

Sark2Jersey Race Briefing



RACE BASICS



To enter the race, you and your crew must be:

- Capable coastal rowers and confident that you have the physical capability to complete the event
- Have a guard boat
- Have all the required safety equipment (listed in the Appendix / per race rules)
- Considered capable of completing the race by your club committee (traditionally, this means completing at least 2 club races prior to the Sark2Jersey).

1. Make sure your equipment is in good working order
2. Protect yourself against the sun / elements
3. Ensure that you have properly eaten & hydrated prior to the race
4. Carry spare water / supplies in the boat
5. Any personal medication: talk to your crew / guard boat - make sure they know what to do should you take a turn for the worse.

BEFORE THE RACE

Race go / no-go decision:

- Race Committee / Supported by the Club Captain makes the decision
- If weather is good, Thursday evening two days prior to the event in the Guard Boat Race Briefing meeting
- If weather is borderline, Friday evening prior to the event

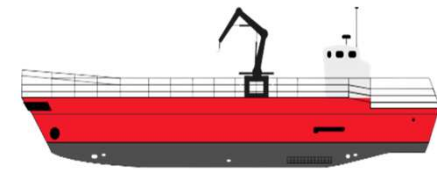
Getting to Sark for the race:

- Normandy Trader ship – limited number of spaces, allocated on first come first served basis
- Trailering to Bonne Nuit / St Catherines for towing by guard boat – Club and private trailers in use (arranged closer to race day)
- Towing / transporting from St Helier by the guard boat (smaller boats could be carried onboard if guard boat is big enough)

GETTING TO DIXCART BAY

Timing if using Normandy Trader:

- Allow more time than you think you need
- Arrive at Dixcart Bay on your guard boat at 12pm to unload your boat from the Normandy Trader at least two hours prior to race start
- Race check-in opens an hour ahead of race start
- Check-in at least 30 mins before the race start



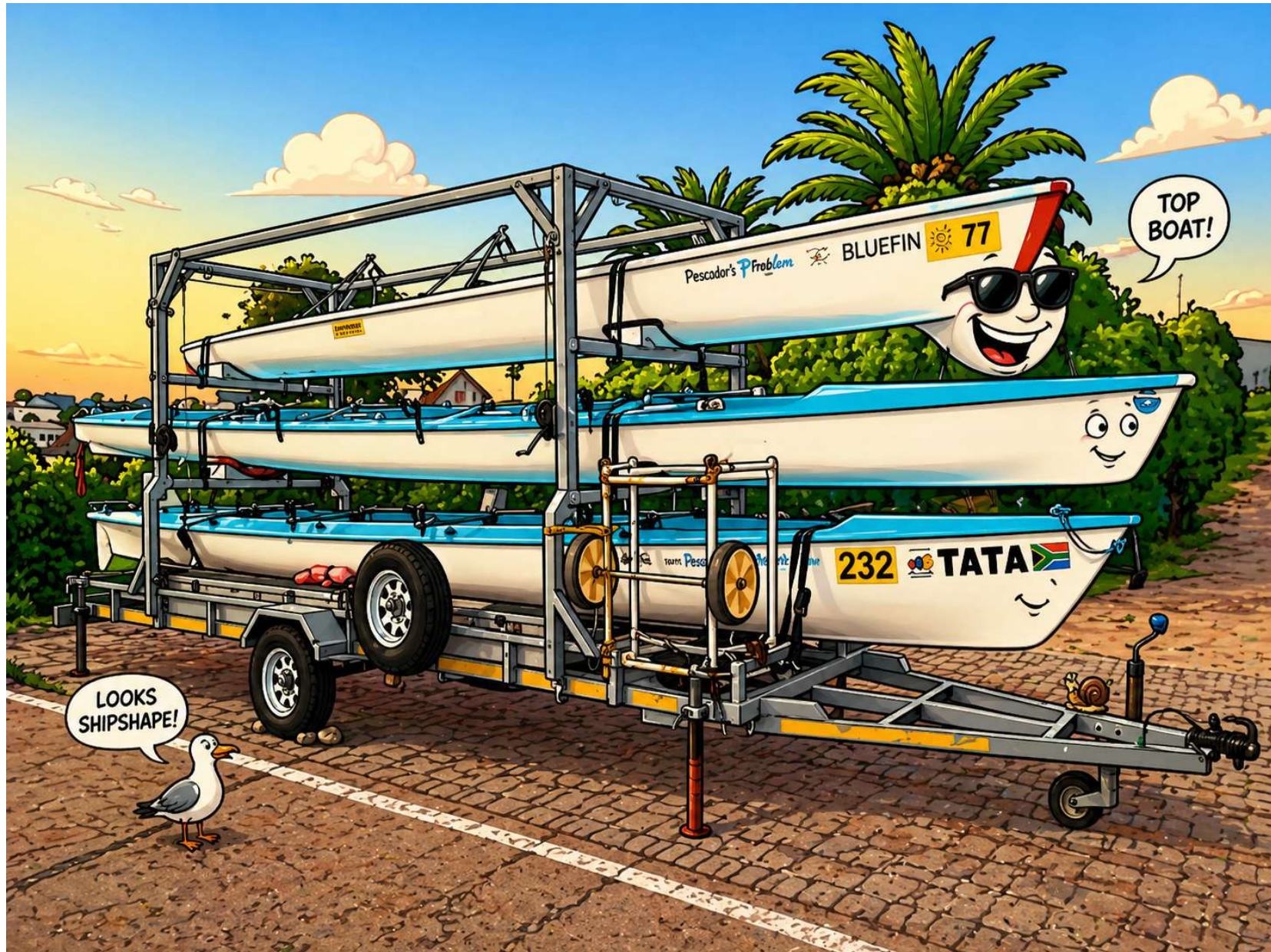
If Towing:

