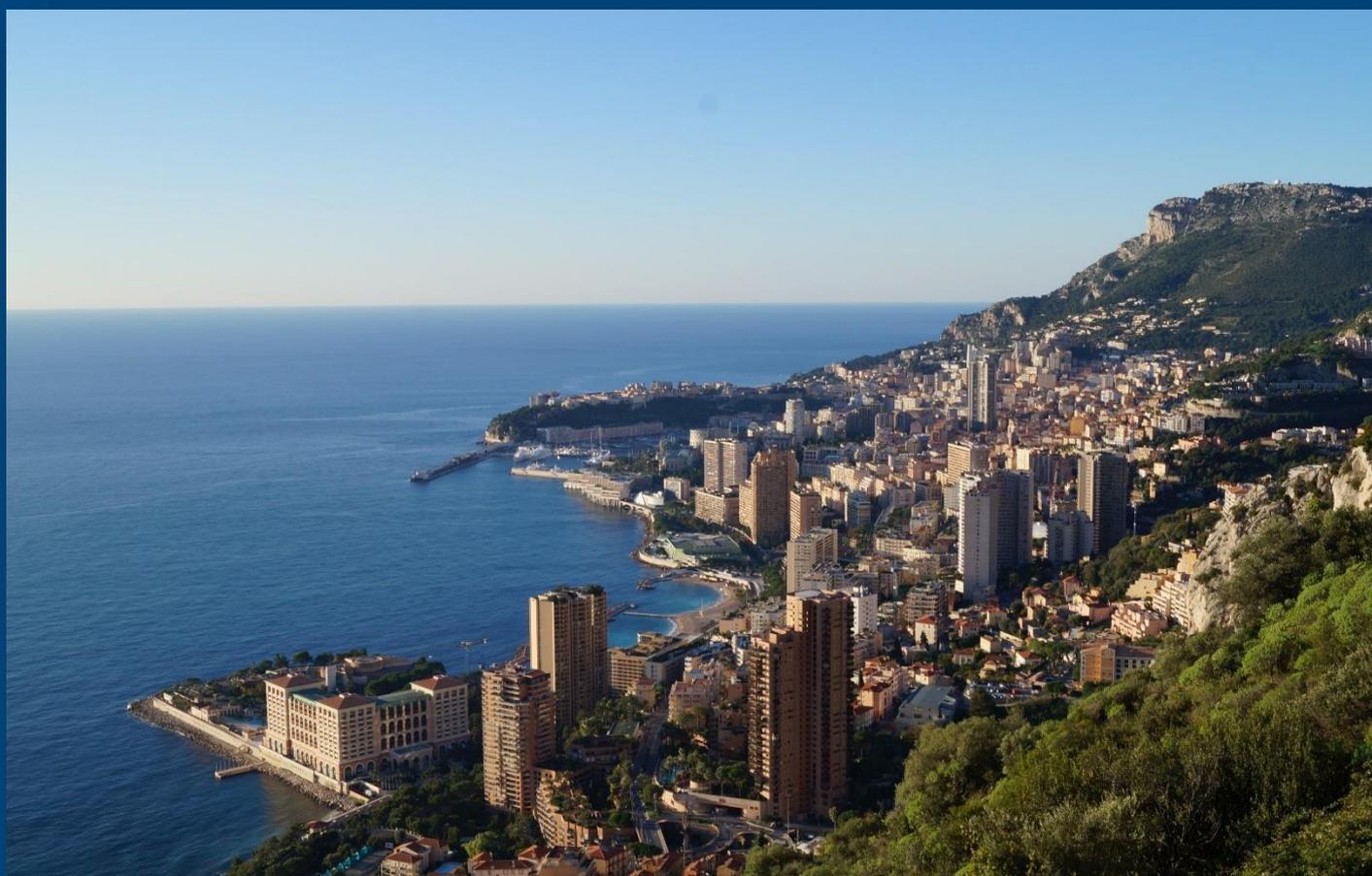




Team Captains Manual



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MONACO WELCOME



Palais de Monaco

The Principality of Monaco has maintained throughout its history strong links with the sea. It is an essential element of its environment.

From its very early days this country has hosted nautical competitions of all sorts: motorboats, sailing and rowing.

The Monaco Regatta Society, founded in 1888, was, indeed, the first sports club founded in our country.

As a practitioner myself, and as the heir to a family tradition of rowing, I am delighted that Monaco is hosting the World Rowing Coastal Championships.

I am sure that, in view of the interest in this sport, many people will be only too happy to contribute to the success of this fine event. I would like to extend my thanks to them.

I would like this competition to show the sea, sport and friendship at their best and to last long in the memories of all those who take part.

