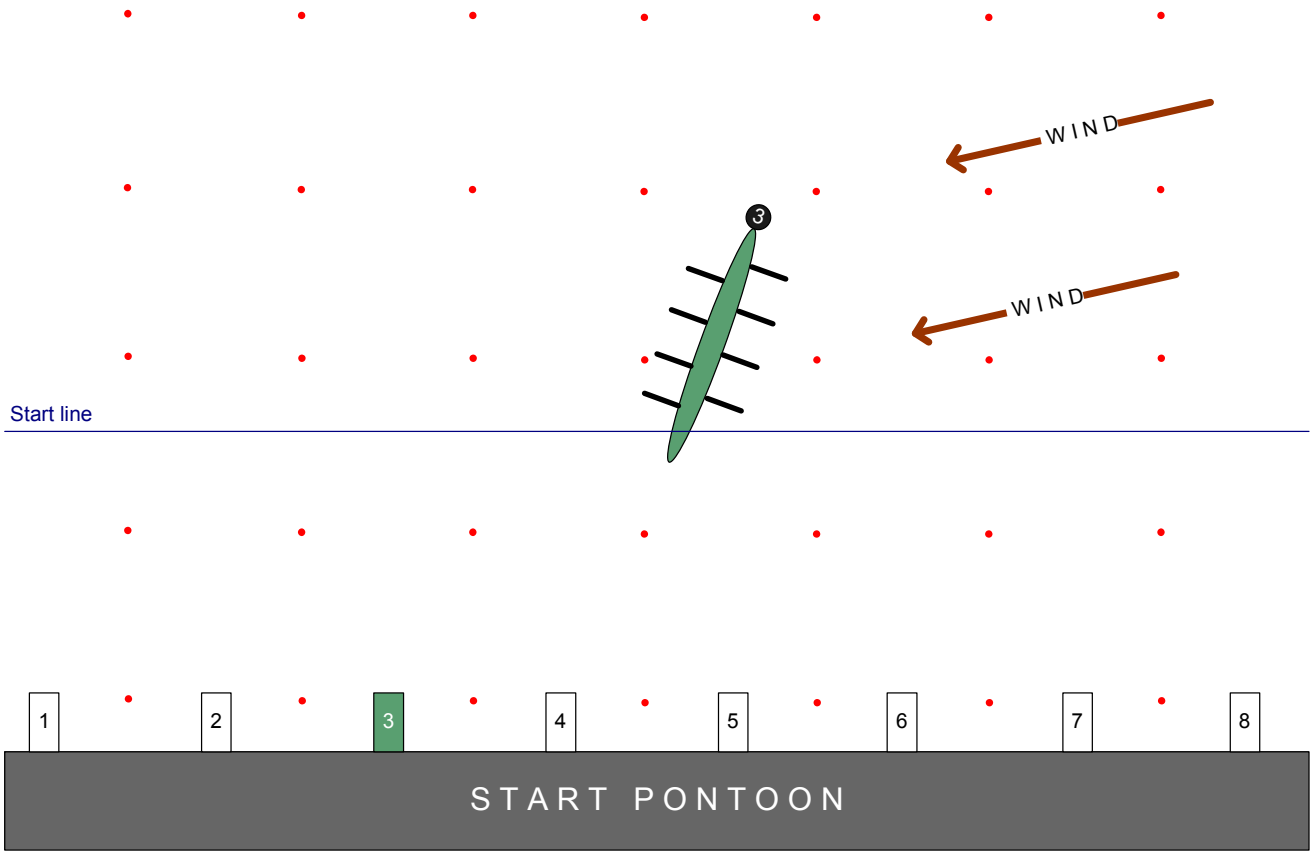
However, these notes are no substitute for:
a) Practising stakeboat skills before the regatta
b) Common sense!

THINK!

Before spinning onto lane, assess the wind:
- Where is it coming from?
- How strong is it?
- How fast will my boat drift?
- How fast can my crew respond?
- Look out for other crews

