

2022 USRowing Masters National Championships Coaches & Coxswains Meeting

***August 7 , 2022
8:00 P.M. ET***



WELCOME - INTRODUCTIONS

USRowing is excited to welcome everyone to the 2022 USRowing Masters National Championships on August 11-14 in Sarasota, FL

Safety both on- and off-the-water continues to be the top priority at all USRowing events.

Tonight we have the following people on the call:

USRowing : Sarah McAuliffe, Regie Robinson, Paul Wilkins,
Jules Zane

LOC : Sarah Kupiec

Chief & Deputy Referee : Gregg Harris, Kristin San Bento



AGENDA

USRowing

- Welcome to the 2022 USRowing Masters National Championships
- Review of Registration & Venue Schedule
- USRowing Code of Conduct
- SafeSport

Chief Referee

- Referee Welcome
- Traffic Pattern(s)
- USRowing Rules of Rowing
- On the water
- Racing
- Finish
- Unsportsmanlike Conduct

All - Safety on Venue (Water & Land)

- Evacuation Plans
- Venue Map
- Tent & Parking Information

REVIEW OF REGISTRATION & VENUE SCHEDULE

- **Teams should contact the LOC to best plan their trailer arrivals.**
- **USRowing Registration Tent is open:**
 - Wednesday, August 10, 8:00 a.m.- 6:00 p.m.
 - Thursday, August 11, 6:30 a.m.- 4:00 p.m.
 - Friday, August 12, 6:30 a.m.- 4:00 p.m.
 - Saturday, August 13, 6:30 a.m.- 4:00 p.m.
 - Sunday, August 14, 6:30 a.m.- 4:00 p.m.
- **Practice**
 - Tuesday, August 9, 8-11AM, 2-6PM
 - Wednesday, August 10, 8-11AM, 2-6PM
 - Last launch at 5:30PM
 - Thursday, August 11, 30 minutes after the last race for one hour
 - Friday, August 12, 30 minutes after the last race for one hour
 - Saturday, August 13, 30 minutes after the last race for one hour
- **Schedule**
 - Excel schedule is posted now on RegattaCentral



USROWING CODE OF CONDUCT

At USRowing, our mission is to champion participation and the passionate pursuit of excellence in rowing. To support this mission, we need to ensure rowing at all levels is fair, inclusive, competitive, and safe for all participants.

Whether an athlete, coach, parent, vendor, staff, volunteer, or spectator at a USRowing event, you are a member of the USRowing community. We invite you to enjoy this experience and expect you to abide by the following Code of Conduct.

SAFETY & WELLBEING: It's the top priority of USRowing to safeguard the physical and emotional well-being of all of community members. We will:

- Abide by USRowing's safety procedures and guidelines, the Rules of Rowing, and the direction of regatta officials.
- Refrain from discriminatory, disparaging, or threatening language or behavior of any manner.
- Prioritize athlete safety and wellbeing at all times.

PROFESSIONALISM & INTEGRITY: USRowing expects respectful and honest communications and behavior. We will:

- Display good sportsmanship at all times.
- Follow the policies and guidelines of the host venue.
- Ensure competition free of cheating, doping, and other forms of unfair advantage.

THE BOATHOUSE IS OPEN TO EVERYONE: As members of the USRowing community, it is critical that we model positive behavior and advance the inclusive and competitive culture we envision. We will:

- Honor the diversity among us and celebrate our common love of rowing.
- Compete hard and respect our competitors.
- Resolve conflicts in a professional manner.

NON-COMPLIANCE IS NOT AN OPTION. If a community member chooses not to follow the USRowing Code of Conduct, there will be consequences. These include disqualification, dismissal from the event, exclusion from future events, legal action, and revocation of USRowing membership. Please notify a USRowing official in the event of witnessing illegal, discriminatory, or inappropriate activity.



USRowing



SAFESPORT

What do I need to do?

