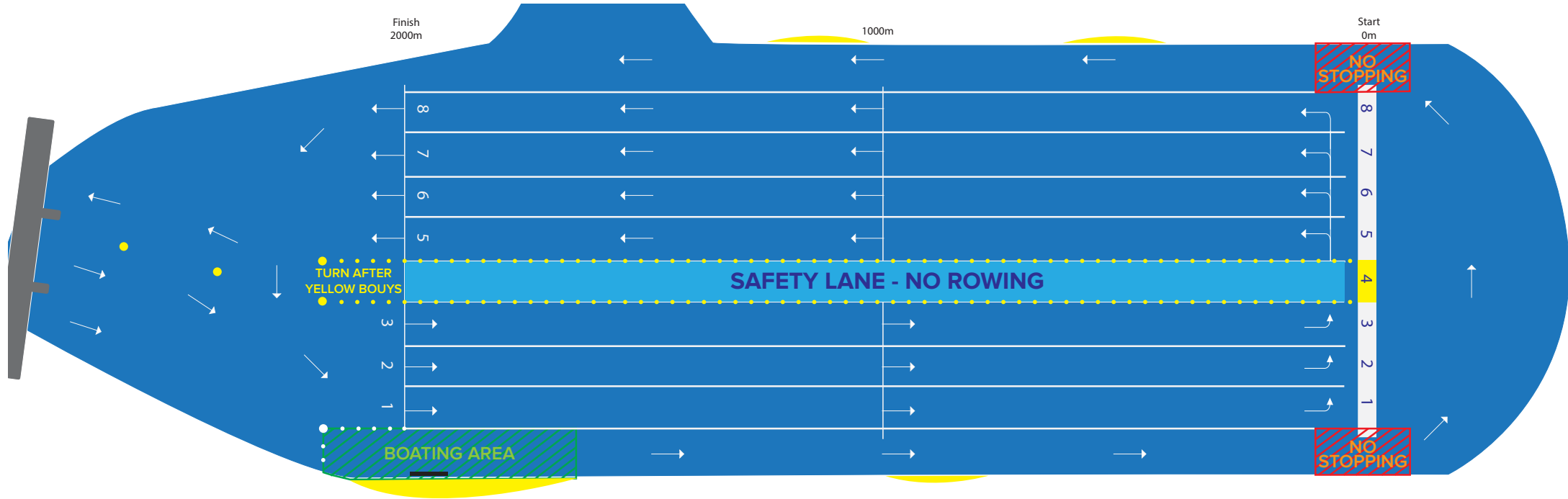


TRAINING MAP

A.M. RAMSAY ROWING COURSE, WEST LAKES



GENERAL COURSE RULES

- Stationary or slower boats must give way to overtaking boats by moving out of their lane (except in the designated 'BOATING AREA' and outside lanes 0 & 9)
- When turning, crews must row directly across the course and give way to all oncoming traffic
- It's the duty of ALL crews to ensure that they avoid collisions
- Use your voice and warn other crews of any approaching hazards
- All boats must have lights on both the bow and stern from dusk till dawn

BOATING AREA (Lane 0, 1750m- 2050m)

- Crews boating ON or OFF the course have right of way in this area
- Crews rowing through this area should slow down and expect to be impeded, or preferably choose Lanes 1, 2 or 3 to travel past this area
- 3 minute time limit on finish pontoon if other crews are waiting to utilise

SAFETY LANE (Rowing Lane 4)

- No rowing in this lane marked by yellow buoys
- Can only be used to cross the course or if avoiding collisions

CYCLING for coaches only

- **EXTREME CAUTION**
- Many children and residents use this path
- Pedestrians have right of way
- Light, bell and helmet are mandatory, as per normal DPTI Rules

NO STOPPING ZONES

- Due to the restricted area adjacent to the Starting Pontoon, no stopping within 30m of the eastern or western ends of the Start Pontoon

NOISE RESTRICTIONS

- ALL rowers/coaches must obey local 'noise' regulations.
- Keep noise to a minimum before 7am
- No power megaphones at any time