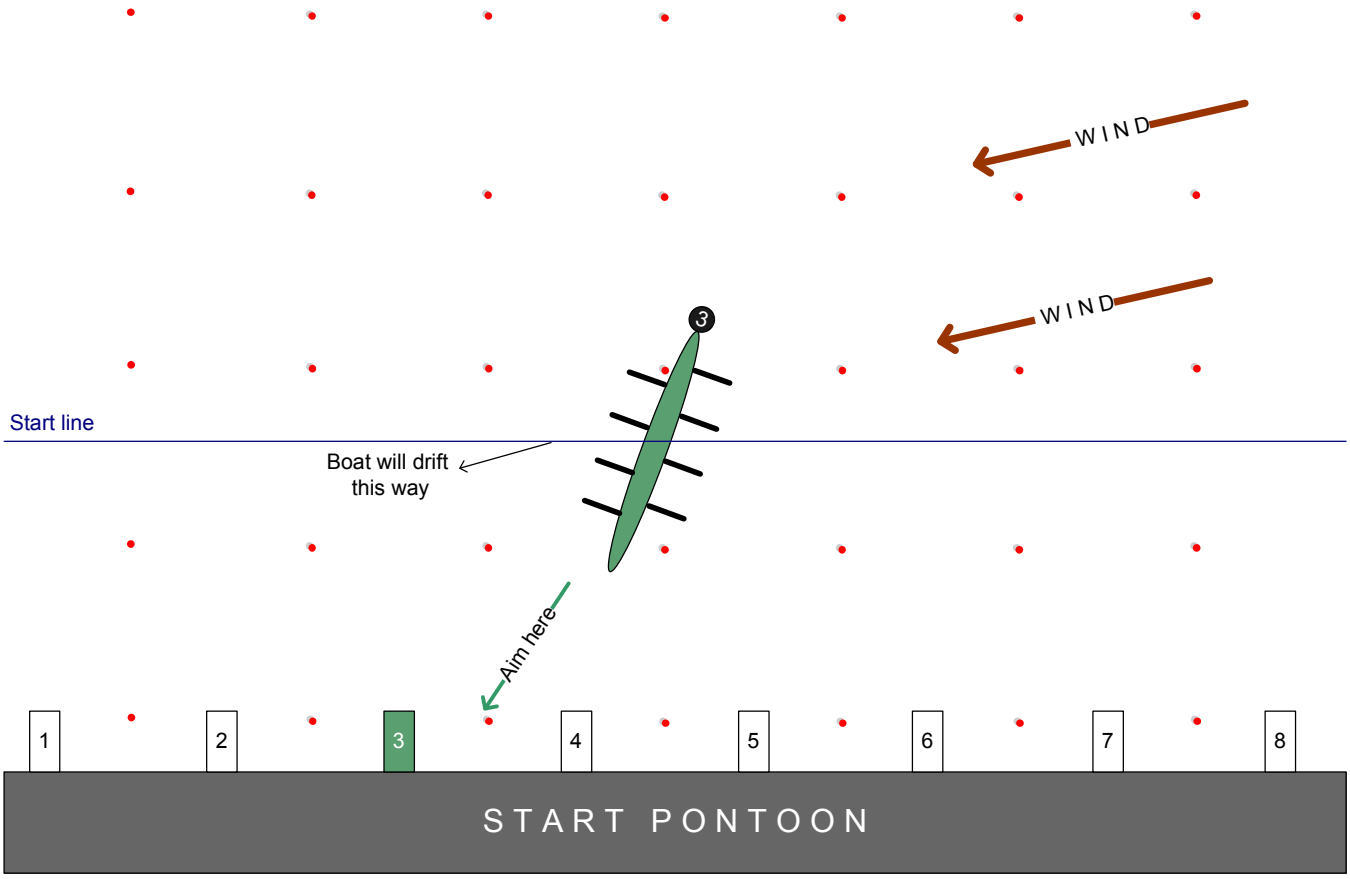
1. POSITION

If windy, position your boat...
a) 20m/1 length of water away from stakeboat (tail/crosswind) or 20-40m/1-2 lengths (headwind) and;
b) 1-2 lanes upwind (ie towards where a crosswind is coming from). This lowers risk of overshooting.
The diagrams below show what to do if the wind is from the practice lake side; if it's from the other side you must go PAST your lane and drift back