18+ years old



Athlete Only

Training for Adult Athletes

30 minutes



Authority/Direct Contact

NGB1 Core Training

90 minutes

Annual Refresher Course

30 minutes



No Direct Contact

MAAPP Awareness

Policy review



USRowing



USRowing

SAFESPORT

How do I comply?

Registering & Auditing Attendees

Register athletes as you normally do for USRowing-hosted regattas

On Friday, 4/29 RegattaCentral will add a "Coaches & Support Staff" roster for populating your club's non-athlete Adult Participants for SafeSport compliance

Compliance emails will begin nine days ahead of the start of each regatta

Registration Form

Club/Team Affiliation
Club: Anytown Boathouse Club-test [New Club...](#)

Contact Details

Name:

Address:

City:

State/Province: Pennsylvania

Zip/Postal Code:

Country: United States

Mobile Phone:

Home Phone:

Coaches & Support Staff

Please list all coaches and support staff 18+ (including team volunteers) who will require access to any restricted areas of the venue. Before the regatta, each person listed here must be a current USRowing member, have a signed waiver on file, and have completed the relevant SafeSport course/refresh course for their role. Free USRowing membership is available to non-coach support staff. Individuals who are not on this list or not compliant will not be able to access the restricted areas of the venue.

For more information, see our [FAQ here](#). If you are encountering technical issues with SafeSport training, email members@usrowing.org with your issue and include your name, email on file with USRowing, and your USRowing member number.

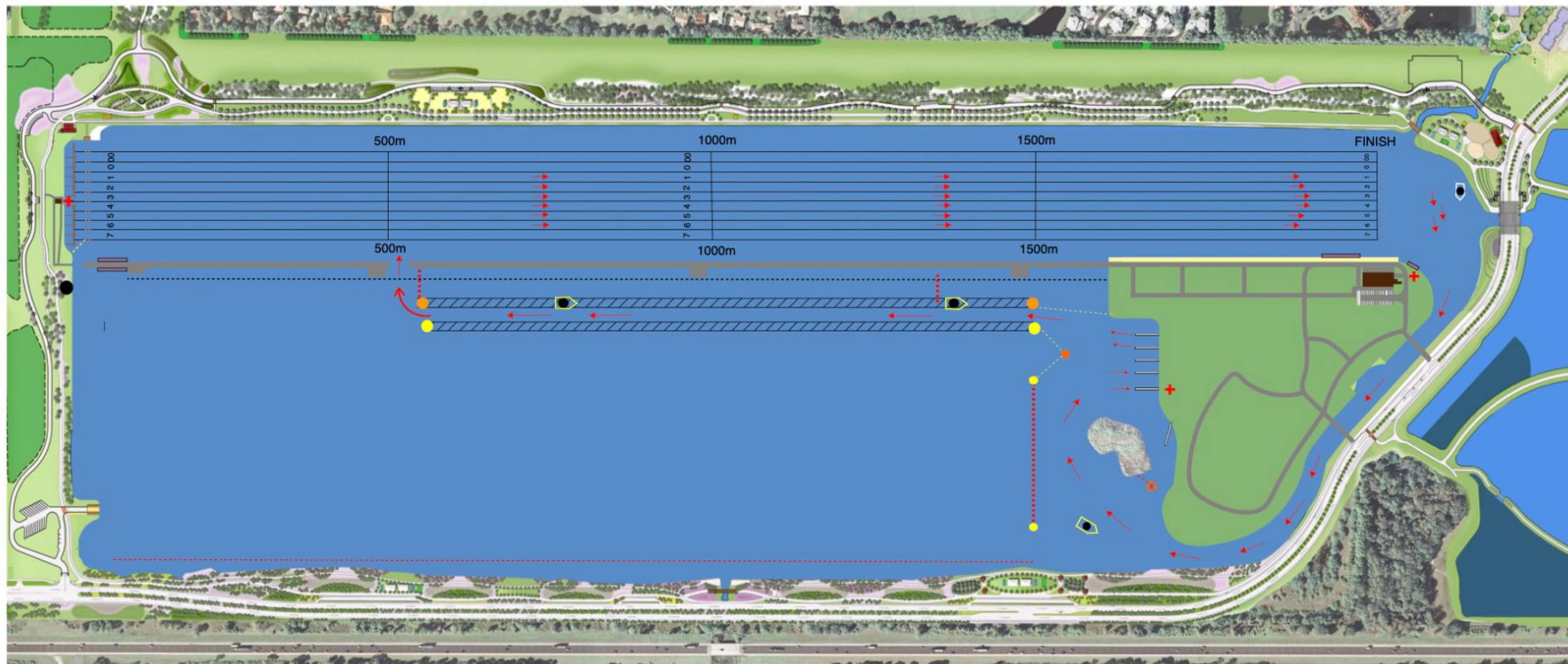
Search: Primary Role: [Add](#)