A handwritten signature in black ink, which appears to be 'Albert de Larosière'. The signature is written in a cursive style with a long horizontal stroke at the end.



Congratulations on being part of the first World Rowing Coastal Championship in the Principality of Monaco. As the discipline of coastal rowing grows it does so with the energy and skill of the best coastal rowers from the four corners of the world; The 2016 World Rowing Coastal Championships will make history by being the largest in history.

The Port of Monaco is steeped in maritime tradition and close to the heart of coastal rowers through the annual Prince Monaco II Challenge. Over the last 3 years the FISA team has been working with the Monaco Rowing Federation, the Societe Nautique de Monaco and the Organising Committee to bring you the best possible racing. I hope the weather rewards us with some safe and exciting racing so we can crown the very best crews as World Champions.

Good luck, be safe and race hard.

A handwritten signature in black ink that reads "Guin Batten". The signature is fluid and cursive, with a long horizontal stroke at the end.

Guin Batten
Chair of the Rowing for All Commission
[Coastal Racing]

ORGANISING COMMITTEE

Societe Nautique de Monaco

Quai Louis II, 98 000 MONACO

Tel: +377 92 16 03 03

Fax: +377 97 97 53 80

societenautique@monaco.mc

Registration: registration@wrcch2016.com

Boat Reservations: rentboat@wrcch2016.com

Accommodations/Travel questions: hospitality@wrcch2016.com

Media: press@wrcch2016.com / Media Center (Village)

FISA Office: Inside the club building of Societe Nautique

Organising Committee: Inside the club building of Societe Nautique



See the Venue Map on page 18

Key positions of the Organising Committee:

Jean-François GOURDON

Jean-Philippe PIZZIO

Corentin DEBORT

Roland WEILL

Jean-Louis ANTOGNELLI

Jerome LE GOFF-ANDREWS

Claudia GUIERRE

Michel ANTOGNELLI

Pascal GARCIA

Xavier GIRARD

Bruno WEISS

Magali ALBIN

Philippe GIRALDI

Philippe ORECCHIA

Franck LEPRÉ

Genevieve JENOT

Christina LEBRETON

Jean-Philippe DELSART

Patricia DELSART

Patricia LAMBERT

Bernadette MONFORT

Event Director

Communication – Trackers

Event Coordinator

Media - Protocol

Race Director

Jury

General Information - Finance

Itinerary - Buoys

Pool Boats

Boats Park

Motor Boats

Facilities - Cleaning

Hospitality - Catering

Accreditation

Access Control

Volunteers

Volunteers

Logistics

Merchandising

Speakers

Facility Office

croisieres@wanadoo.fr

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j-philippe.delsart@wanadoo.fr

pat.lambert@gmail.com

snmbernadette@gmail.com



GENERAL INFORMATION

EMERGENCY TELEPHONE NUMBERS

Emergency: 18 Police: 17 or 112

The Red Cross will be stationed close to the boating area.

LOCAL CLINICS

- **Centre Hospitalier Princesse Grace**
1 Avenue Pasteur, 98012 Monaco
Tel : +377 97 98 99 00
- **Centre Cardio-Thoracique de Monaco**
11 bis Avenue d'Ostende, 98000 Monaco
Tel : +377 92 16 80 00
- **Centre Medical International de Monaco**
2 Rue de la Lùjèrneta, 98000 Monaco
Tel : +377 92 05 76 01
- **Institut Monégasque de Médecine du Sport**
11 Avenue d'Ostende, 98000 Monaco
Tel: +377 99 99 10 00



INFORMATION DESK

The Information desk is located close to the venue entrance, in the village.

Opening times:

Wednesday – Thursday: 09:30 – 17:30
Friday – Saturday: 07:00 – 18:00

Telephone number for information desk +377 92 16 03 03

REGATTA LOCATION

The 2016 World Rowing Coastal Championship will take place at **Quai Louis II, 98 000 MONACO**.

See the venue map on page 18

TOURIST INFORMATION

All information about Hotels – Museum – Transport are available on the Bulletin, *page 6 and pages 15 to 22*

WIFI: You can access the internet, check your emails and keep in touch on the move.

BANKING: Various ATMs and banks can be found around the City.

Lost & Found: Located at the Bags Storage Area, at the competition venue (*number 12 on map*)

Mobil Phone Charge: An area for charge your mobil phones or tablets will be present in the Village

See the venue map on page 18.