- It's often easier to meet your guard boat out just outside Victoria / Bonne Nuit
- 12m+ rope to the front of the boat / centrally placed as possible
- Secure a drogue / marine-buoy to the rear of your boat for stability
- Open / turn on any auto-bailer.
- Do not put the rudder in the boat.
- Go slowly

NORMANDY TRADER



VS TRAILERING



CHECK-IN & RACE START

- Check-in with race control once you arrive
 - Race Control Boat will be communicated closer to race date
 - Race Control will look to arrive at Sark at least 2 hours ahead of the race start
 - Check in will open 1 hour before the race start
 - To check in, call VHF Channel 6 saying “Race Control, this is Boat Number XXX checking in for the race”
 - If you don’t check-in you are not in the race and you will not be looked for
- Pre-race preparation: for a quad, allow an hour to dress the boat, load the crew and get to the start line

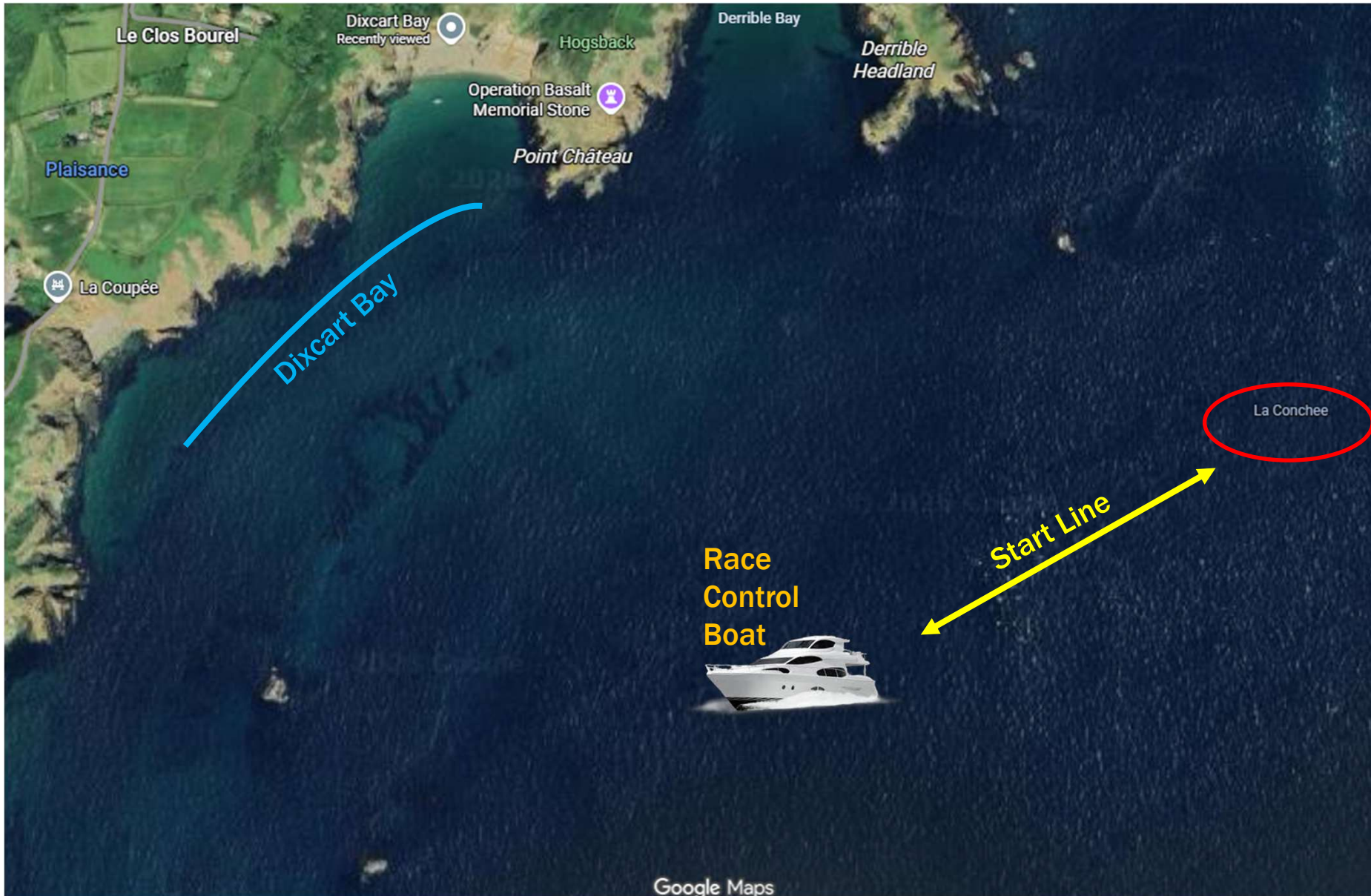
Start Line:

- Dixcart Bay, Sark from between La Conchee Rock (north end) and the Start Boat (Race Control Boat) at the south end.

Starter Signals

- 5 minute warning: VHF Announcement (channel 6)
- 2 minute warning: VHF Announcement (channel 6)
- Start of race: a hooter / horn and VHF Announcement (with count down 10 to Go, on channel 6)

SARK START LINE



RACE COURSE

Sark to Paternosters

- Direction from Sark to the Paternosters is approx. 135 degrees
- A bearing of 120 should suffice due to tidal flows
- Novices: if you're in doubt - stay toward the middle of the travelling pack

Paternosters Turn (North 49.17.500 West 02.13.320)

- Pass to the west of the Paternosters, in the channel between the Paternosters and the Check Boat
- Guard boats should steer clear and avoid the channel (go around it)

