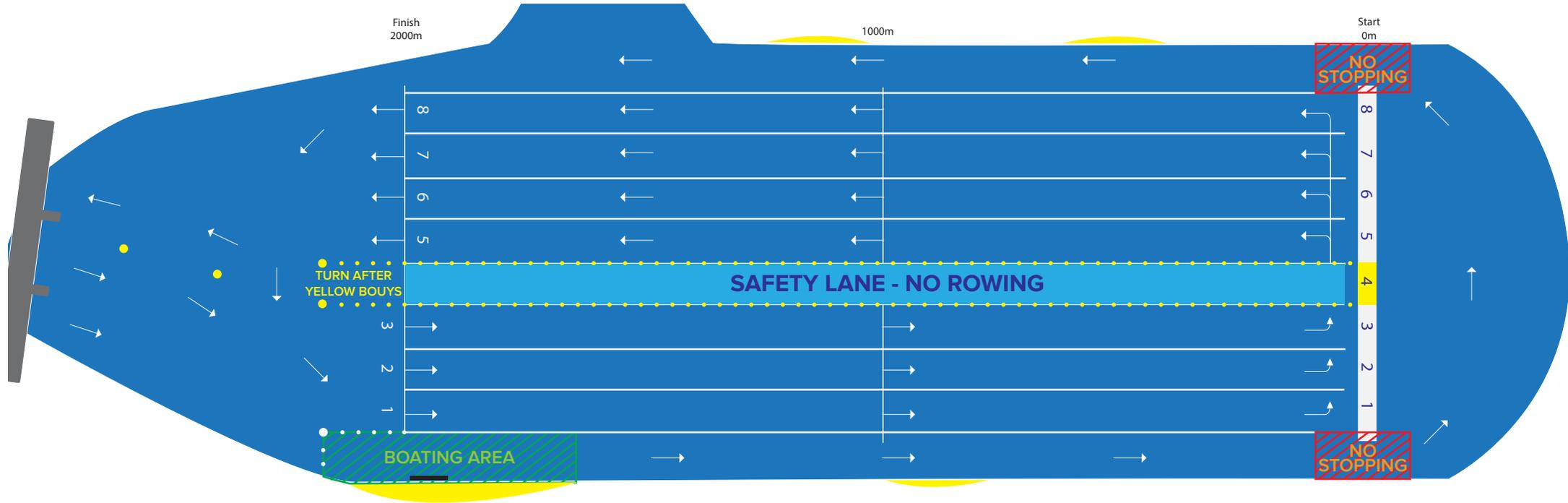


# TRAINING MAP

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

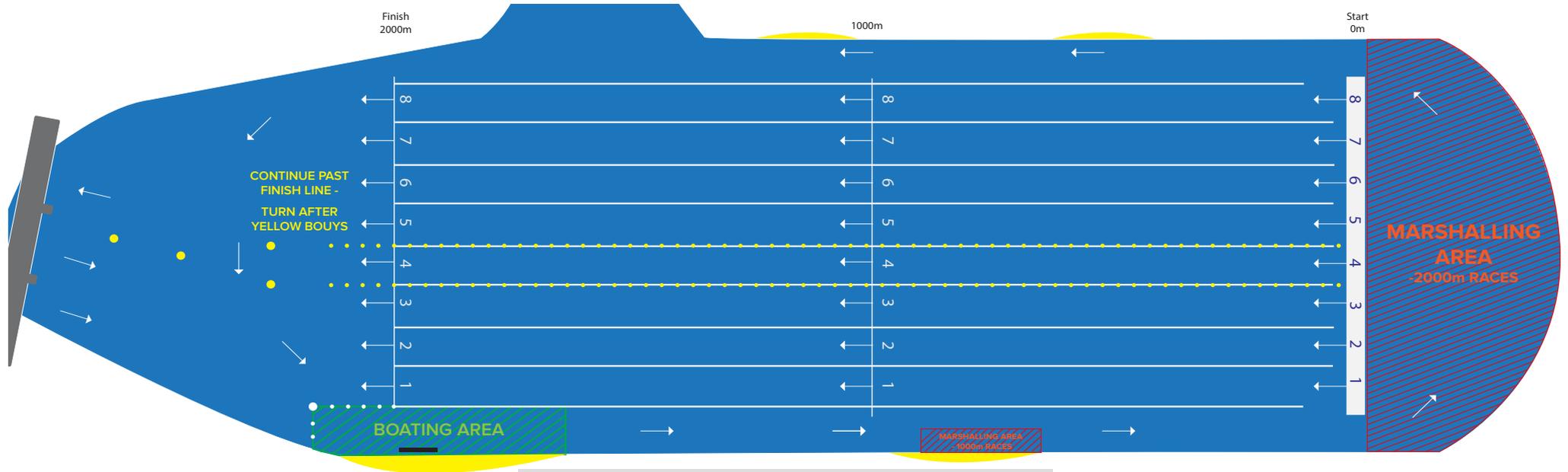
**IT'S EVERYONE'S RESPONSIBILITY TO FOLLOW AND POLICE THESE RULES; THEY ARE TO ENSURE EVERYONE'S SAFETY ON THE WATER**

