

# Karapiro Rowing: Coaches' Corner

January 2021

Coaches' Corner is a newsletter designed for communicating with coaches regarding topical developments and important regatta related information.

Please ensure that all your coaches have access to this newsletter. To add coaches to our database, please email details to Victoria Jantke [victoria@karapirorowing.com](mailto:victoria@karapirorowing.com)

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## DAM ROAD CLOSURE

The Karapiro Dam Road will be closed next week as follows:

**CLOSURE DATES: Monday 25<sup>th</sup> January to Friday 29<sup>th</sup> January**

Please advise your teams and supporters.

## UNIFORMS AT NIRC

You are required to wear your club uniforms at this regatta.

## NIRC ABILITY RACING

An initial schedule is now available: <http://rowit.nz/nicc2021/schedule>

Because entry numbers are low for ability grade events there are few semi-finals and very little ability grade racing on Sunday in this draft. The plan is to shift some/most preliminary races from Saturday to Sunday. But they will be interspersed between age-group finals. That means events will be out of order. Work is being undertaken to try and minimize conflicts (which would force a crew to skip the optional preliminary race). The draft schedule will be updated when possible.

## HEALTH & SAFETY OF ROWERS

Most Clubs will have had their annual camp in January 2021. In previous seasons a lot of rowers attending this regatta at the end of their camp have suffered from exhaustion, heat stroke and severe dehydration particularly on the Saturday and Sunday of the regatta. Consequently, our medic team has been extremely busy caring for these athletes and at times KRI have had to consider suspending the regatta due to the inability of our medic team to handle any more cases.

Please look after your athletes by ensuring they have plenty of nutritious food, drink lots of fluid and keeping them out of the sun as much as possible.

The welfare of your athletes is your responsibility.

Please also ensure the correct pre-existing medical information is passed to your coach or the person responsible for making crew entries for Lake Karapiro regattas. In the case where an athlete is diagnosed with a medical condition after the close of entries, the person responsible for the crew shall submit that information to Regatta Control at least 60 minutes before the advertised starting time of the first race of the regatta.

As per the conditions for this regatta failure to submit pre-existing medical conditions shall result in the club/school being levied a monetary penalty of \$250 plus GST for each and every non-disclosure.

This season clubs/schools who have athletes compete and subsequently require medical assistance due to a pre-existing illness or injury will be brought to the attention of the Karapiro Rowing Safety Officer and followed up with the athlete's club/school. If this medical event involves a pre-existing medical condition not disclosed to Karapiro Rowing, then the club/school that submitted the entry shall be levied a monetary fine of \$500 plus GST and shall be disqualified from competition for the remainder of the regatta. Further to these penalties, the entity that submitted the entry shall receive a ban from competition at their next Karapiro regatta.

## MEDICAL SUBSTITUTIONS

Karapiro Rowing has made some changes to the way medical substitutions are managed. The on-site first aid team now issues Medical Stand Down Certificates and Medical Watch Notices.

If the on-site first aid team assesses a competitor as too ill or injured to compete in their next race then the medics will issue a Medical Stand Down Certificate. Regatta Control will be advised when this happens.

A competitor who is issued a Medical Stand Down Certificate must be removed from racing by their club/school/RPC. This can be done through medical (zero fee) scratchings and/or medical substitutions. If medical scratchings/substitutions are not received before the competitor's next race they may have all their crews scratched.

Note: if a competitor receives a medical certificate from somewhere other than the on-site first aid team they must advise Regatta Control and similarly be removed from racing.

However, there will be times where it is too soon for the medics to reach a conclusion about what condition the competitor will be in when they're next due to race.

If the competitor should not be on the water in the interim (e.g. substituted into a crew) then the medics will put the competitor on a Medical Watch Notice instead of issuing a Medical Stand Down Certificate. Regatta Control will be advised when this happens.