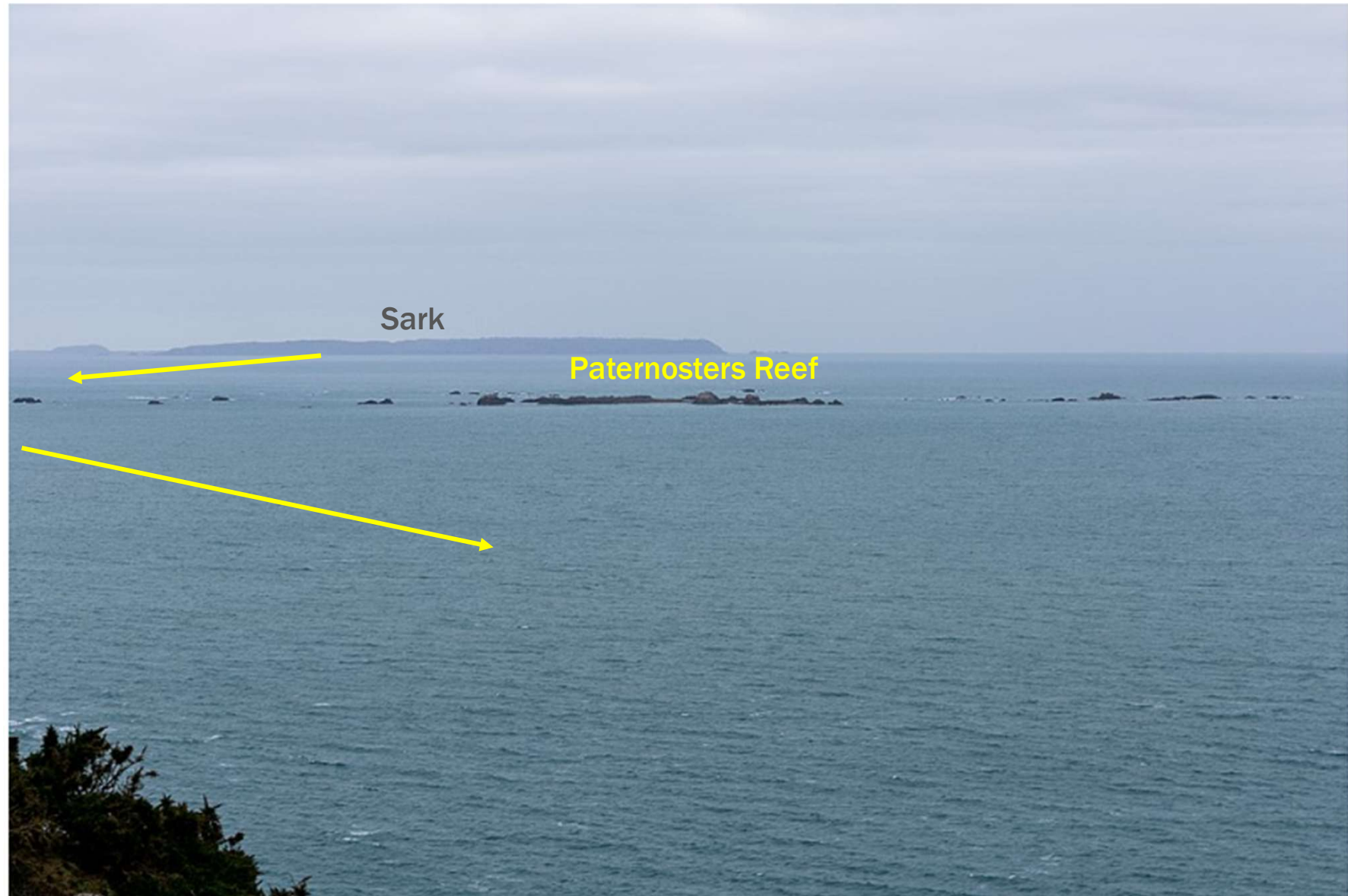
North Coast

- Head along the North Coast, keeping away from the near-shore
- Head into Bonne Nuit Bay keeping clear of the rock marked by the green buoy