EVENT SCHEDULE

From Monday to Wednesday

09:30 – 17:30 Boat Park open, Boat Weighing and Course open for training

Thursday, October 20th

09:00 – 17:30 Opening times of the venue and of the Accreditation desk

09:00 – 11:00 Registration for crews in Qualification Races

09:00 – 14:00 Registration for crews in Heats

12:00 Captains meeting for Qualification Races Crew Captains

15:00 Heats Start list published

16:00 Captains meeting for all other Crews Captains

14:00 – 18:00 Qualification Races

19:30 – 21:30 Opening Ceremony (*Auditorium RAINIER III*)

Friday, October 21^{rst}

07:00 – 18:30 Boat Park, Weighing and Accreditation Open

08:20 – 17:30 Heats

Saturday, October 22^{sd}

07:30 – 18:30 Boat Park, Weighing and Accreditation Open

08:30 – 11:40 Finals B

12:20 – 13:40 Finals A (Group A) & Victory Ceremony

14:20 – 15:40 Finals A (Group B) & Victory Ceremony

18:30 – 19:00 Medalist' Reception (*Espace Leo Ferre*)

19:00 – 23:00 Closing Ceremony & Medal (*Espace Leo Ferre*)

Sunday, October 23th

Reserved Day for racing in case of adverse weather

Check www.worldrowing.com for the latest version of the programme.

CREWS ACCESS

ACCREDITATION

All rowers, coaches and support staff need to have accreditation to enter the boat park. Spectators will not be able to enter the boat park.

Please submit your information for the accreditation card on www.wrcch2016.com (access control). You can pick up your accreditation pass upon your arrival at the entrance (number 1, page 18).

REGISTRATION OF RACING CREWS

All crew must confirm their crew and seat position at Registration on Thursday:

9:00 -11:00 *Registration for Qualification Races*
9:00 -14:00 *Registration for Heats*

CREW CHANGES

Team managers are requested to check their crew listings upon registration. Any changes should be made using the "crew changes form" and according to FISA rules. All crew changes before the draw should be submitted to the FISA representative at the registration desk

POOL BOAT RENTAL

The Pool Boat Master will be at the Boat Park located in the Village (*see the Event Map*). If you have any queries or breakages please report this at once to the Pool Boat Master.

Please do not switch blades and safety equipment between boats unless you have first checked with the Pool Boat Master.

If you are using a Pool Boat, please return to the boat park immediately after your race. Where possible crews will be allocated the same boat for Heats and Final, but this will not always be possible. Crews should be prepared to change boat allocations at short notice.

POOL BOAT TRAINING PROCESS

Training will be authorized between the Monday and the Thursday (until 12:00 for Thursday).
The Training schedule will be send you October 13th.

POOL BOAT REPAIR

If you have any breakages please report this at once to the Pool Boat Master. His office will be located in the center of the Boat Park.

See the Venue Map on page 18.

CREW NUMBERS – COUNTRY CODE AND RANK STICKERS

Every crew must have their country code and rank stickers shown on both sides of the boat. The correct order is **“COUNTRY NUMBER”**, e.g. **ITA 07**. Please make sure the boat surface is dry before you place the stickers on the boat.

CREW PARKING AND TRAILERS

Private boats should be unloaded in the boat parking lot in the places allocated to them on the Boat Park (Quay Louis II), between October 17th and October 19th. The Boats Park will be divided in 3 categories (1x, 2x, 4x).

The trailers parking will be held at Rainier III Quay (in the Port of Monaco). The Louis II Parking (Boulevard Louis II) is reserved only for the cars of participants and spectators.

Your exact location will be provided you with your accreditation cards. If you need some information, please contact poolboats@wrcch2016.com.

All boats must be removed from the boat parking lot by the latest Monday October 24th at 16:00 hours.

PUBLIC INFORMATION

ACCESS

The entry will be free for everyone (public, rowers families, teams). However, each person on the venue must have an accreditation. You may as of now register on the OC website: www.wrcc2016.com (access control).

There is no parking inside the venue. Public parking is available at 2 min to walk of the venue event ("Parking Louis II", Boulevard Louis II).

VILLAGE

The 2016 WRCC Market Village will be located at the entrance of the venue (Societe Nautique's Terrace). Several stands of merchandising, animations, catering, ergometers and information desks will be available.

You will also have the possibility to follow the races from the Village with a large screen TV.

COASTAL ROWING BOAT SHOW

A special Village dedicated for the Boats Builders will be located on the Lucciana Quay, close to the Park Boat. The opportunity to discover the new models!