Person	Role	
Jane Parent	Support Staff	remove
Mary Smith	Coach	remove

Preview of Coaches & Support Staff roster for regattas



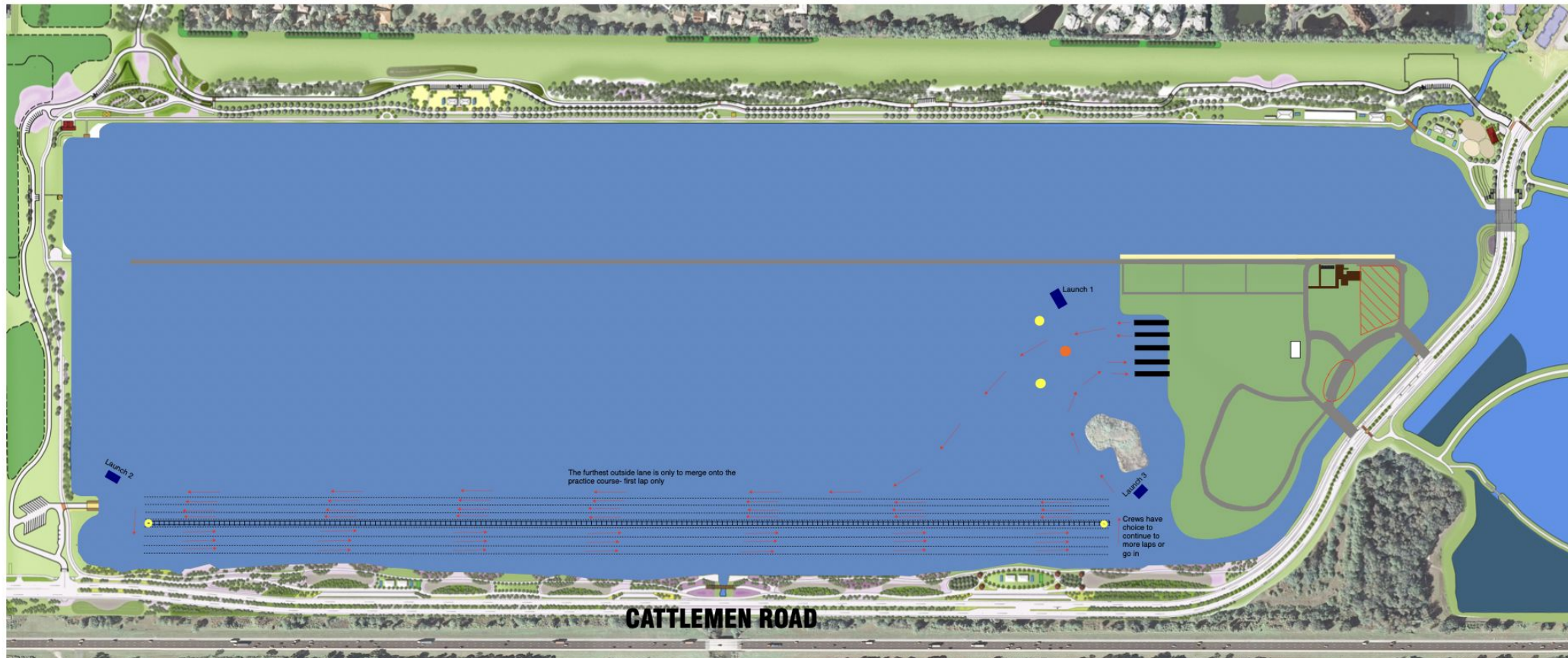
TUESDAY AM/PM & WEDNESDAY AM TRAFFIC PATTERN