2. APPROACH

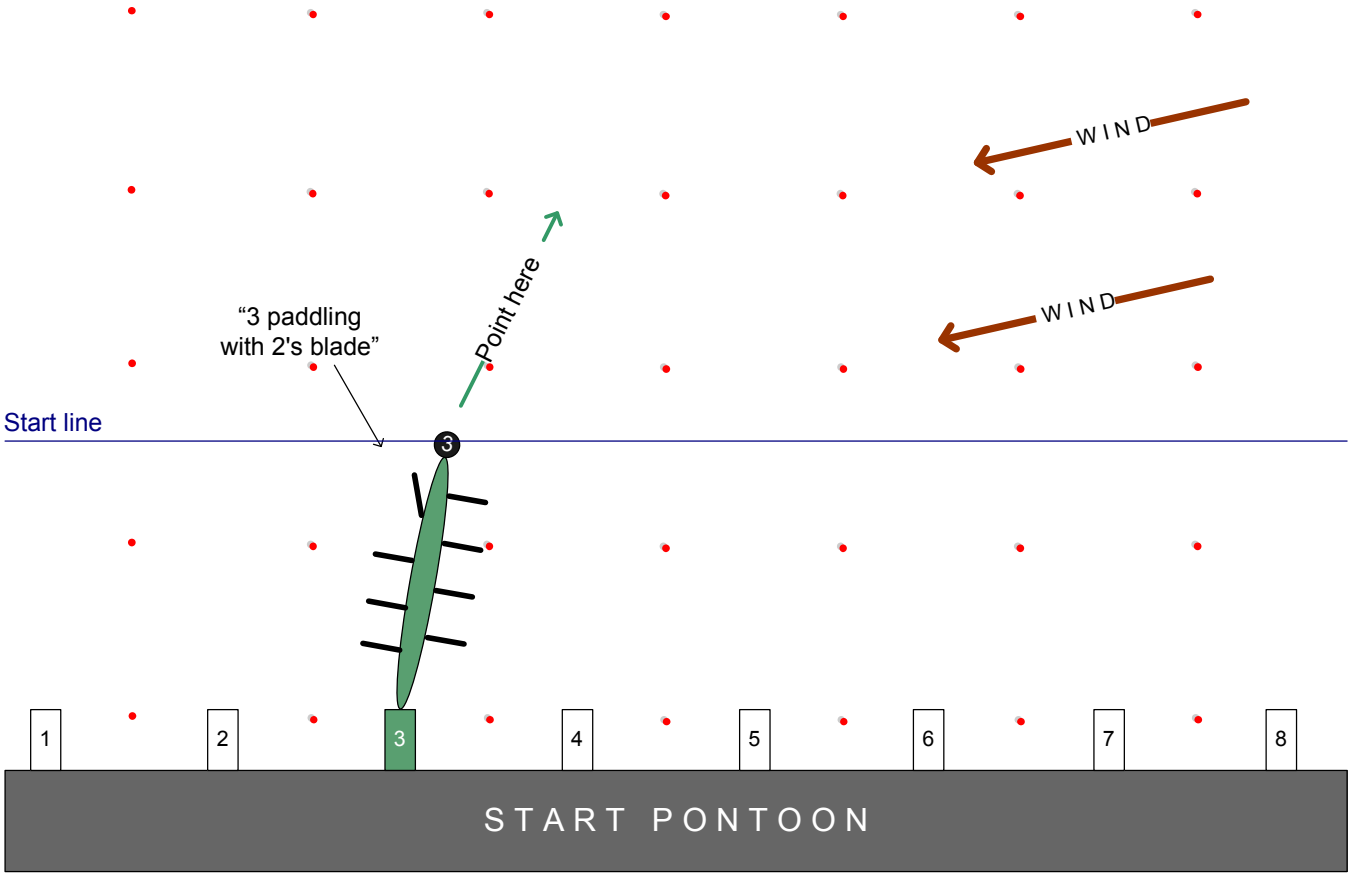
Backing down:
- Be happy you are positioned correctly before backing down
- Keep your bows pointing into the wind
- Only stern pair need to back down
- Aim your stern 1-2m upwind of the stakeboat, but do think how fast you are drifting
- The boat keeps moving when rowers stop. So anticipate & let the boat run backwards
- Remember, the crosswind won't stop, so attach at an angle with your bows into the wind



3. ATTACH

On stakeboat:
- To tap on, aim is to get blade as parallel with the boat as possible.
- Why? Because you're trying to get the boat to go sideways
- It is usually best to pass blade to person in front (Eg 2 with bow's blade)
- Then take short, stabby strokes
- It helps if opposite side person nearest the stern backs down at same time (7, in this example)

If you become detached:
- In a strong wind, do **not** attempt to re-attach **unless** your boat is upwind
- Paddle 2 lengths forward and at least one lane towards the wind (avoiding other crews)
- Only then should you start the approach again.



The Starter:
- In the start tower, it is easy for the Starter to see where each boat is pointing
- The Starter *may* try to have all boats pointing into the wind together
- The Starter *may* then start the race when all boats drift straight together

Stakeboat team:
- Your job is often not made easy by the crews!
- Please try to avoid stopping crews as they back down using your hands
- Don't risk falling in; let the boat go if the boat is pulled out of your grip