MEDICAL FACILITIES & ANTI DOPING

MEDICAL CENTER & AMBULANCE

The Medical Center will be located at Lucciana Quay. Will be covering all medical and emergency events for the competitors. The Red Cross of Monaco will provided one ambulance. It will be held at the entrance of the Medical Centre. - *Please see number 12 on map at page 18.*

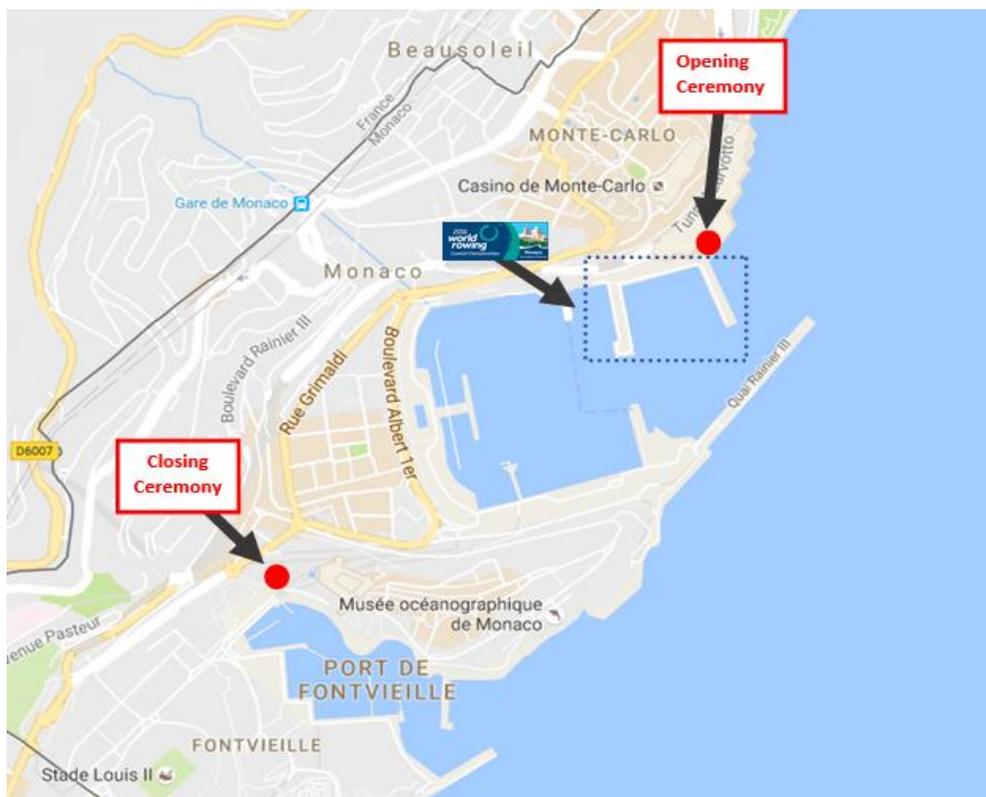
FIRST AID STATION

The First Aid Station will be available at the venue installations. It will be provided for general public on the Medical Centre located at the venue.

DOPING CONTROL CENTER

Doping controls will be implemented at the Championships. The doping control facility is located at the Doping Centre in the Yacht Club building (number 5 on map at page 18). Selected athletes will be identified for testing and will be guided to the facility by chaperones.

OFFICIAL CEREMONIES



FLOWER CEREMONIES

The Flower Ceremonies will be held immediately after the A Finals in the Village area (Societe Nautique's Terrace). Rowers are asked to report to the area immediately after their race, wearing their racing uniforms.

OPENING CEREMONY

Venue: Auditorium RAINIER III (at 50m)

- 19:30 : Public Open
- 20:00 : Ceremony
- 20:45 : Welcome Cocktail

MEDAL CEREMONIES & PARTY

Venue: Espace Leo Ferre (at 25 min to walk)

- 18:30: Medalist's Reception (*all medalists are invited to this reception before the Medal Ceremonies*)
- 19:00: Medal Ceremonies
- 20:30: Party (*The entry is free, but the **Accreditation Pass is required** to have access to the venue. Food and beverages (soft & alcoholic drinks) can be purchased onsite. Further information is available at the Information Desk.*)

Rowers, team, family are invited.

**Please wear your club colors. For security reasons, sports bags will be prohibited.
There will be security at the entrances.**

CREW CAPTAIN'S OBLIGATIONS

Extract from FISA Rule Book, Appendix 14 Event Regulations Coastal Rowing 2015.

18.3.2. Crew Captain's obligations

According to international maritime law, all sea-going vessels must have one person responsible for safety and navigation. In Coastal Rowing, this will be one member of the crew who will be designated the "Crew Captain". The designated Crew Captain for every boat shall be notified to the organising committee in writing at the time of the crew's Registration under Rule 39. Such notification is the responsibility of the national federation or the club in whose name the crew is entered, and the crew concerned. Any crew for which a Crew Captain has not been notified shall not be permitted on the water.

