



Head of the River Race

Saturday 6th October 2018

Social

Welcome to your day of racing and socialising. We hope you have a great day.

Hot drinks & cakes and a BBQ serving bacon rolls and burgers are available from the Gazebo from about 11:00.

The Ferryboat Inn has very kindly offered visitors the use of their loos. **Please support and respect the pub, its seating and its clients and only use pub seating (inside or out) if you are a customer of the pub.**

After the racing please join us at Gweek clubhouse for an evening of eating, drinking, prize giving and dancing.

Programme

10:00 to 12:30	Towers met at the top of hill, Helford Passage (TR11 5LB). Tow your gig to the beach when advised to do so . HRGC will help unload your gig at the beach.
10:00 to 12:30	Tow your trailer to Gweek slip ways. (TR12 6UF) Tower rowers remember this is a 50-minute round trip.
13:30	Cox's meeting near to Ferryboat Inn. You will be given a start time based on handicap. Please follow guidance given at the Cox's meeting.
14:15	Crews need to leave Ferryboat beach
15:00	Start in handicapped groups from mouth of river.
16:00	Finish at Seasalt Quay.
16:00 >	Gigs will be called out on VHF Ch 72 to one of two slips at Gweek. Your trailer will be brought to the slip for you to recover.
16:00 >	HRGC towers will tow your trailer to Gweek Clubhouse field or onto the road if you are leaving straight away.
17:00 >	Eat, drink, dance and prize giving at Gweek clubhouse.

Safety

A risk assessment for the event is available on our web site and at the registration desk. The key risks are:

- Injury caused by the towing, man-handling, launching and recovery of gigs:
Please follow instructions from HRGC Marshalls and do not rush.
- Boat collisions and capsize:
Follow instructions from water marshalls.
Make yourself aware of the hazards in the river.
Avoid collisions and beware of race and other marine traffic.
All coxswain and 18-year-old and under must wear a lifejacket or buoyancy aid.
- Lack of communication:
All boats to have VHF radio on Ch 72.

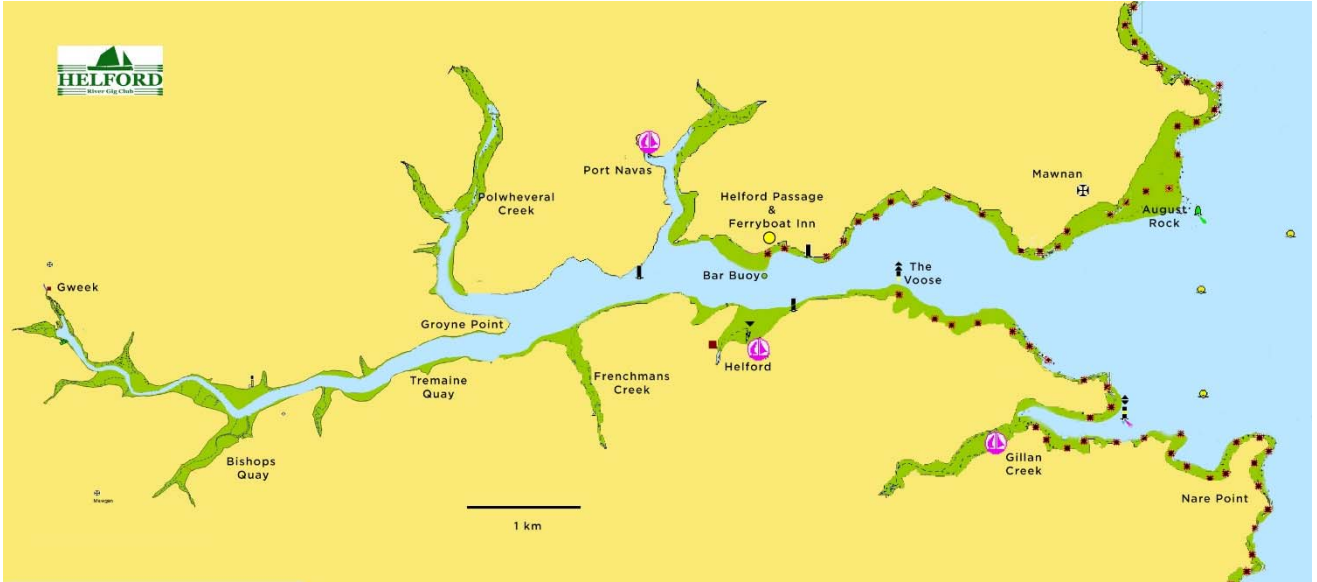
In the event of an emergency raise two oars and contact one of the safety boats on Ch 72.

Race

The start is from the mouth of the Helford and will be marked by two inflatable yellow buoys.

You will be given a start time based on your handicap. Follow instructions from the start boat.

Keep *The Voose* cardinal mark on your left, through the narrows and the moorings but keeping *Bar Buoy* on your right; then keep left past *Frenchman's Creek* and *Tremaine Quay*, as you get near to *Bishops Quay* please keep close to the marked channel (lateral marks) finishing at Seasalt Quay in Gweek.



Gig Recovery

After finishing please clear the finish line and row on towards Gweek and stand-off alongside Seasalt quay until Gigs called forward by VHF (Ch 72) to either Slip 1 or Slip 2.

Skiffs and Flashboats recovered at a slip on the north side of the river.