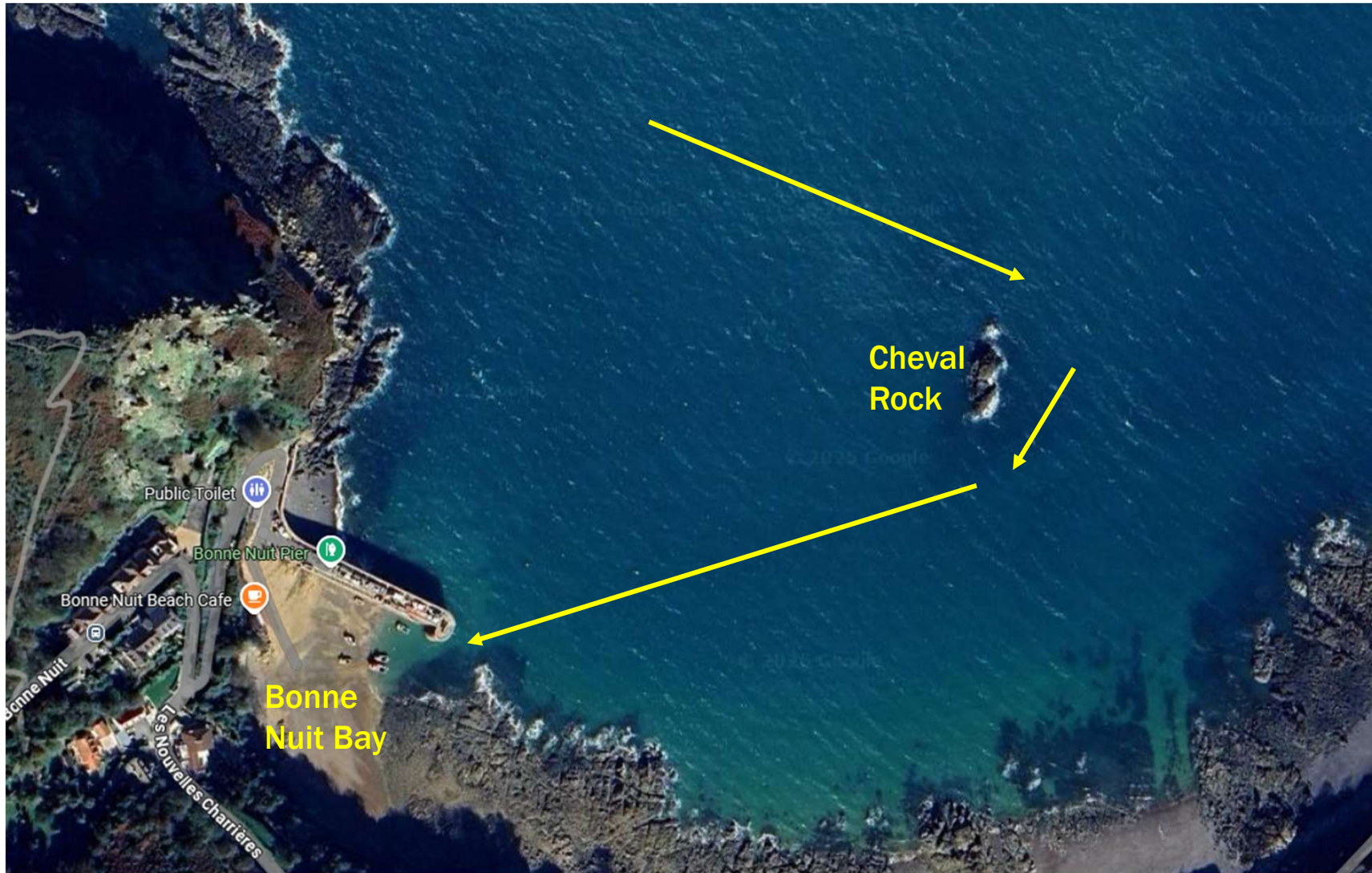
Cheval Rock

- Make a right turn around (passing to the east & south of) Cheval Rock
- Head to the beach side of the pier head – don't turn to the beach too soon to avoid the submerging rocks on your right side as you come onto the beach