Report any infractions and incidents to [course@rowingsa.asn.au](mailto: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**

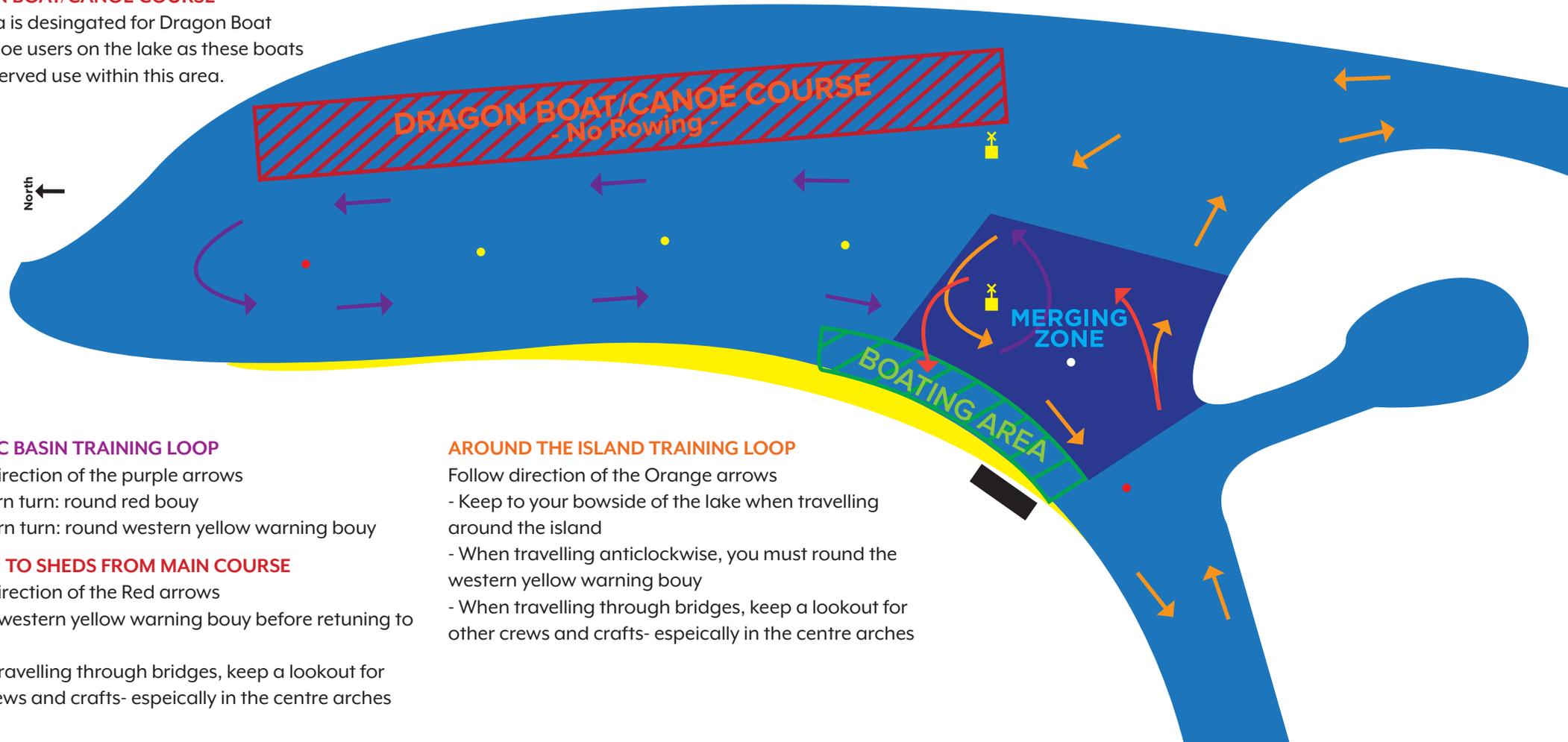
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# BASIN TRAINING MAP

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

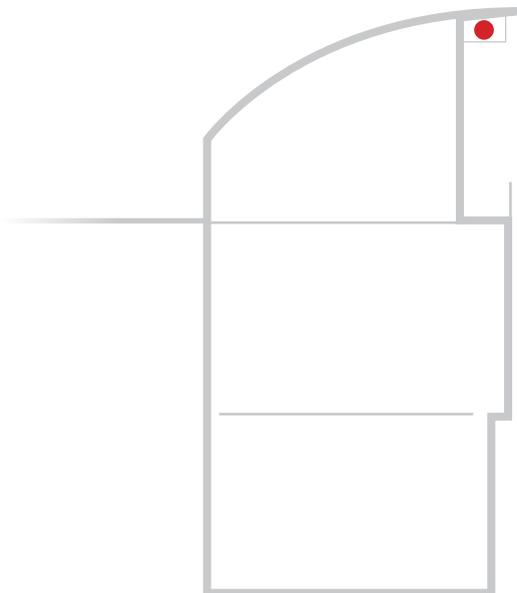


BOW

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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