

# Monster the Loch

September 18th 2021

## Competitors Race booklet

1. Itinerary for Friday and Saturday
2. Phone numbers
3. Maps of start/finish and postcodes
4. Safety and Equipment
5. Start - finish logistics
6. Buses back to the start
7. Boat hire
8. Media
9. Presentation

**Covid Policy**



# 1. Itinerary

## Friday

1200 - Start/ Finish confirmed on the website and sent out to mobiles.

1500 - Boat delivery to start area

1500 - 1900 - Registration opens - captains wavier form and number collection

## Saturday

Optimum start time 0900 (to be confirmed on Friday at Noon, start may be brought forward to no earlier than 0800, all times will move to 1 hour earlier OR Pushed back due to mist this will be decided on the morning)

0657 - Sunrise

0700 - Start area opens

0715 - Registration opens and safety briefing (for slow boats)

0730 - Registration opens

0730 - 0750 Slow boats on boating

0800 - Slow boats start

0745 - Safety meeting for Coxes and Captain's

0800 - Start of boating

0845 - All boats on water

0900 - Start

1100 - Projected fastest crews at finish

1230 - First run to collect vehicles from start (or earlier if vehicle is full)

1400 - 2nd run to collect vehicles from start (or earlier if vehicle is full)

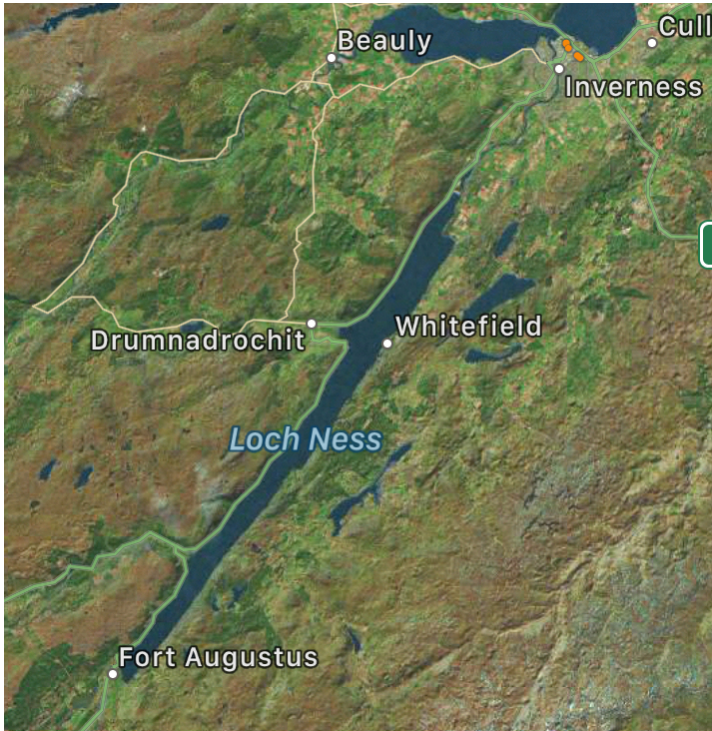
1530 - Expected completion of Race (or earlier if last crew has finished)

1615 - Presentation

1700 - Final run to collect vehicles from start



### 3. Maps



#### Start - Finish Locations

**Borlum field** - Fort Augustus

PH32 4BJ : What3words

///triads.deranged.vitamins

**The Dores Inn** - Dores IV2 6TR

///market.fattest.anchorman

**Half way location Foyers Campsite** -

Foyers IV2 6YH

///leotard.alcove.hedgehog





## 4. Safety and Equipment

- Please provide at least one **mobile phone number per crew** that we can contact you on from Friday to Sunday.
- Race control will decide whether the conditions are too rough for certain types of boat to race. We will endeavour to look at the forecast and move the race forward or back depending on the predicted weather.
- We will always race with the best conditions, i.e. with the wind, so the direction of racing will be decided on the predicted weather on the day before. If the weather changes overnight then we will change the start.
- In flat/crosswind conditions we will race from Does to Fort Augustus
- The water in the Loch will be <6 degrees, therefore all crews must carry **life jackets** in their own boat.
- In the event of an extreme change in conditions during the race, there are few major exits. We will move crews that cannot continue towards the South Bank and head for Foyers Campsite.
- In the event of a sinking, the safety crews will attempt to aid you into the safety launches. They have no responsibility to rescue the boat.
- If using fine boats, please ensure that the bulkheads are sealed properly by you not assume the manufacturer has done it and you will be required to carry pumps.
- Please insure your own boats as the race has no control over your actions.
- Please make every effort to avoid collisions with other crews. The race is 21 miles long so you really don't need to clash.
- The Loch is open to all boats, so follow the South Bank (Foyers) from Fort Augustus and the North Bank if leaving Does. The race will start before the commercial boats leave the Fort Augustus End.