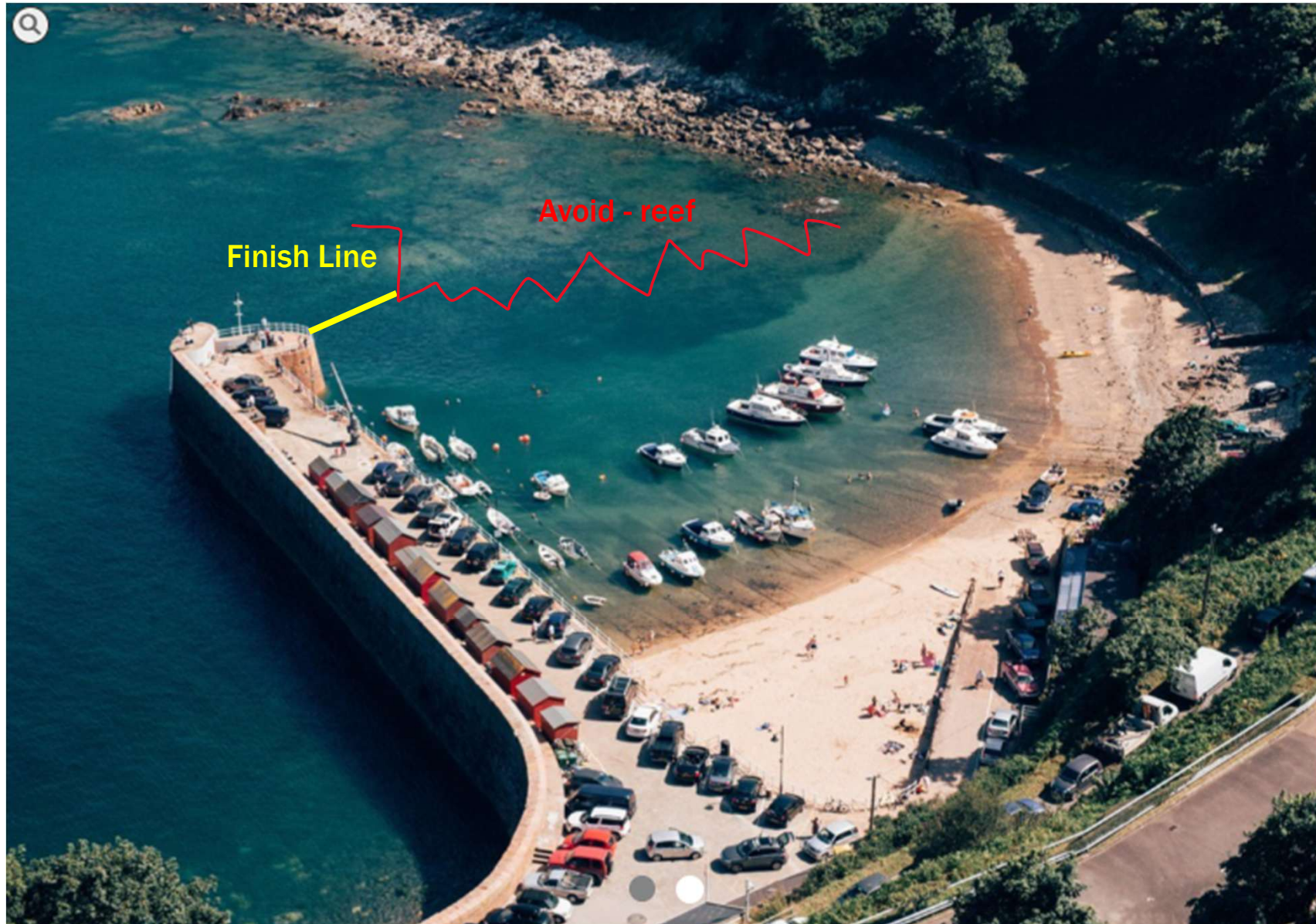
PATERNOSTERS TURN



CHEVAL ROCK TURN



RACE FINISH LINE



GUARD BOATS

Please ensure that you avoid interference with other competitors; nothing upsets a (tired, sore, competitive and thirsty) crew more than being disrupted by the wake or smog of an inconsiderate captain.

You will need to form a safety corridor travelling either side of the pack and not in the middle of it.

You do not need to be next to your rowing crew in order to escort them. Do not travel on the 'race-line'.

If there is a fog bank, please do not search for your crew within it - you risk collision with other boats.

Please:

- Have the rowing boat number/s you are supporting displayed on your guard boat
 - Travel away from any rowing boat - leave a gap of at least 50 meters between yourself and the competitors' channel
 - Ensure that your wake does not interfere (positively or negatively) with competitors
 - Wait at least 10 minutes after the start of the race before positioning in the safety corridor (your crew will know where in the race order they're expecting to be)
 - If your crew is fast / medium, head a mile out before the race...they will come to you
 - If your crew is slow, wait 10 then head to find them
 - Do not travel through the racing pack....go around
 - Cross behind competitors, never in front of them
 - Respond in a prompt (and safe) manner to requests by coxes / crews to reposition their Guard Boat.
 - Please do not go into Bonne Nuit Bay
13. If in doubt...leave more room

