

Athlete and Coaches Briefing

Integrity

- The National Integrity Framework covers everyone involved in the 2025 Australian Rowing Championships to ensure a safe, fair and inclusive environment. Please be mindful of your responsibility to behave appropriately and respectfully; there is zero tolerance for abuse, bullying, harassment or any other harmful behaviour. Misconduct is taken very seriously and may result in disciplinary action.
- If you have concerns or feel unsafe, please immediately report to officials and/or report an Integrity or Disciplinary Concern to [Rowing Australia](#). Find out more on the [Rowing Australia website](#).

Crew change procedures (Rule 59)

- From Sunday 23 March, substitutions/crew changes must be completed at the Athlete Services desk at the southern end of the Reeconian's Centre.
- Substitution must be made at least 2 hours prior to the first race of the event.
A maximum 50% of a crew may be substituted (medical substitutions do not count towards the 50% criteria). Failure to lodge a required substitution before racing will result in the crew being removed from the results from that event.
- Seating changes must be made as presentations will be made based on the seating orders submitted. Seating changes are not classified as substitutions.
- No changes are permitted for single scullers (with the exception of the interstate regatta)
- No changes are permitted following the first heat of an event (unless for medical reasons)

Withdrawal Procedures (Rule 58)

- From Sunday 23 March, withdrawals must be completed at the Athlete Services desk.
- Withdrawals must be made at least 2 hours prior to the scheduled race time. However, as much warning as possible is appreciated to allow for redraws and changes to the progression system to be advised to other crews in the event.
- Once a withdrawal has been submitted it is irrevocable.
- A crew which fails to start in a race (or does not give 2 hours' notice) will be liable for a \$250 fine.

Medical Withdrawals / Crew Changes (By-Law to Rule 59)

- Where a rower is withdrawing from a race for medical reasons, they must consult the Regatta Doctor or Medical Manager
- A substitution after the first heat of an event due to injury or medical reasons must be signed off by the Regatta Doctor / Medical Manager
- The Regatta Doctor / Medical Manager will notify Athlete Services that the athlete has been deemed unfit to row and may be replaced but the actual substitution, with the name of the replacement, still needs to be completed by the Team Manager/Coach at the Athlete Services desk.
- Any rower substituted for medical reasons cannot row again (in any event) until being passed fit by the Regatta Doctor.

Medical / First Aid / Physio

- Competitor First Aid is located in adjacent to the Kentish Rowing Club shed.
- If further treatment is required the Paramedics will be contacted.
- The Regatta Doctor and Paramedics are located on the ground floor of the Davies Bay Lodge (behind the finish line)
- Paramedics will be available during all training and competition days.
- The Regatta Doctor will be available during competition days.
- A physiotherapist will be available (at a cost to competitors) in the Team Tents area during competition days.

Notifiable Medical Issues

- Any persons that are unwell with a suspected contagious sickness (such as gastro) must report this first to the Regatta Doctor or Paramedics at the course as quickly as possible. Further information about the person's activities will be sought at that time.
- Notifiable medical issues must also be reported if the patient has been at the regatta venue at any time in the preceding 24 hours.
- Notification may be by a third party if the person is not already at the regatta venue.

Athlete Weighing Scales

- Coxswain and lightweight weighing scales will be available from 9am on Sunday 23 March in behind the Kentish Rowing Club.

Coxswain Weighing (Rule 29)

- All coxswains must weigh a minimum of 55kg (with carried weight if required)
- All coxswains must be weighed not less than one (1) hour and not more than two (2) hours before their first race in which they are competing, every day of the regatta.
- Coxswains must be weighed wearing their racing uniform.
- Coxswains may carry weight which must be in a sealed bag. Both bag and weights must be supplied by the coxswain.
- Recorded weights may be carried forward to subsequent races on each day.

Lightweight Weighing (Rule 31)

- Lightweight rowers must be weighed wearing their racing uniform not less than one hour and not more than two hours before the first race of each lightweight event in which they are competing each day.

Boat Weighing (Rule 41)

- Boat weighing scales are in the marquee in the boat park area.
- Umpires may check the weight of boats after races.
- Boats can be test weighed by crews before racing.
- A wet boat or oversight of boat inclusions will affect the boat weight, a margin of error is recommended. Underweight boats will be relegated or excluded according to the rules.
- Boat Race Officials may provide clarification on the application of rules in relation to minimum boat weights, but cannot advise on, nor approve a boat weight before racing.
- Follow directional signage and officials when going to get a boat weighed.
- It is the responsibility of the crew to ensure that their boat is on or above the required minimum weight for each race.

Boat Park

- Boat racks are available for use but must not be moved or relocated.
Please exercise care whilst walking around the boat park, watch out for crews moving boats around.
- Boat racks must be used for the allocated boat size.
- Oars are not to be stored on boat racks, unless in the central part of the rack and in a manner that doesn't prevent boats being stored on the racks.
- All racks will be pegged prior to the regatta. Crews are responsible for checking pegs are present on racks and speak to the boat park manager with any concerns/or missing pegs needing to be rectified.
- Boats must be securely tied to their racks.