A competitor who has been put on Medical Watch Notice is not allowed on the water until they have received a final assessment from the on-site first aid team. They can return to the on-site first aid team at any time (e.g. closer to the race, or if their condition deteriorates/improves) to seek a final assessment. If the final assessment results in a medical release Regatta Control will be notified and the competitor is allowed on the water.

A Medical Watch Notice can be used for medical (zero fee) scratchings but not for medical substitutions (they require a Medical Stand Down Certificate). If a medical scratching or medical release is not received before the competitor's race then that crew will be scratched.

Note: a final assessment from an independent registered medical practitioner with relevant experience can be used to clear a Medical Watch Notice. In such cases written evidence of the release must be provided to Regatta Control.

## MEDICAL REINSTATEMENTS

A competitor who has been medically substituted out of crews can be reinstated. But only if the Chief Umpire is satisfied on the basis of medical evidence the crew member has been restored to health.

The Board of Karapiro Rowing has decided it is not appropriate for the on-site first aid team to provide medical evidence for clearances. A medical certificate is not issued lightly and needs to be taken seriously.

The Board of Karapiro Rowing has decided if a competitor was so ill or injured that they warranted a medical substitution then they need to be independently assessed for reinstatement. The assessment must be made by a registered medical practitioner with relevant experience. That person has to determine whether the competitor has been restored to health from their injury or illness.

If a competitor has been independently assessed as restored to health they can provide written evidence of that to Regatta Control. The competitor will then be re-instated to all the crews they were medically substituted out of.

Note: the new Medical Watch Notice has been introduced to avoid issuing unnecessary Medical Certificates, which would then trigger the need for an independent medical assessment before the competitor could return to racing at the regatta. The Medical Watch Notices provide a half-way house for competitors who must not be allowed on the water in the short term but may or may not be okay to race when they're next due to race.

## BOAT WEIGHING

Boat weighing will be available in the green shed from Thursday afternoon. Formal boat weighing will be undertaken from Friday afternoon onwards. For all those clubs who have purchased new skiffs please take the opportunity to test weigh these boats in all their configurations (eg 2x/2-) to confirm they satisfy the correct minimum weight.

## CEREMONIAL

Medals will be presented for all finals.

At the conclusion of each final the race umpire will advise the gold, silver and bronze medallists. These crews will then proceed across the course to row back to the 1750 meters buoy on the outside of the warm down lane accompanied by the race umpire. Crews will then be instructed by the race umpire to cross the course to the ceremonial dais at the appropriate time i.e. when the course is clear.

If the crew will not be attending the medal ceremony due to their skiff being required for another race or the crew being required for another event this must be communicated with the race umpire who will liaise with compliance to test weigh coxswain weights and organise a time to weigh the boat (if required) at an appropriate time.

Communicating of non-attendance at medal ceremonies in your crew's rowing skiff in advance to Compliance will significantly reduce any stress from these situations.

## BOAT PARK

Due to a conference being held in the Sir Don Rowlands Centre prior to the regatta trailer parking in the DRC car park will only be available from Thursday morning. If you are planning to arrive Wednesday and have been allocated a boat park location in the DRC car park please contact Terry Tidbury 027 4744 196 so parking arrangements can be made for the Wednesday.

At this regatta on the water side of the boat park each rack row will be identified with an alpha letter starting with A on the row closest to the Sir Don Rowlands Centre. The last labelled boat rack row will be the row closest to the road access to the on water / off water area.

## RUBBISH IN BOAT PARK

At the end of the Xmas regatta KRI officials spent over an hour picking up rubbish in the Boat Park. A big thank you to Auckland Diocesan for assisting with this clean up.

**It is your responsibility to ensure your athletes put their rubbish in the appropriate bin.**

It is not fair to expect regatta officials to pick up your rubbish at the end of a long regatta. Waipa Domain charges KRI for rubbish collection at the end of each regatta if additional clean-up work is required. A lack of response from athletes, coaches and rowing public will result in Clubs being passed on this cost. Amenity fees allow for minimum additional rubbish clean-up costs.