House-keeping



SARK2JERSEY
ROWING RACE

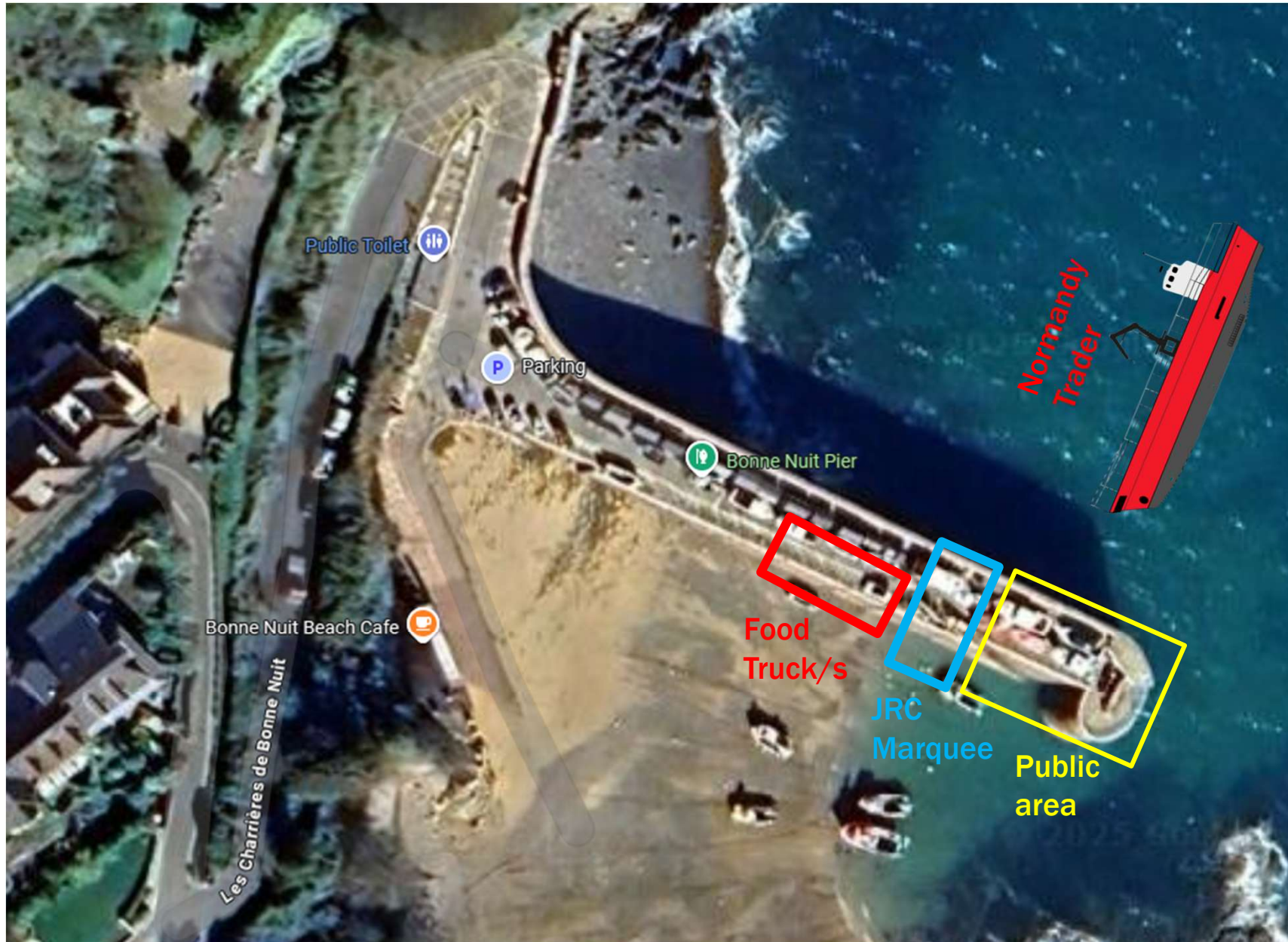


ON THE BEACH / FRIENDS & FAMILY



- St John's Ambulance will be onsite to support you if needed
 - Beach volunteers will coordinate boats finishing and beaching for the celebration as well as those loading into the Normandy Trader / trailers
 - A Club RIB boat will be around to move people between Normandy Trader and Bonner Nuit Pier
 - Water refilling stations
 - Tea/Coffee and cake station
 - Food and drinks trucks
 - Celebrate your success!
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- Make sure your family do not go swimming, fishing or climbing walls please
 - Bonne Nuit slip road will be closed to non-towing vehicles
 - Make sure your family do not block the hair-pin turn nor the slip with cars etc.
 - Park at Les Platons Car Park (the one at the top) walk down / get the shuttle bus

ORIENTATION



Sark2Jersey: Safety Briefing



DISTRESS CALLS

1. Mayday, Mayday, Mayday
 - Immediate threat to life or the vessel
2. “Pan-Pan, Pan-Pan, Pan-Pan”
 - To be used where there is a “state of urgency” on the boat
 - But, there is No immediate threat to anyone’s life or the vessel itself
 - Examples include:
 - Man-overboard where assistance is required
 - Medical assistance requiring non-emergency type support
3. What to say
 - Who you are (boat name / number)
 - Where you are
 - The nature of the distress
 - That immediate assistance is required
 - How many people on board

SOMETHING IS WRONG / WHAT DO I DO?