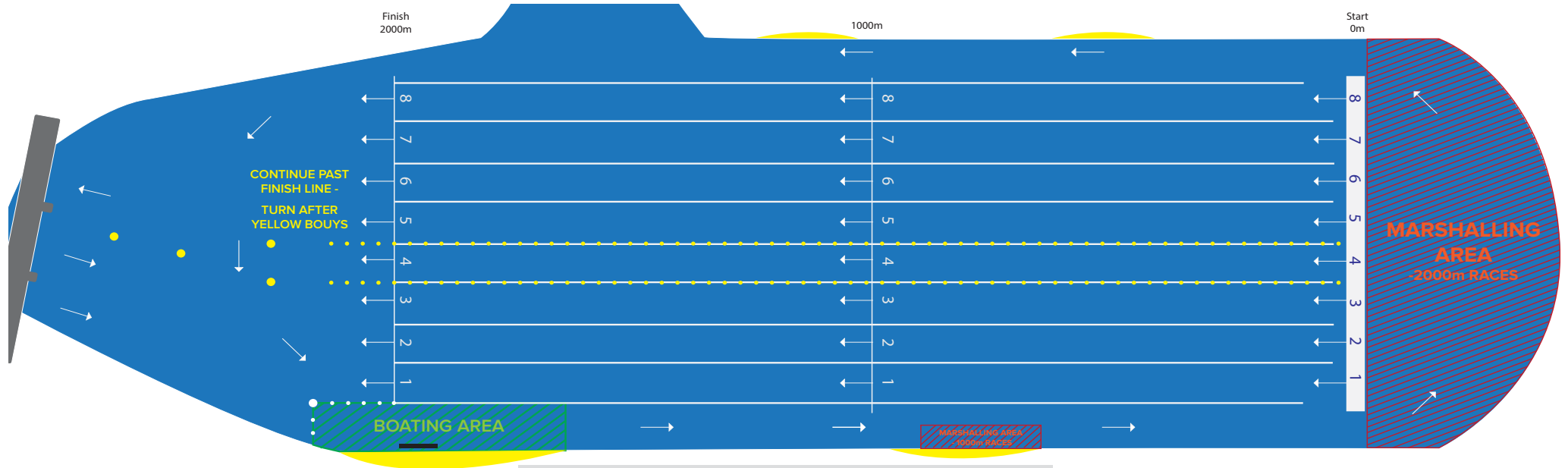
IT'S EVERYONE'S RESPONSIBILITY TO FOLLOW AND POLICE THESE RULES; THEY ARE TO ENSURE EVERYONE'S SAFETY ON THE WATER

Report any infractions and incidents to course@rowingsa.asn.au

For more information, please refer to WEST LAKES SAFETY POLICY on the Rowing SA Website

RACING MAP

A.M. RAMSAY ROWING COURSE, WEST LAKES



BOATING AREA

- Crews are only permitted to launch from and return to the beaches, the pontoon is reserved for para athletes only
- Once crews have launched, begin moving as quickly as possible to avoid congestion along the beach
- Winning crews must stop briefly at the pontoon for scrutineering
- Crews travelling through the bridge toward the course, may travel through the western or middle arches only and continue on the western side of the yellow buoys

WARM UP LANE:

- All crews must travel to the start line in lane zero and give way to faster crews
- Move slowly and carefully past the marshalling zones
- Do not cross the start line when a race is being started
- Do not practise race starts or move at pace when a race is approaching, or if other crews are in close quarters

CREWS MUST BE IN THE MARSHALLING AREA AT LEAST 5 MINUTES BEFORE SCHEDULED RACE START TIME

2000M MARSHALLING AREA:

- Move past and around the starting pontoon
- Line up in ascending bow number order in preparation to move onto the course when instructed to do so
- Crew must not practice race starts within the marshalling area
- Should a crew miss the start of their race, they must row back to the finish line in lane 9 (travel lane) when instructed

1000M & 1500M RACES – NON-HELD START:

- Row past and follow the instructions from the BRO in the Marshall boat (large Red/Yellow boat)
- Give way to crews continuing through to the 2000m start when waiting to be marshalled onto the course
- Only enter the course when instructed to do so by a BRO