## COACH AND VAN PARKING

All vans and Coaches (who have a parking pass) will be parked on the Mercury grassed area adjacent to Judd Lane. There will be signs up that clearly direct these vehicles to Gate 1. When you turn into Judd Lane entry to the car parking area will be on the left. Parking will also be available in Judd Lane once all the trailers are parked. This parking arrangement will be for the balance of the season so that the main parking area via Gate 3 will be reserved for paying spectators only.



Coaches you need to collect your passes on Thursday otherwise you will have to park in the main car park and pay for your parking. If you do not already have your parking passes, email Victoria Jantke with the names for the passes you require. [victoria@karapirorowing.com](mailto:victoria@karapirorowing.com)

## BOAT PARK ETIQUETTE

This season KRI will not support the reservation of racks when trailers are not in the boat parks. Please return boats to the rack you took your boat from and not put them onto other clubs/schools racks.

## THURSDAY 28 JANUARY ON-WATER TRAINING

KRI has booked the lake on Thursday 28 January prior to NIRC and will have 2 designated safety boats on the lake during the day. We will be using the regatta circulation pattern during training.

**Training times Thursday 28 January: 10:00 – 12:00 and 14:00 – 17:00**

While KRI will supply one person for each of the safety boats we will need spotters from clubs/schools to assist man these boats. Contact Tori Jantke on 021 2255867 or [victoria@karapirorowing.com](mailto:victoria@karapirorowing.com) if you have spotters available.

Club/school coach boats are allowed on the water during training provided they do not impede training crews or wash training crews out. Maritime rules apply to coach boats who must not be more than 500m from their crews but preferably closer.

## COVID 19

While we are currently at Level 1 a reminder of the Covid protocols that apply for rowing regattas at Lake Karapiro.

When you attend regattas, please ensure that you have a supply of masks for all of your athletes and coaches. This is to ensure, that if the country moves quickly to a higher alert level, that you are prepared. We suggest that you have these as a standard item accompanying your first aid kits.

- Keep a safe distance from people you don't know while you are out and about at the regatta
- Keep up good hand washing practices, using soap and water for at least 20 seconds, and drying thoroughly.
- Cough and sneeze into your elbow.
- Keep surfaces clean.
- Continue tracking where you have been and who you have seen to help contact tracing if required. You can use your NZ COVID Tracer app to record Karapiro Rowing's QR code will be displayed on the way from the car park, on the Sir Don Rowlands Centre, Judges Tower, toilet blocks and in spectator tents.

## KARAPIRO ROWING CONTACTS

Area	Contact Person	Email
Regatta Control (including entries, conditions, scratchings, crew changes, race scheduling)		<a href="mailto:regattacontrol@karapirorowing.com">regattacontrol@karapirorowing.com</a>
Tent Sites (including power requests)	Tony Nelson	<a href="mailto:tony@karapirorowing.com">tony@karapirorowing.com</a>
Pre-regatta enquires (including Race Conditions)	Tony Nelson	<a href="mailto:tony@karapirorowing.com">tony@karapirorowing.com</a>
Boat Park set up	Terry Tidbury	<a href="mailto:terry.tidbury@xtra.co.nz">terry.tidbury@xtra.co.nz</a>
On-water training at regattas	Tori Jantke	<a href="mailto:victoria@karapirorowing.com">victoria@karapirorowing.com</a>
Coach Passes	Tori Jantke	<a href="mailto:victoria@karapirorowing.com">victoria@karapirorowing.com</a>

## KARAPIRO ROWING WEBSITE

[www.karapirorowing.com](http://www.karapirorowing.com)

The following information will be posted on the Karapiro Rowing website:

- Race Conditions (as soon as available)
- Boat Park allocation (5 days prior to regatta)
- Tent site draws (5 days prior to the regatta)

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