

Tolo Harbour Coastal Rowing Regatta 2024

2024 吐露港海岸賽艇賽

Sunday, 24th March 2024

Safety Guideline

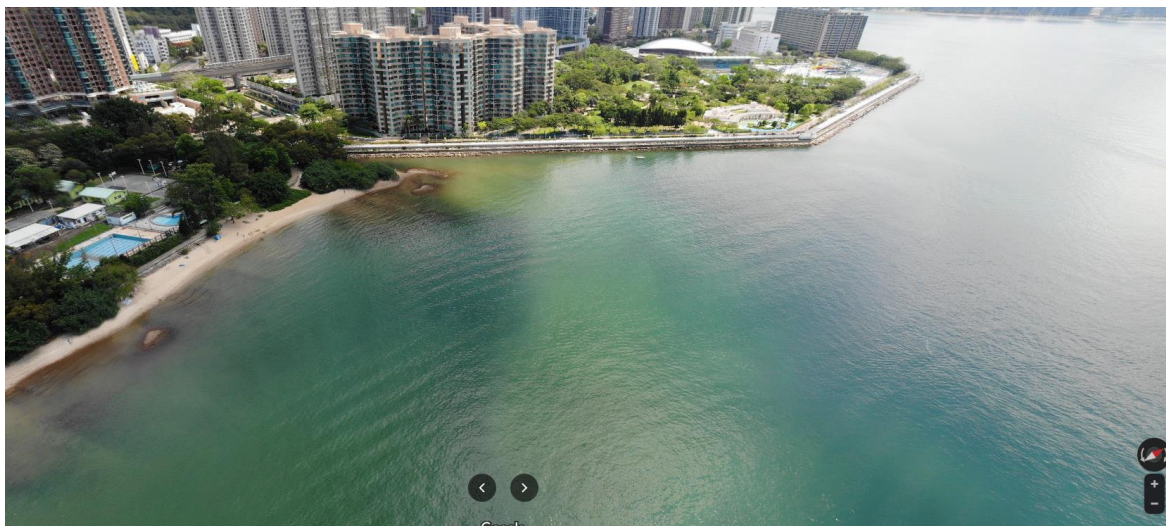
The Tolo Harbour Coastal Rowing Regatta is an open-water race in coastal rowing boats. Coastal rowing aims to let rowers explore and enjoy rowing activity in a rather challenging open water environment that may have currents, waves, rocks, shipping and ferry lanes, buoys, tidal effect, navigation aids and other ship/ boats of all sizes. The following guidelines would provide the participant with safety and other information regarding this regatta.

1. Race Course

The Regatta will be held in the open-water area in Wu Kai Sha near the Wu Kai Sha Pebbles Beach. It is an approximate 525m sprint race course and in "Processional format".



(Map 1)



(Photo 1)

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2. Rules of Racing

- 2.1 The Hong Kong, China Rowing Association (HKCRA) Coastal Rowing Regulations shall apply, except as modified according to the Notice of “**Race Course and Rules of Racing**” of the Tolo Harbour Coastal Rowing Regatta 2024. For details, please refer to the Notice to Competitors.
- 2.2 There will be large cylindrical or ball-shaped buoys at the Start, around race course and Finish respectively. All participants should pay attention to the buoys for their respective purposes. For more details, all team representatives should attend the **Crew Captains’ Meeting** which will be held at the beach area opposite to the registration booth on event day.

3. Note for participants

All participants **MUST** be able to swim with light clothing for at least 50 meters. All teams should ensure their rowers do not suffer from any illness or injury that renders themselves unfit for the activity.

4. Weather conditions

- 4.1 All participants are encouraged to check the latest weather information before the race for any weather warnings. HKCRA reserves the right to defer the events or terminate the Regatta to ensure the safety of all parties.
- 4.2 Ultraviolet radiation is more intense at sea than on land due to reflection from the water. Wear team’s protective clothing, headwear, personal sunglasses and apply sunblock to exposed skin if needed.
- 4.3 The filled water bottle can be stored in the storage compartment.



(Photo 2)

- 4.4 In freezing weather or windy days, participants are encouraged to wear appropriate clothes for staying warm during the Event. A proper warm-up is highly recommended.

5. Collision avoidance

There is no exclusive lane for each crew in this Regatta. It is every rower’s responsibility to avoid the collision. Any crew that causes a collision or possible safety issue will be subject to a time penalty at the discretion of the umpires. Therefore, all participants are suggested to keep good observation and be aware of other boats and obstacles nearby. Participants are always obliged to keep clear of other boats or obstacles throughout the race. Participants should take appropriate actions including steering away and stopping to avoid any accident.