The Crew Captain shall be responsible to:

Before every outing:

- take responsibility for assessing the risks and the ability of the crew to cope with the prevailing and forecast conditions;
- familiarize himself with the current and expected weather conditions;
- register the outing with the Control Commission, showing the date and time of the outing, the estimated length of the outing and the route to be taken;
- check the condition of the boat and the safety equipment on board.

During the outing:

- ensure that the crew respects all navigational and safety rules;
- require that all members of the crew wear their life jackets as necessary;
- make necessary decisions for the safety of the crew if the weather deteriorates;
- monitor any changes in the weather or water conditions which might affect the safety of the crew.

After the outing:

- inform the Control Commission of the return of the crew;
- complete the register to indicate the crew's return

WEIGHING

Boat weighing will be situated at the entrance of boat park (Garage Societe Nautique Monaco). All boats will be eligible for boat weighing.

Coxswains shall be weighed wearing only their racing uniform on tested scales not less than one hour and not more than two hours before their first race in each event in which they are competing on each day of the competition.

Please see number 9 on map at page 18.

RACING PROCEDURES

LAUNCHING TIME

Launching time for boats will be at the *earliest* 30 minutes and the *latest* 20 minutes before race start time.

RACE CONTROL

All crews going to race need to pass 2 steps of Control Commission before they go onto the water.

1. All rowers will receive a wrist band once their accreditation and photo ID's have been checked at the control commission desk.
2. All boats will also be checked for safety equipment and for country code and rank stickers. [FRA03]

START PROCEDURE

The start procedure will be described at the Captains Meeting and will apply according to the FISA Rules and the Regulations for Coastal Rowing Championships (*Appendix 14*).

In short the start procedure consists of both a visual and an audio signal. The visual signal consists of three white/red balls. The three balls are raised at -3 minutes + 3 honks. A ball is dropped at -2 minutes + 2 honks and at -1 minute + 1 honk. Start = the last ball is dropped + long honk.

Crews are reminded that there is a 2 minute penalty for a false start.

TRAFFIC RULES

All crews should follow the traffic rules at all times

➤ *Training*

During training times on Thursday, crews may practice on the course itself. During the Qualification races the course will be closed for training.

NOTE: *The No Go-zones applies throughout training and the Championships.*

➤ **Races**

See the race course map on page 20-21.

WAY TO THE START

- 3 pontoons will be available (for each categories)
- Boats will launch on the left side of the dock. The right side will be used for returning boats.

The Port of Monaco is a fully operational port and rowers need to be aware of other marine traffic and of the International Maritime Rules.

- Be aware of stones beneath the surface in the **No Go Zones**.

WARM UP & LINE UP ZONE

- When leaving the port entrance, watch out for commercial boats and for returning crews.
- Crews in the warm up zone area must row clockwise around the turning markers

RETURNING TO THE QUAY

Before landing, if necessary, instructions will be given by the boat park-marshal or NTO.

RESCUE & SAFETY

➤ **Rescue Centre:**

Located in the Venue, on the event area, will cover rescue operations during training and competition. Please see number 12 on map at page 18.