FINISH LINE PROCEDURE:

- Crews must continue past the yellow buoys before turning after the finish line (approx. 50m)
- Crews must move away from the finish line as soon as possible following a race
- Be aware of other crews crossing the finish line when turning towards Lane 0
- Crews continuing through the bridge, must use the eastern arch only

CROSSING THE COURSE

- Crews may cross the course past the rocks only (1750m).
- Crews must not wait for a gap, but keep moving so to not block other crews heading to the start line
- When appropriate, cross the course at 90 degrees
- Crews are not permitted to pass the finish line when another race is finishing
- Crews must use the eastern arch only when passing the bridge

FOLLOW ALL INSTRUCTIONS FROM BOAT RACE OFFICIALS

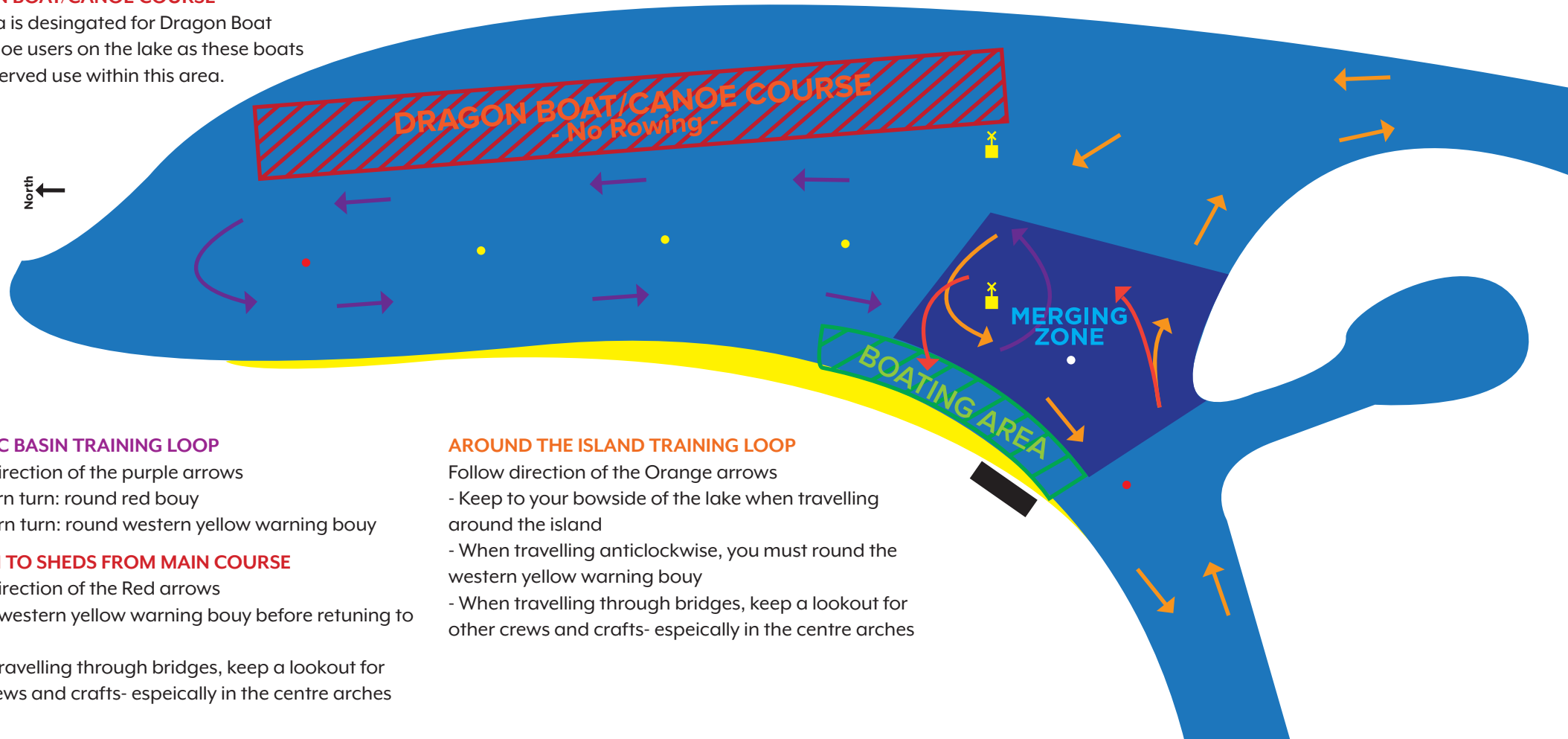
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BASIN TRAINING MAP