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6. Wearing appropriate shoes

As there might be corals, debris, and holes on the beach (**Photo 3**) and seabed, participants are highly advised to always wear appropriate water sports shoes (**Photo 4**) for feet protection. Sandals or flip-flops are not recommended. Besides, the foot stretchers of the rowing boat are compatible for wearing shoes. (**Photo 5**)



(Photo 3)



(Photo 4)



(Photo 5)

7. Points to note on the beach and the sea

7.1 There are disposed boats, ropes, debris or floating objects on the beach and the sea respectively. All participants should pay extra attention when passing by or crossing them (**Photo 6**).

7.2 Other vessels or motor boats nearby would create waves (**Photo 7**). Though the coastal rowing boats are designed to cut through the waves well, due care is still needed.



(Photo 6)

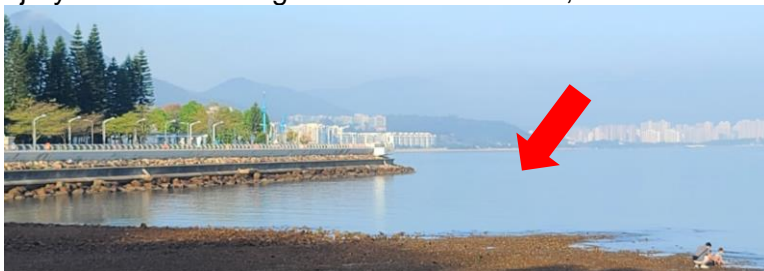


(Photo 7)

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7.3 There will be shallow areas with rocks protruding out of the water or just beneath the water surface around waterfront (near Ma On Shan Promenade) **(Photo 8)**. Warning buoys will be placed to remind all participants. All crews should NOT get close to the warning buoys to avoid injury and boat damage. In case of accident, rescue boats and umpire boats will help.



(Photo 8)

8. Points to note for the Coastal rowing boats

8.1 Every boat should have buoyancy line at the bow. **(Photo 9)**



(Photo 9)



(Photo 10)

8.2 All hatch covers should be tightened at all time. **(Photo 10)**

8.3 The drain plug at the stern should be tightened before launching the boat. However, participants may open the plug and check for potential leakage before and after use. **(Photo 11)**



(Photo 11)

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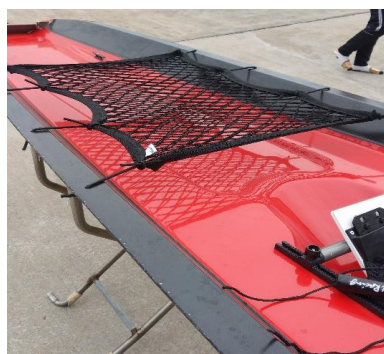
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8.4 A self-bailing drain gate is installed with the boat. **(Photo 12)**



(Photo 12)

8.5 The personal flotation device (PFD) storage net is available for participants to safely store extra tools or belongings. **(Photo 13)** All boats come equipped with PFDs, which participants are encouraged to wear during the race, while the all coxswains must wear the PFD when they are on the boat. The PFDs are conveniently located in the storage net for easy access. It is important to note that PFDs should not be taken off the boat. **(Photo 14)**



(Photo 13)



(Photo 14)

8.6 In case of capsizing, participants should pull on the quick release strips of the foot stretchers **(Photo 15)**, keep the head out of the water as soon as possible. Stay calm and stay with the highly buoyant rowing boats while waiting for rescuers assistance.



(Photo 15)

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8.7 HKCRA may provide a few ladles and sponges (**Photo 16**) for removing excessive water.



(Photo 16)

8.8 The fin of the coastal double sculls (C2x) is approximately 18 cm (7 inches) long (**Photo 17**), so whenever participants wish to approach the beach or land, care should be taken not to cause damage to the fin. Besides, participants are reminded to keep away from shallow seabed and rocks to avoid damage to the boat or get boat stranded. (**Photo 18**)



(Photo 17)



(Photo 18)

8.9 The participant need to pay the costs of repair or replacement for any damages to any equipment caused by the participant.

8.10 When placing coastal rowing boats on the beach without access to a rack or tire, it is recommended to dig a deep hole in the sandy beach to accommodate the long fin.

8.11 To fully experience coastal rowing, participants are strongly advised to become acquainted with both the coastal boat and the surrounding environment. This can be achieved by engaging in a warm-up session in the specified warm-up/cool-down area. (**Map 1**)

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9. First-aid Post & Sea Rescue

The First-aid post will be situated at the side of the beach as shown in **Photo 19**, which is close to footpaths. It is the nearest road for ambulance in case of emergency.



(Photo 19)

9.1 Sea rescues will primarily be carried out by rescue boats and lifeguards, with the assistance of umpire boats.

10. Nuisance is prohibited

In order to fully appreciate the joy of rowing and the beauty of nature during this event, it is essential to refrain from any activities that may cause inconvenience or harm to the environment, residents, and other beach users. Let us demonstrate the utmost respect for others as rowers.

11. Termination of Event

The HKCRA, Chief Umpire, Safety Advisor, and Race Director have the authority to make necessary adjustments and ultimately defer or terminate the Event in the interest of safety.