Nathan Benderson Park

WEDNESDAY **PM**, THURSDAY **PM**, FRIDAY **PM** &
SATURDAY **PM** PRACTICE TRAFFIC PATTERN

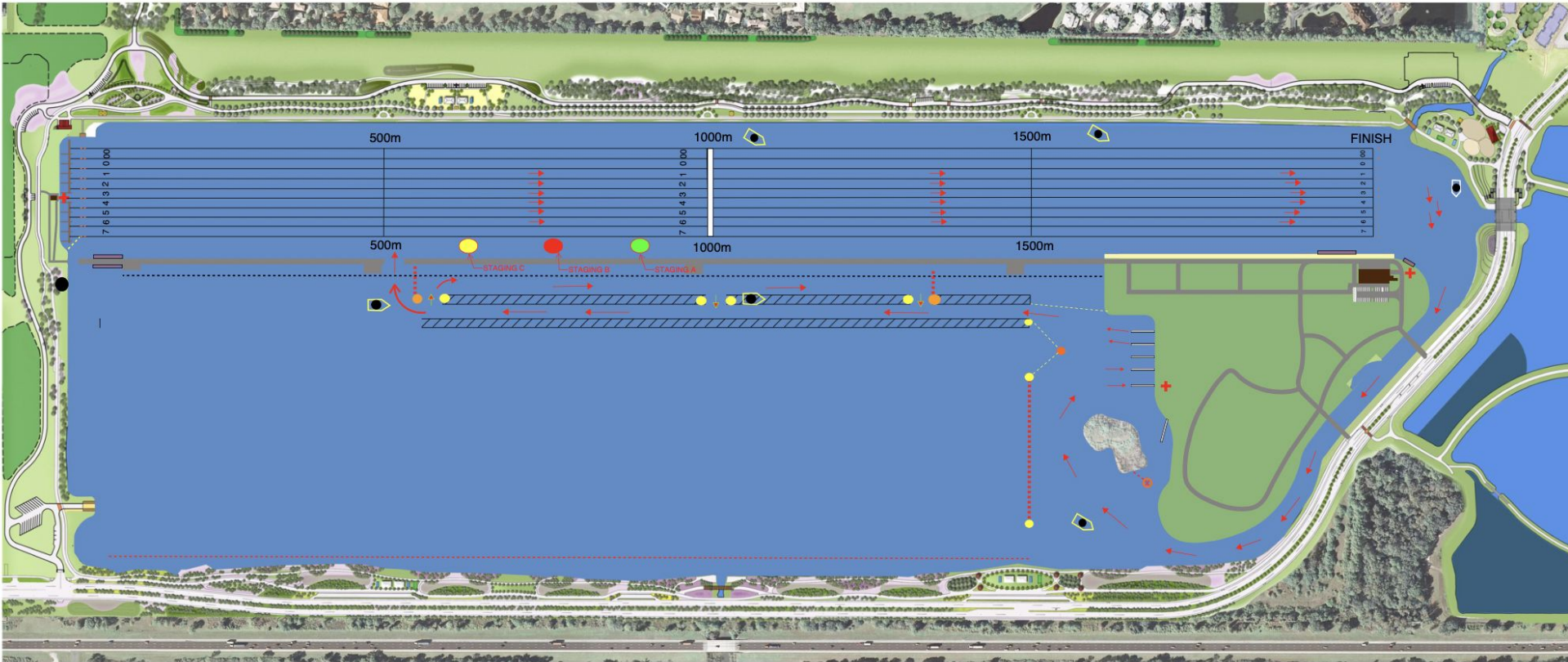




Nathan Benderson Park 2022 USROWING MASTERS NATIONALS



RACE DAY TRAFFIC PATTERN



REFEREE WELCOME

Jury Introduction

- 32 Referees
- Mid-Atlantic, Midwest, Northeast, Northwest, Southeast, & Southwest Regions represented.
- 145+ years of local, regional, national, international, & olympic games referee experience.
- Referees are here for your safety and fairness.