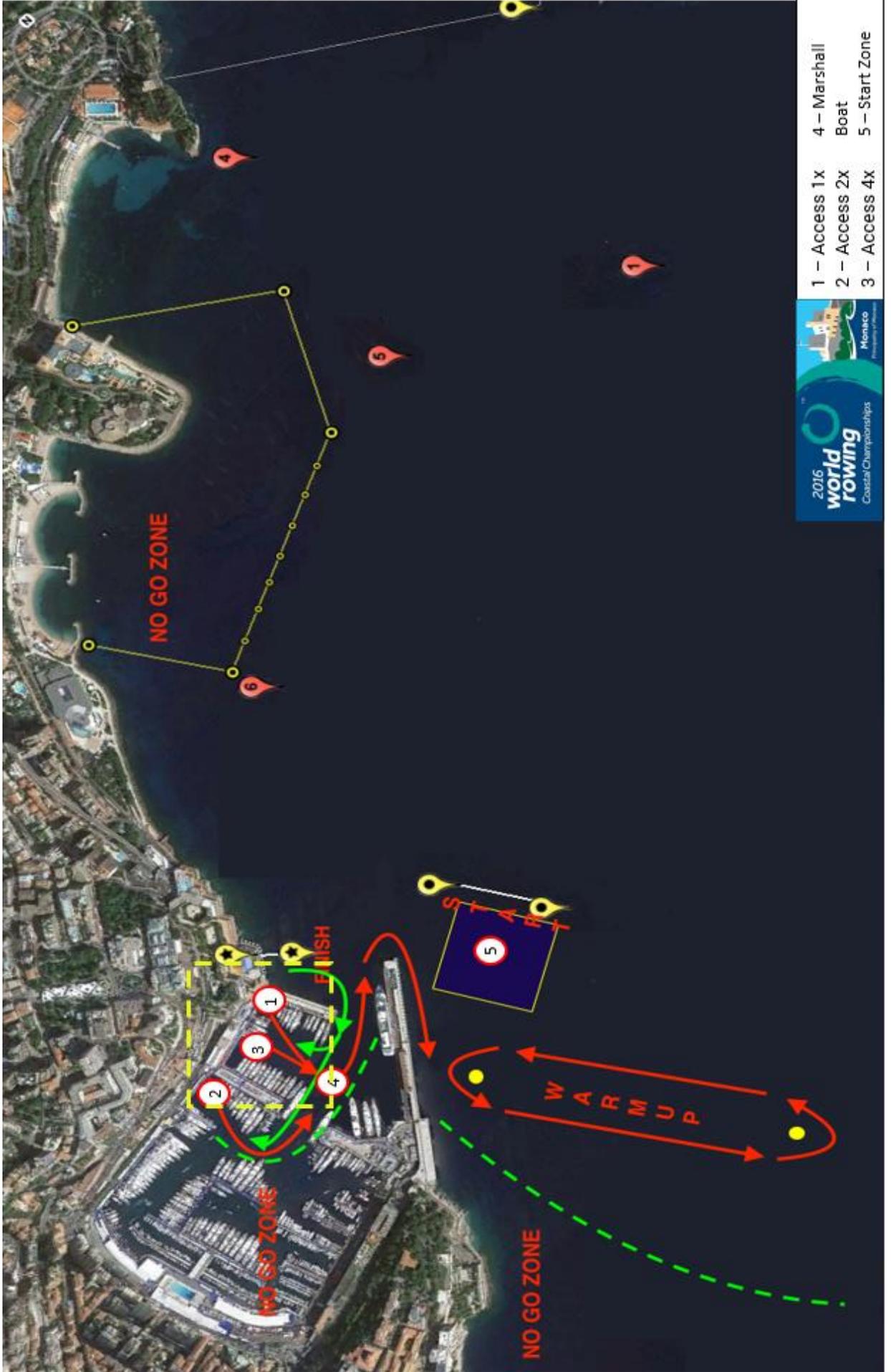
➤ **Rescue Boats:**

There will be rescue boats with paramedics and rescue officials, at the regatta course, during training and competition days.

NOTE: For others and your own safety respect the **NoGo Zones** throughout the Championships. In the **NoGo-zones** there could be dangerous breaking waves, swimmers, cruise boats, rocks or working fishing boats.

During heats and finals, the Coast Guard and Sea Rescue will be patrolling the sea competition area.

NO GO ZONES



THE FINISH

NOTE!

An umpire will be located at the finish landing zone. Reckless or unsafe arrivals will penalise. Crews are expected not to interfere or foul other crews and reminded to respect the crew arriving behind them.

Extract from FISA Rule Book, Appendix 14, Regulation 27 – Finish of the Race (Rule 79)

“A crew has finished the race when the bow of its boat has crossed the finish line between the 2 buoys. All crew members must start and finish the race.”

