

**TO: Participating Coaches**

**FROM: Patrick Diggins, Regatta Director**

**SUBJECT: IRA/NERC Waiver of Liability**

All participating rowers and coxswains are required to complete the annual IRA Affiliates and Championship Waiver through Regatta Central.

**Signing the Waiver:**

1. Go to Regatta Central <https://waivers.regattacentral.com/IRA2023>
2. Search for your club/school as prompted. If the school has multiple programs listed on RegattaCentral, ensure the correct program is being utilized. Click the correct school/program
3. Here you will be prompted to enter your Last Name and birthdate. Enter the information requested and click 'next' at the bottom of the page.  
*If the athlete is not entered on your regatta central roster they will be prompted to "contact the club administrator to be added to the roster". Please see below instructions for adding an athlete to the roster. Once they are added they can begin the process anew.*
4. Next, you will be required to select your name and click next.
5. If not already inputted, the individual will be asked for their email address, emergency contact name and information, phone number and address. Click Next.
6. Now the waiver page will be generated on their screen. The individuals should read the waiver in full and then click 'accept'.
7. A copy of the waiver will be emailed to the participant upon completion for their records.

**Please note – all participants are required to complete the waiver by the outlined deadline as established by the IRA and affiliate regattas. Failure to complete the waiver will result in the individual not being permitted to participate in the event. Having an individual USRowing membership is not a requirement to sign the waiver.**

**Adding an Athlete to the Roster:**

1. Log in to <https://www.regattacentral.com/>
2. Locate your Affiliation/Club in the upper right-hand corner of the page and select 'roster'
3. Click 'add' on the top left of the chart under the 'active' tab
4. Follow the prompts and enter the personal information for the athlete as required.

Please note – your athletes DO NOT need to be individual members of USRowing to be added to your roster or sign the IRA waiver.

April 8, 2022

### **BOAT SAFETY**

Please take special notice of the following safety and equipment requirements from the **2023 USRowing Rules of Rowing**. These rules apply to any boat on the water, including during practice. **It is the coach's responsibility to make sure that their equipment meets safety rules.** You must fill out the Rowing equip. compliance form no later than Monday, April 24, 2023, at 5:00 pm. (EDT) <https://forms.gle/1w5akeHw8WBCFrSd8>.

- **Footgear Release:** (a) In all boats, the foot stretchers, shoes or other devices holding the feet of the Rowers shall be a type which allows the Rowers to get clear of the boat with no delay. (b) Where shoes or other devices holding the feet will remain in the boat, each shoe or device shall be independently restrained such that the heel will not lift more than three inches (7.5 cm) above the foot board to which it is anchored. (Rule 3-108)
- **Bow Balls: Mandatory:** Every boat shall have a supple or plastic ball, of a white or fluorescent color, firmly attached and mounted on its bow, unless equivalent provision for visibility and protection against puncture injury is included in the boat's basic construction. The bow ball shall be at least 4 centimeters in diameter. (Rule 3-105) Bow balls must be firmly affixed to the bow and in good condition.
- **Boat Construction for Coxswains:** A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat (such as a front-loading four with) shall conform to the following requirements (Rule 3-109):
  - (a) The opening through which the Coxswain enters and exits shall be at least 2.30 feet (70 cm.) long when measured along the longitudinal axis of the boat. For a length of at least 1.64 feet (50 cm.), the opening shall be as wide as the inner hull of the boat itself.
  - (b) The inner surface within which the Coxswain's body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit.

**Race Officials may be checking boats for compliance with these rules on race day, but it is your responsibility to ensure your boats meet these standards.**

Any questions that may arise after launching should be directed to the Starter, Start Marshal or Referee prior to your race.

**Note: This NERC Championship Regatta will be conducted in accordance with the Rules of Rowing of USRowing except as modified in these Special NERC Regatta Instructions.** It is your responsibility to make sure that your coxswains and crews are familiar with the rules.