USROWING RULES OF ROWING

- It is your responsibility to know and understand the Rules of Rowing
- Equipment
 - You have certified that your equipment meets the rules - heel ties 3" and bowball is firmly affixed.
 - Visual check at docks
 - Bow numbers are critical, pick up point USRowing's Control Commission tent (between Launch and Recovery docks)
- Broken Equipment - alert the nearest referee immediately and we will attempt to accommodate you.

Control Commission

- The launch window will open one (1) hour prior to the schedule event time.
- The Crew or Coxswain should present themselves at the Control Commission Check-In tent and inform the referee of your race #, lane # and, race time.
- The referee will check wristband, issue a bow number, and direct you to the Safety Check station.
- The referee will inspect your bow ball and heel ties. After passing the safety check proceed to the launch dock.

Warm-Up (East Basin)

- Follow the Traffic Pattern! It is your responsibility to know what it is each day and situation.
- Crews warming up should stay in the designated Warm Up Area and move towards the Pre-Stage Area as your race time nears. The marshals will NOT come looking for you at race time.

Staging (West Basin)

- The Crossover Marshal, stationed on the attenuator, at the 500m will display the event number 15 minutes prior to the scheduled event and allow crews to crossover to the west basin (racecourse) to be placed in queue/staging.
- There will be a series of referees helping you get into bow number order as you enter the Staging Area. Pay attention to each referee along the way.
- The Staging Marshal will stage the crew in alpha-numeric sequence at the 1st buoy (yellow) ~700m. The crew will be staged in reverse order, i.e., bow #8 next to the attenuator, bow #7 to the port side of bow #8, bow #6 to the port side of bow #7...
- The Staging Marshal will instruct you when to move to the 2nd buoy (red) ~800m
- The Staging Marshal will instruct you when to move to the 3rd buoy (green) ~900m. You will remain at the 3rd buoy until invited onto the course by the Starter



Start

- When on final approach to the stake boat/finger CHECK YOUR BOAT SPEED. Do not rely on the boat holder to stop your boat.
- The Starter will announce the time until the start as in 5-minutes, 4-minutes, 3-minutes, 2-minutes. You must be locked on 2-minutes prior to your race start time. Failure to be locked on my result in a warning for being late to START.
- The race may start any time after the 2-minute notice.

Starting Commands with Flags

After the Crews have been announced, the Starter shall start the Race by: (1) calling out “Attention!” (2) raising the Starter’s flag overhead, and then (3) after a distinct and variable pause, calling out “Go!”. The command “Go!” shall be accompanied by a quick and simultaneous downward motion of the Starter’s flag to one side.

Quick Start

The Starter first shall announce to the Crews that a “Quick Start” will be used. When the Starter determines that the Race may be safely and fairly started, the Starter shall call out “Quick Start!” followed by the starting commands (as noted above). Once the announcement of “Quick Start” is made, the Starter shall disregard any Crew signaling that it is not ready.



Racing

- A referee(s) will follow each race and use the white flag as necessary to direct your shell. You and you alone are responsible for your steering
- If appropriate, the following referee will STOP the race using the red flag and an audible sound.
- It is prohibited to give any instructions, advise or directions to Rowers that are racing with any electric, electronic, or other technical devices. The presumed penalty for communication by electronic means is exclusion.