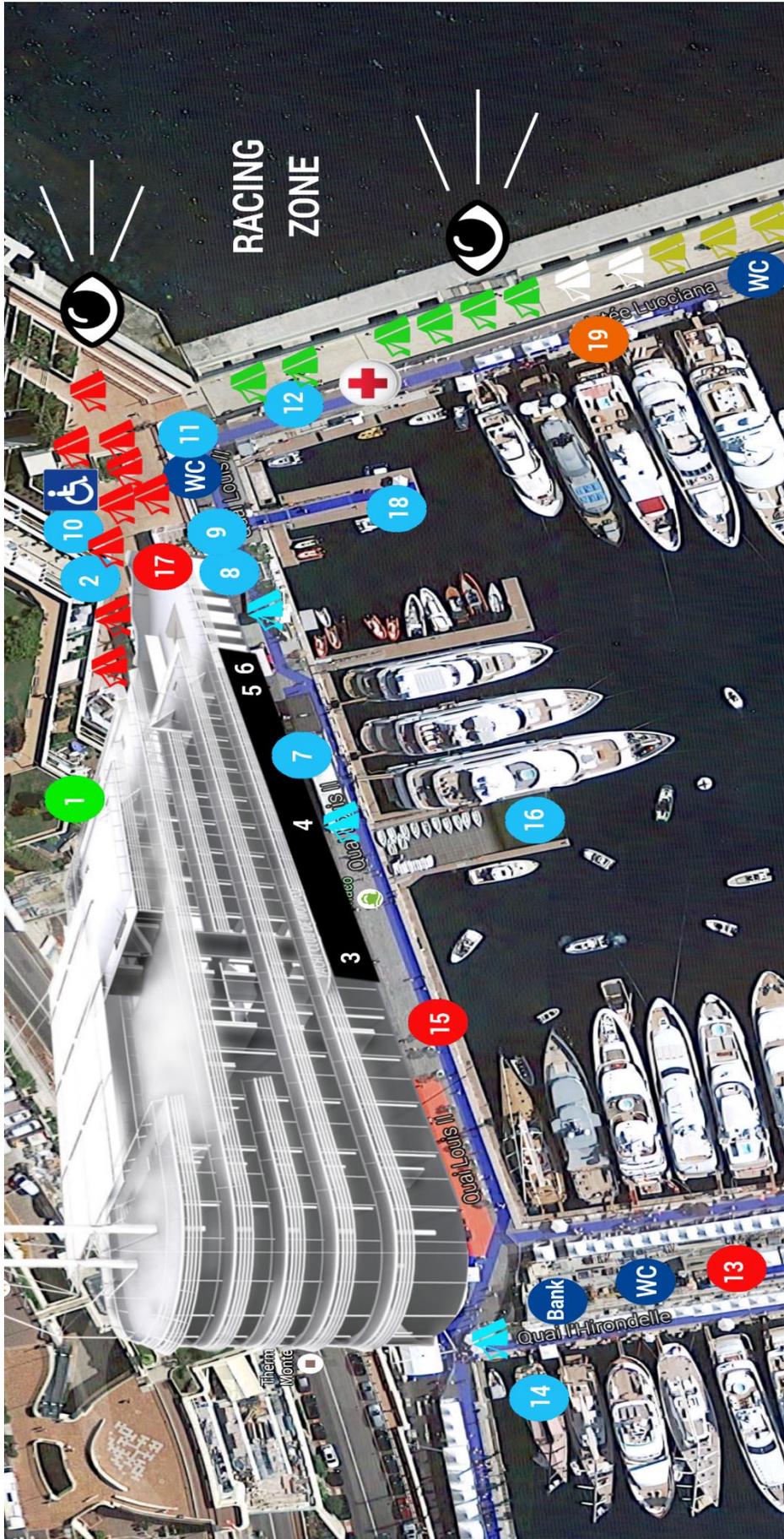
ROUGH WEATHER CONDITIONS

In case of rough weather an emergency Captains Meeting may be called to inform crews of any changes. This will be held at the grandstand at the venue or in the boat park.

In the case of rough weather the times of races may change. Please be prepared for this at any time.



VENUE MAP



- | | | | |
|----------------------|-----------------------------|----------------------------|--------------|
| 1 Accreditation | 7 Changing room Male | 13 2x boat park | 19 Boat Show |
| 2 Information desk | 8 Club Restaurant | 14 2x pontoon | Annotation |
| 3 Media Room | 9 OC & FISA Office | 15 4 x boat park | Village |
| 4 Meeting / Briefing | 10 Lift Private access | 16 4 x pontoon | Ergometers |
| 5 Anti Doping | 11 Changing room Female | 17 1x boat park (level -1) | Snack |
| 6 Trackers | 12 Dropbag / Medical center | 18 1x pontoon | Private zone |



if you need help ask the gardian angels with organisation jacket and hat

THE RACES

All races will have a sea start and a sea finish.

Buoys Coordinates:

6 km - Finals A *page 21*

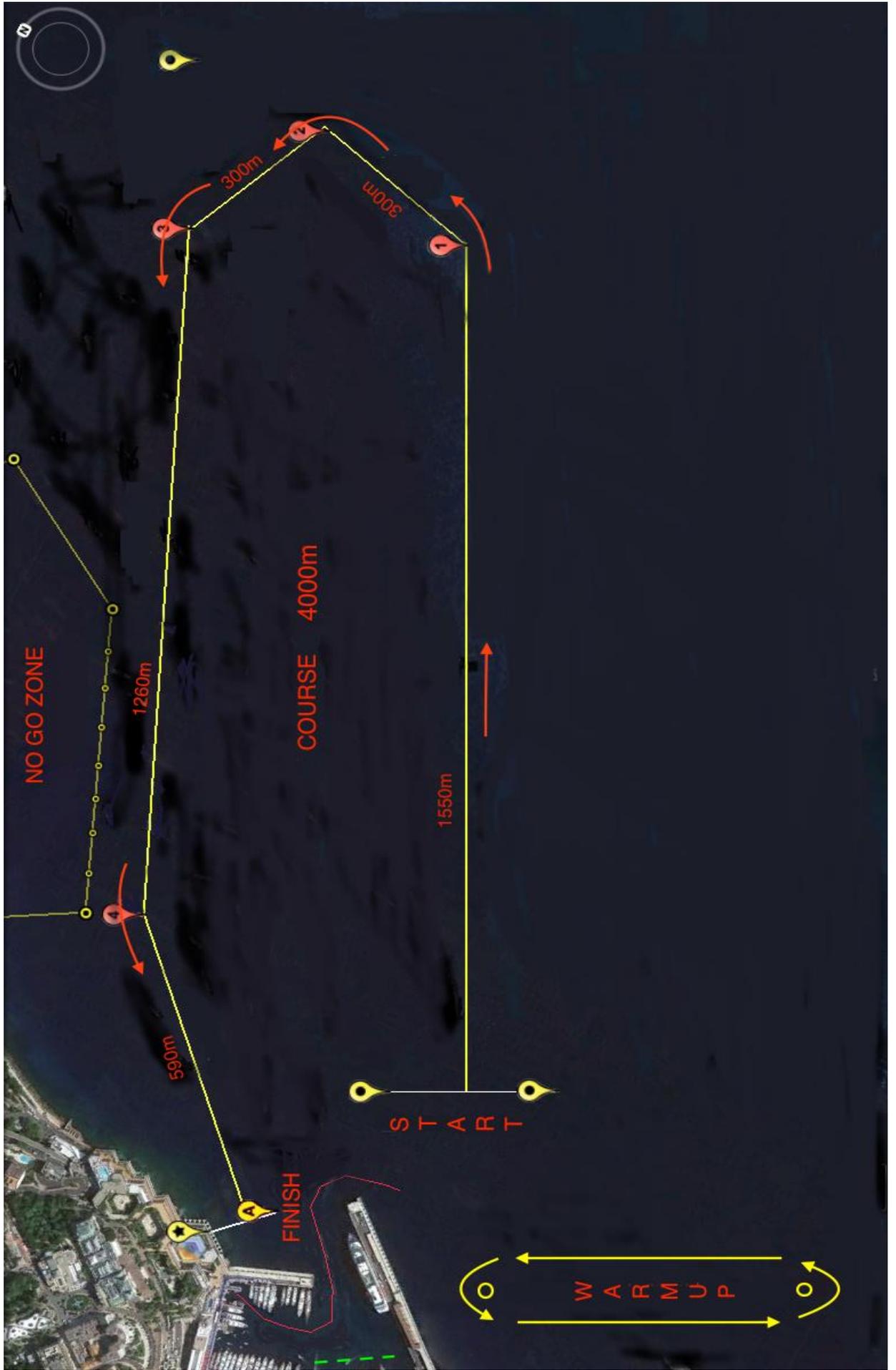
Land end of Start Line	43°44.202'N 7°26.066'E
Sea end of Start line D Sea	43°44.074'N 7°26.174'E
Cap 57° towards Turning Point 1	43°44.543'N 7°27.006'E
Cap 35,5° towards Turning Point 2	43°45.142'N 7°27.571'E
Cap 312° towards Turning Pt 3	43°45.288'N 7°27.301'E
Cap 217° towards Turning Pt 4	43°44.662'N 7°26.648'E
Cap 246° towards Turning Point 5	43°44.485'E 7°26.138'E
Land end of Finish Line Earth	43°44.291'N 7°25.792'E
Cap 237° towards Sea end of Finish Line	43°44.244'N 7°25.836'E

4 km - Training, Qualification Races, Heats, Finals B *page 20*

Land end of Start Line	43°44.209'N 7°26.070'E
Sea end of Start line D Sea	43°44.074'N 7°26.170'E
Cap 66° towards Turning Pt 1	43°44.539'N 7°26.170'E
Cap 06° towards Turning Pt 2	43°44.706'N 7°27.184'E
Cap 312° towards Turning Pt 3	43°44.771'N 7°26.984'E
Cap 217° towards Turning Pt 4	43°44.491'N 7°26.133'E
Land end of Finish Line	43°44.291'N 7°25.792'E
Cap 225° towards Sea end of Finish Line	43°44.247'N 7°25.859'E

4 Km COURSE

The Heats and the Finals B will be raced on the 4km



6 Km COURSE

The Finals A will be raced on the 6km course.





FISA PARTNERS



WRCCH 2016 PARTNERS

