

# SOUTH AUSTRALIAN SCHOOLS' INDOOR ROWING CHAMPIONSHIPS

SEYMOUR COLLEGE

FRIDAY 2 NOVEMBER 2018

## INFORMATION BOOKLET FOR SCHOOLS

- Guide for Coordinators
- Guide for Supervisors
- Guide for Marshalls
- Guide for Competitors



Walford



## **GUIDE FOR SCHOOL ROWING COORDINATORS/DIRECTORS**

The full program including names will be emailed to the Directors/ Rowing Coordinators a week prior to the event for distribution to each school. If there are privacy issues with publishing any student's names, please advise Jon Trovas, Director of Rowing Seymour College prior to the event information being distributed.

- Please use Gilles Road for buses to drop off and pick up students. Space is tight in the school drive and larger buses would not be able to turn around. There is typically a lot of school traffic after until about 4pm.
- Spectators and parents can park in surrounding streets or inside the school grounds in the designated parking areas. Please note there is no reserved parking, it is first come first served.
- Please enter the Seymour Sports Centre through the front doors facing the drive.
- Ergos will be provided for warm-up by Seymour College and Wilderness, please respect the ergo equipment. Each school will be allocated a warm-up any damage resulting from misuse will be charged back to the school, and students may be asked to leave the warm-up area for the rest of the event.
- Prince Alfred College and Saint Peter's College are providing the ergos for competition on stage. Please respect the ergo equipment.
- The warm-up area should only be used by competitors, spectators will be asked to remain in the main gymnasium.
- Schools are encouraged to have a designated coach to remain supervising their athletes in the warm-up area at all times.
- Schools are to provide one marshal at all times during the race schedule. If a school is sharing an ergo, the marshal responsibility can be shared between schools. Marshals can change throughout the night. Please ensure anyone who will marshal is available for a short safety briefing at 4:10pm in the first aid area.
- Student change rooms and bathrooms are available in the main spectator area. There are additional bathrooms next to the food servery area. Please ensure it is clearly communicated to your school community that the student bathrooms are intended for student use.
- Seating is allocated for schools, this is primarily intended to be for storage of bags and personal items. It is expected schools will use the standing areas to cheer.

- Seymour College is donating the use of the facility and hire of staging. Please ensure that each school's allocated area is cleaned prior to departure and rubbish is placed in the bins provided. Any school whose allocated area is left unattended to will be responsible for the cleaning charges if required.
- Basic First Aid supplies will be available, please note that each school is expected to bring their own kits as per their school requirements.

## **GUIDE FOR SCHOOL SUPERVISORS**

Thank you for assisting in the running of our inaugural SA School's Indoor Rowing Championships. The event will be held at Seymour College in the Sports Centre on Friday 2 November. Set-up will be happening throughout the day and any assistance schools can provide will be appreciated.

The main focus is to ensure that acceptable behaviour as outlined is being followed by your schools.

1. Please ensure that the facility is treated respectfully and all rubbish is removed from your areas at the conclusion of the event.
2. Please do not allow large, messy food items into the venue. Small snacks/lollies and drinks are allowed.
3. Please ensure that your area is left clean to avoid additional cleaning charges.
4. Please ensure students do not stand on seats.
5. The area in front of the stage allocated for cheering will need to be supervised. Please remove any of your students who are behaving inappropriately. We want to encourage schools to actively support and cheer their school competitors.
6. The event is planned to start at 5:00pm. There will be a brief welcoming address followed by the year 8 individual events. The final events are the all age relays, followed by some short formalities.

Thank you again for helping to run this exciting new event.

## **MARSHAL RESPONSIBILITY**

The main duties of the marshals are to ensure:

- The safety and wellbeing of the competitors.
  - If any competitors require assistance, please notify the race officials who will notify first aid. The first aid area will be in the Sports Centre Office (marked on the map behind the stage)
- Racing rules are being adhered to create a fair event.
  - Specifically, that change over distances are being adhered to in the relay events and each competitor only rows once.

## **MARSHAL NOTES**

- Each school will provide one marshal per ergo at all times during racing. Marshals are allowed to be changed during the event. Marshals are allowed to be shared between schools sharing an ergo.
- The marshal needs to be a responsible coach or staff member who satisfies the child protection clearance checks. It is the responsibility of each school to ensure they provide an appropriate marshal.
- Each marshal will be provided with an identifying high-visibility vest to wear.
- Chairs will be provided for each marshal to sit in between races and prior to races commencing. Before the race, marshals are to stand behind their assigned ergo.
- Marshals are not allowed to provide advice to competitors. If an ergo is moving a lot during the racing or change over, the marshal is allowed to place a foot on the rear of the ergo to steady the machine.
- The marshal should ensure that competitors are entering and exiting the competition area correctly before and after the events.
- Each Marshal will supervise the ergo to the left of their school. If a marshal is on the end, that marshal is to relocate to the first ergo on the opposite end.

## **COMPETITOR INFORMATION**

1. Competitors must race in their actual year levels.
2. Competitors are allowed to race in a higher year level team relay if:
  - a. the school cannot field the required numbers; and
  - b. the competitor does not compete in a previous year level relay.
3. A competitor is allowed to compete in each type of event once.
  - a. Individual.
  - b. Year level relay.
  - c. All age relay.
4. The warm-up area is for competitors and coaches only. Please do not use this area unless you are warming-up or cooling-down just before or after an event.
5. Competitors must be in the marshalling area (squash courts) 5 minutes prior to the start time. Late arrivals will not be permitted to race.
6. Competitors will be led on stage in race order starting with Lane 1.
7. Competitors must not warm-up on the event ergos on stage.
8. When on stage, please do not touch the handle or start the wheel until you are called to sit ready.
9. Please do not touch the screen, the race will be controlled from the official's station.
10. The starting instructions are: "Attention, 4, 3, 2, 1, GO."
11. Individual competitors are allowed one supporter from the same year level to accompany them on stage.
12. Competitors who place 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> will be presented with medals/certificates immediately following their event.
13. All competitors must wait for racing to finish before exiting the stage to their right.
14. Food and drinks will be available from the Seymour College FoR.
15. Seymour College have donated the use of this venue for the event. Please be respectful: no standing on seats and place all rubbish in the bins provided.

**Good luck to all competitors!**