



# PAIRS HEAD of the RIVER 2020

Sunday, 11th OCTOBER at 11:00 hrs

Under British Rowing Rules - Organised by Barnes Bridge LRC

**COURSE: UL Petrol Pumps to Sons of the Thames**

## CLUB INFORMATION

The Pairs Head Committee are delighted to welcome you back to racing on the Tideway in 2020 – a year of much change. We hope that this will be the start of an enjoyable Tideway Head racing season, albeit slightly different to what has happened in the past. Due to circumstances beyond our control we have had to change the course and move it upriver, so that crews do not enter the exclusion zone around Hammersmith Bridge. This is the first time Pairs Head has been run under such conditions, and that is without considering the impact that Covid19 has had on our sport.

This is not a normal racing year. Please don't assume that processes are the same as previous years and ensure that your rowers read instructions carefully and keep an eye on the Pairs Head website.

All rowers are boating from their home clubs, there are no visiting crews. Numbers can be collected from CSBC prior to the race to allow you to quarantine them. Envelopes can be collected from the CSBC on Thursday (8<sup>th</sup>) 1900-2000 or Friday (9<sup>th</sup>) 1600-1800.

All crews should comply with their club's requirements concerning boating and movements on land in addition to the Pairs Head track and trace policy. Normal club processes apply, there are no "racing" exceptions to British Rowing's Covid guidelines. **It is your responsibility to ensure your crews boat safely and follow your Covid RA.**

Every individual participating in the Head must complete the **Covid19 Self Assessment Health Declaration** which can be accessed [here](#), and will appear on our website, **before** boating. The declaration is to ensure they have no Covid19 symptoms, nor have they been told to isolate. This is in addition to any club track and trace procedures.

Failure to complete this self-declaration will result in exclusion from the race. Crews will not be awarded a time regardless of whether they boat.

Data will be held for 21 days, to assist in Track and Trace, should it be required. No data will be retained after 21 days.

If any attendee develops Covid19 symptoms after making the declaration and before racing or within 14 days of the end of the race they must inform the Pairs Head Covid Officer:

**Charlotte Fishman**  
**Covid-pairshead@bblrc.co.uk**  
**07816421755**

**No spectators are permitted at Pairs Head.** Please ensure this is communicated to your members and to coaches.