## 5. Start / Finish Logistics

- At both the start and finish there will be a basic set up as we are in a fields. There will be portable toilets and changing tents, along with a large tent with music in case of rain.
- There is no running water at either end of the course, so please bring the water with you before the race. Our water sponsor **Actiph Water** will provide some water at the finish for participants.
- It will be possible to purchase pizza and some other food at the finish and if the finish is Does there is a pub on the waters edge, in Fort Augustus there are multiple places to eat.
- There will be vehicles going from the start to the finish. If you require bags to go to the finish please load them in the cars at least 30 minutes before race start (0830)
- Whilst we know that you will be tired after racing, please show respect to your other competitors by moving your vessel from the immediate shore to the neighbouring field in a timely manor to allow people to land safely.



## **6. Return to start Buses**

- **Due to Covid19, we would ask that all event participants endeavour to arrange their own lifts back to the start line.**
- **We will be able to offer very limited numbers of transfers, and therefore would ask that you contact us at the earliest opportunity, if you require a lift.**
- **Please note we can only offer one member of your crew a lift and we will need this name prior to racing.**
- **Anyone receiving a lift will have to wear a face mask as per government policy in Scotland.**

## **7. Boat Hire**

- Borrowed/hired boats will arrive on Friday morning and leave Sunday morning
- Boats must be returned in the same state they are received.
- Life jackets will be provided where required.

## **8. Image Rights**

- All crews must nominate one crew member to be interviewed before or after the race.
- All crews must allow us to use video and still images in marketing of Monster the Loch and other Row Tours Ltd and Rowing Centre UK Ltd advertisements/media outlets.

## **9. Presentation**

- Due to covid19, we will not be holding a dedicated presentation ceremony. Though of course individual covid safe celebrations are not to be discouraged

# **Monster The Loch - Rowing event**

## **18<sup>th</sup> September 2021**

### **Covid Safety Guide**

We understand that you may have questions over what the event will be like this year and would like to reassure you that our team has been working closely with the local authorities and key stakeholders to deliver an amazing event experience for everyone involved while doing everything we can to keep you safe.

Whilst the event is taking place after Scotland moved beyond Level 0 on 9th August, there will still be Covid safety measures in place during the event which we respectfully ask you to follow, both for your own safety, those around you and for our participants, event crew, volunteers and the local community.

**Please be responsible and only travel to and take part in the event having followed this guidance.**

### **IMPORTANT**

DO NOT attend the event if you are showing any COVID-19 symptoms:

**HIGH TEMPERATURE**

**NEW OR LOSS OR CHANGE IN TASTE AND/OR SMELL**

**CONTINUOUS COUGH**

**DO NOT TRAVEL TO THE EVENT IF...**

you have tested positive, have any Covid-19 symptoms or if you have been contacted by Test & Protect Scotland (Track & Trace in England) and asked to self-isolate. You must not travel to the event if you are isolating or in quarantine after foreign travel.

### **FACE COVERINGS**

Scottish Government recommends that all participants attending the event wear a face covering outdoors in crowded areas, and particularly when queuing for registration, buses, baggage, toilets and food.

Face coverings are mandatory on bus and coach transport.

### **TESTING**

All participants, event crew, volunteers and everyone coming to the event are advised to take a lateral flow test within 24 hours of attending the event. These can be ordered in advance online. Thank you for your cooperation with this.

### **SANITISER STATIONS**

There will be hand sanitiser stations located at the start and finish areas. We recommend you also bring your own personal hand sanitiser.

### **RESPECT OTHERS SPACE**

We ask you to respect others and give space to those around you at the race start and finish areas and the food area

Scottish Government recommends wearing a face covering outdoors in crowded areas and particularly whilst queuing for buses, baggage and toilets at the race start and finish areas.