Finish

- Any objections must be raised on the water, before leaving the finish area.
- If there is a question of fairness or another issue, please have one person raise their hand at the finish and talk to the Referee.
- Please let the Referee know: (what happened to you, what impact it had on you & what resolution you are seeking.
- After your conversation, the referee will rule on the objection. If you are not satisfied with the ruling, you may protest, however you must let the referee know your intention before leaving the finish area. A statement with your protest information (who,what,desired resolution,etc.) is due within 1 hour, from the race finish time, along with \$50.00 (cash or check made out to the LOC) . If your protest is upheld, the \$50 is returned to you. Protests can be submitted to either the Chief Referee or the Deputy Chief Referee.



UNSPORTSMANLIKE CONDUCT

Among other things, profanity, in general, is not considered 'sportsmanlike' even when used to motivate; Profanity should never be directed at another crew. Unsportsmanlike conduct is grounds for exclusion !

SAFETY ON VENUE - EVACUATION PLAN

The Chief Referee Initiates “suspend”, “cancel”, “resume” rowing plans.

- On-Water:
 - The Starter directs evacuation of the start area including crews in line behind the start. The Start Marshal and Referees closest to the start are designated to evacuate Starters, JAS/Aligner and stake boat holders to land.
 - The Referees along the race course direct the evacuation of crews on the course expeditiously and move to beach landing sites to assist crews and document recovered crews.
 - Warm-up and Pre-Start Marshals direct and escort crews in the warm-up area back to the docks.
 - Referees closest to the finish proceed to the launch and recovery docks. Use all dock for evacuation. Coordinate boats going into the docks.
- Control Commission stops launching, directs the dock master in recovering boats expeditiously and safely and documents returning crews.



VENUE MAP



REGATTA PARKING

- Parking is available for all athletes and spectators on the island for \$10 per day, per vehicle.
- Overflow parking is available at the Mote Lot



TEAM TENTS

- All rental tents will receive an invoice by EOD tomorrow (August 8).
- All rental tents that have been paid will have a labeled tent on site.
- If you are bringing in your own tent, only 10x10 tents are permitted on the venue.
 - 10x20 team tents are not allowed.



WARM UP IN THE ATHLETE SHADE TENT!

- USRowing vendor, Live2Row, will be on site throughout the regatta, located in the athlete shade tent.
- Sign Up to join Live2Row for an on-erg warm up session, before going on the water **7:30 a.m and 8:30 a.m:**
 - Thursday, August 11
 - Friday, August 12
 - Saturday, August 13



ATHLETE WELLNESS AREA

- Nathan Benderson Park Finish Tower- **First Floor**
 - Check in with USRowing, grab giveaways, relax under the shade and ceiling fans and have a perfect view of the jumbotron and finish line!
- Nathan Benderson Park Finish Tower - **Second Floor**
 - Sit in the air conditioning to watch the live stream, grab something to snack on, and have a perfect view of the finish line!
 - Join in on USRowing programming each day.



SECOND FLOOR - PROGRAMMING SCHEDULE

- Thursday (8/11)
 - 12:00-1:00 p.m. - CEO Office Hours
- Friday (8/12)
 - 12:00-1:00 p.m. - USRowing Staff Office Hours
 - 3:00 - 4:00 p.m. - L2/L3 Coach Meet & Greet
- Saturday (8/13)
 - 11:00- 12:00 p.m. - Adaptive Rigging Demo
 - 12:00-1:00 p.m. - Staff Office Hours
 - 3:00 - 4:00 p.m. - L2/L3 Coach Meet & Greet
 - 3:00-4:00 p.m. - Vendor Happy Hour
- Sunday (8/14)
 - 12:00 -1:00 p.m. - USRowing Staff Office Hours



Join our Texting Service!

Text “Masters Nationals” to (609) 354-7711 to receive updates on the schedule, weather and other event related items.



GET READY TO RACE!

For Additional Questions, Please contact:

Paul Wilkins

Events Associate

Paul.Wilkins@usrowing.org

Sarah Kupiec

skupiec@nathanbendersonpark.org

Nathan Benderson Park



Photo: USRowing.com