AQUATIC RESERVE, WEST LAKES

DRAGON BOAT/CANOE COURSE

This area is designated for Dragon Boat and Canoe users on the lake as these boats have reserved use within this area.



AQUATIC BASIN TRAINING LOOP

Follow direction of the purple arrows
- Northern turn: round red bouy
- Southern turn: round western yellow warning bouy

RETURN TO SHEDS FROM MAIN COURSE

Follow direction of the Red arrows
- Round western yellow warning bouy before returning to beach
- When travelling through bridges, keep a lookout for other crews and crafts- espeically in the centre arches

AROUND THE ISLAND TRAINING LOOP

Follow direction of the Orange arrows
- Keep to your bowside of the lake when travelling around the island
- When travelling anticlockwise, you must round the western yellow warning bouy
- When travelling through bridges, keep a lookout for other crews and crafts- espeically in the centre arches

MERGING ZONE - Pay special attention when aproaching and travelling through the Merging Zone

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BOAT LIGHT RULES

A.M. RAMSAY ROWING COURSE, WEST LAKES

All crews rowing at West Lakes must show light(s) if operating between sunset and sunrise or in restricted visibility.

- Periods of low visibility, such as heavy rain or periods of fog.
- Periods of low light, including overcast skies.
- Period of time prior to an in the immediate time after sunrise and sunset.

LIGHT SETUP

- Two all-round white lights, one attached to the boat at or near the bow end and one attached to the boat at or near the stern end. A red light is considered acceptable as an alternative, on the stern of the boat.
- A continuous white light is considered acceptable if it is visible in clear conditions from a distance of 1 kilometre.
- A flashing white light is considered acceptable if it flashes at least once per second and is visible in clear conditions from a distance of 1 kilometre.
- Notwithstanding the above, it is considered acceptable for a light to be masked so as not to interfere with the vision of the vessel's occupants, provided at least one light is visible from any direction.

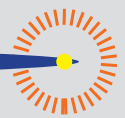
Lights may be mounted on the bow number holder OR secured to the hull using suction caps.

RANGE OF VISIBILITY

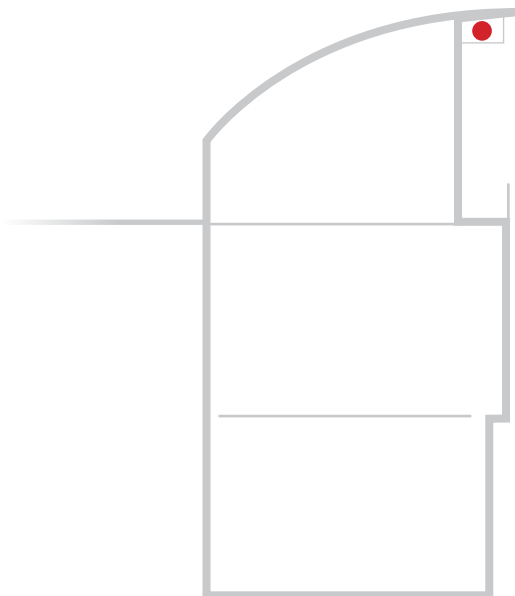


BOW

All lake users **MUST** be able to see at least 1 light on your boat, from **ANY ANGLE**, for a distance of 1km or more



STERN



RED LIGHTS ATOP THE JUDGES TOWER WILL TURN ON AUTOMATICALLY WHEN IT IS CONSIDERED MANDATORY TO HAVE LIGHTS ON YOUR BOAT

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