



## Information for Competitors

### Directions

Cardiff Head of the Taff 2020 is based at Channel View Centre, Jim Driscoll Way, Grangetown, Cardiff, CF11 7HB.

### Boat trailers and trailer parking

On arrival at Channel View via Jim Driscoll Way, trailer drivers will be directed by parking marshals to their parking area (if there are no marshals available to direct drivers at that moment please park trailers in a safe area and not in the way of public traffic.). Trailers must be parked and boats rigged in the areas designated. Towing vehicles must be parked off site as there will be limited space available at Channel View.

All boats will launch from the rowing pontoons based at Cardiff Rowing Centre (Channel View) and there will be marshals in place to direct boats both on and off the pontoon.

### Car Parking

Limited on site car parking is permitted, however we cannot guarantee that there will be space to park near trailers/boats. On-street parking is available close to the centre in Mermaid Quay, Grangetown, IKEA or public parking areas at the nearby Cardiff Bay Retail Park (please be aware of time restrictions). Parking in these areas are only within 5-10 minutes walking distance from the centre.

### Numbers

Club captains or representatives of clubs should collect numbers for their divisions at registration/ race control which will be based at the rear of the boat compound and will be signposted on the day. Payment of entries should already have been completed prior to picking up numbers and registering boats. Numbers will not be given out if payment has not been received. Issues with payment should be discussed in advance with the Regatta Secretary.

### Briefing and Boating

There will be a short briefing for captains, coxes and steersmen at 0815hrs (Division 1) and 1145hrs (Division 2) outside the main boathouse however this is weather dependent (within the boathouse if raining). Boating will commence immediately after the briefing. Please boat in number order to ensure that boats are set off in order at the start and to allow less confusion during marshalling.

Racing in Division 1 will start promptly at 1000hrs and Division 2 at 1330hrs.

### Course map and start plan

The course map and start plan for both divisions is available to view on the club website and additional copies will be available from registration. Please follow navigation rules which are outlined further on the course map.

Safety launches will be on the river to help any crews during marshalling and racing. The river will be closed during racing between Castle bridge and the PDR bridge, crews must turn before the PDR bridge to avoid other water crafts using the Bay side of the PDR.

**First Aid**

The Civil Aid Voluntary Rescue Association (CAVRA) will provide first aid cover close to Channel View Leisure Centre pontoon and a first aid vehicle will be located at Channel View. Please contact a member of CAVRA if assistance is required. Members of Cardiff City are also on hand during the day for any assistance required, and please speak to Club Captain Arthur Lovatt for any health and safety concerns.

**Changing Facilities**

Changing facilities will be limited on the day due to limited access to Channel View, however toilets will be available inside the building, as well as the outside changing rooms.

**Prizes**

Medals will be awarded for all events in which three or more crews start either in their designated division or in the case of an event being offered over both categories, fastest boat in that category of the day in which three or more crews start. The organising committee will promote crews to the most suitable category where available unless specific instruction is sent to the Regatta Secretary prior to the final draw being published. Other entries will be 'time only'.

**Refreshments**

Members of Cardiff City Rowing Club will be running a catering stand at the back of the boat compound where a range of savoury and sweet homemade food, as well as hot drinks will be sold during the day.

**Results and Prize Giving**

The timing software used for this year's Head Race will be RowTimer: to locate results and times please follow the link on the club website.

Prize giving will be held following the end of Division 2 racing.

**Emergency Contacts**

In the event of an emergency, contact the Race Organiser/Regatta Secretary on 07930 415168.

**If the event is cancelled**

Cardiff City Rowing Club will do their best to ensure that the event is run on 26<sup>th</sup> January, however the Head Race is weather dependent. Our safety officer will be ensuring that checks are made prior to the event and during the day. If the event is to be cancelled we will notify clubs of this through email and social media by Saturday 25<sup>th</sup> January at 1pm. If there are any issues or queries then please contact the Regatta Secretary via email [wren.georgina@outlook.com](mailto:wren.georgina@outlook.com) or phone 07930415168.

Cardiff City Rowing Club hope you have an enjoyable day of racing and we look forward to seeing you at our Autumn Head Race in October. Thank you for your continued support of the event.