1. Before the race: talk with your guard boat captain and have a simple plan in mind for:
 - Minor injuries (pulled muscles, etc)
 - Race retirement
 - Transferring to the guard boat out at sea
2. During the race: alert others to the problem:
 - Talk to your crew mates
 - Contact your guard boat
 - Make a distress call
 - Use your flares / location smoke
3. Act to rectify the problem

RETIRING FROM THE RACE (DURING THE RACE)



1. Talk to guard boat: Inform them of your decision and request support
 2. Guard boat to contact race control: inform them of the boat number that has retired from the race and any other information (i.e. is everyone ok or is further / landside support needed)
 3. Secure the boat, crew and equipment to the guard boat.
 4. Tow home / to Bonne Nuit
 5. It is not generally advised to tow with persons still in the rowing boat
- In the event of a single crew mate suffering a minor injury (and retiring to the guard boat) the others may continue to the finish, just make sure that you inform Race Control
 - No crew substitutions allowed during the race
 - Do not enter the water deliberately - there's 70 other boats travelling down the same race line and they are not looking for you.



SARK2JERSEY
ROWING RACE

Appendices



RACE EQUIPMENT

MINIMUM EQUIPMENT REQUIRED TO ENTER

Type of Equipment Required	Details
1) Inflatable Life Jacket	One life-jacket per crew member & inside service dates. For rowers, this is typically a 'bum bag' style jacket, held securely to the boat but releasable by hand. Cox (if applicable) to wear life a full (inflatable) life jacket at all times.
2) Set of 3 handheld marine flares, day-smoke and marine streamer	To be inside service dates and held securely to the boat but releasable by hand
3) VHF radio	To be accessible at all times on the water
4) Compass	To be affixed to the boat
5) Hydration & Fuelling	Rowers to ensure they have "on-deck/on-person" food and water for energy and hydration throughout the event.
6) Clothing	Rowers/cox to ensure that the have appropriate clothing (hat, sunglasses, sunscreen, shirt, etc.)
7) Rowing boat and oars	Rowers/cox to ensure that their equipment is well maintained and in good working order. Buoyancy shall be fixed firmly in all boats so as to support the boat and crew on an even keel if swamped. The minimum buoyancy requirement is 22.5 cubic litres per crew members.
8) Shoe ties	Heels of in-boat shoes should be tied (loosely, as some movement is required) to the footplate
9) Towing Ring & Bow rope	To facilitate towing in the case of difficulty, all boats must be equipped with a 30ft+ / 9m+ in length 6mm+ diameter rope that is fixed securely to the bow of the boat
10) Guard Boat	All crews must be escorted to Sark and to Jersey by a dedicated Guard Boat
11) A strong, sharp knife, a whistle and a torch	Knife capable of cutting the tow rope if required. Whistle and torch easily accessible.
12) Crew	The crew must believe that they have the health, fitness and capability required to complete the race
22	No member of the crew can be under 14 years of age on the date of the race.

RACE RECORDS



Sliding Seat Records

Mens Fours

Jersey Logicallis: James Salkeld, Paul Coutanche, Stephen Reed, Simon De Feu, Tash Paling (cox) – 1hr 47mins 13secs

2014 Jersey

Mixed Fours

L.Le Page, D. Perrio, M.Scholes, R.Simmons, N.Brennan (cox) – 1hrs 58mins 5secs

2004 Guernsey

Ladies Fours

K Peet, J. Watts, L. Bougourd, M. Scholes, S. McCathie (cox) – 2 hrs 05 mins 54 secs

2012 Guernsey

Mens Pairs

Paul Isaacs & Joe Paul – 1hrs 51mins 21secs

2011 Guernsey

Mixed Pairs

K West & R Cassin – 2 hrs 02min 33secs

2014 Jersey

Ladies Pairs

Flo Cox & Jenny Acton-Phillips – 2hrs 14mins 51secs

2014 Jersey

Mens Singles

Carteret Rowing Club: Pierric Ledard – 2hrs 07 mins 33 secs

2014 France

Ladies Singles

Jorgensen – 2hrs 22mins 29secs

2014 Guernsey