Boat Washing

- Soaps and detergents are not to be used to wash boats.
- Boats should be clean prior to entering the lakes to prevent spread of foreign weeds etc.



Venue Open Times

- The venue will be open to teams each day from 6.30am until 7.30pm.

Training Times

- Training times are subject to change.
- No boats will be allowed on the water for training prior to 7:00am (pending daylight)
- Crews are to be off the competition course 15 minutes prior to the start of the first event of the day and may enter the course 15 minutes after the start of the last event for the day. Outgoing boating areas will close at 6.20pm
- Crews must obey instructions from officials, safety and rescue boat drivers at all times.
- Training times are at the discretion of the Technical Delegate.
- Event officials may direct crews onto alternate lanes than are shown on the training map if a lane becomes congested.
- Crews will be allowed to train on the perimeter of the course during training as indicated on the traffic maps (competition)
- Crews training during competition must carry a “training bow number” limited training bow numbers will be available at any time and at the discretion of the Technical Delegate.

Weather

- The Rowing Australia Extreme Heat Recommendations will be followed.
- Temperature and conditions (including air quality) will be constantly monitored.

Accreditation Process

- Accreditation must be worn, and visible, at all times whilst in the venue (with the exception of crews on the water).
- Accreditation passes will not be distributed to clubs/schools until all competitors and coaches have completed this induction.
- Accreditation passes will be required to gain entry to the venue from Monday 24 March – No Pass – No Entry.

Launching congestion

- Some launching pontoons inevitably become congested and cause anxiety about getting to your race on time.
- Congestion can be eased by
 - Pre-positioning oars immediately adjacent to the pontoon prior to bringing a boat to the pontoon; or, if possible, carrying oars at the same time as the boat.
 - Boat safety items have been checked prior to moving to the pontoon.
 - Conduct final coach briefing/instructions prior to taking boat to pontoon.
 - On returning to the pontoon work to remove boat from water and to storage racks as quickly as possible
 - Remove oars from pontoon area as quickly as possible.
 - Do not leave shoes on the pontoons.
- Boat Race Officials will check boats prior to movement onto the water please rotate your boats 90 degrees when asked. You will not be permitted to take your boat to the launching pontoon if it does not meet required safety checks.

Racing

- Bow numbers may not be collected more than 1 hour prior to the race start time.
- Crews are permitted on the water 45 minutes prior to their race start time.
- Crews should be wary of conditions and not boat too early in the case of hot or cold conditions.
- Crews must report to the marshal north of the start pontoon 15 minutes prior to their race start time.
- Crews are to self-marshall in race order and lane order (1 to 8)
- Crews are, when instructed, to move to the marshal at the start in lane order (1 to 8)
- When in the start zone, move as soon as you are called onto the course by the starter.

- Please ensure that your crew members are wearing the correct uniforms and consistent headwear when presenting to the start.
- Be aware of start procedures as outlined in the Rowing Australia Rules of Racing.
- Progressions will not be announced at the start unless there is a last minute change.
- In elimination rounds, at least one crew is eliminated.
- All boats must comply with safety and equipment requirements under the rules. **(Appendix 14)**
- A range of umpiring methods will be used, including zonal umpiring,
- Whilst travelling to the start, warming up, or returning after your race, stop rowing if a race is approaching your location.
- Crews must keep the finish line clear during all race finishes.
- Sit up at the finish, do not lie down as this will inhibit your recovery or initiate a rescue.
- If urgent attention is required (breathing, heatstroke etc) signal by raising an arm straight up in the air.
- Please ensure that you follow the appropriate daily draw for the start time of races, not indicative schedules distributed earlier. Please refer to the web site for up-to-date information. Every effort will be made to have printed race schedules and daily draw sheets available for the following day by 1 hour after the last race of each day.
- Printed result sheets may not be available until the next day.

Anti-Doping

- Sport Integrity Australia may attend the regatta and undertake testing. Athletes may have someone accompany them during the testing and interview process. Please ensure you follow all requirements once you are notified you are to be tested.

Presentations

- Presentations will be conducted immediately after A Finals (Finals).
- Substitutions and crew order changes must have been completed prior to the race as these cannot be accepted in the presentation area.

General

- Look after your belongings, do not leave bags and equipment lying around.
- Lost property is to be handed in and retrieved from the Athlete Services at the southern end of the Reeconian's Centre.
- Limited drinking water is available at the course, attendees are encouraged to bring water with them. Please note that water onsite is not drinkable/potable unless otherwise indicated. A potable water tap is available on the southern end of the Sam Le Compte Building/cafe
- Toilets and showers are located in various locations around the site. Showers require 2 x \$1 coins to operate (4 minutes)
- Trailer parking at the top of the hill (opposite Tasmazia)
- Drivers must liaise with the boat park manager prior to moving trailers onto the island to load/unload boats. Trailers must not be left at the venue at any time.