

Parent / Guardian Guide to Regattas

Regattas are not just the day of!

Trailer load is often the day prior to the regatta, as the boat trailer will have to leave extremely early to get to the location on the day.

Trailer unload is either the 'evening of' or 'morning after' the regatta - the coaches will advise on the day.

Rowers need to be available to help with both.

As a parent if you have a vehicle with a tow hitch and license and experience in towing a large trailer, please consider volunteering to drive the boats occasionally.

Go early and plan to stay all day.

Parking is often limited at regatta sites so you want to arrive when the trailer does to find space.

Regattas are almost always very long days. The best way to pass the time is to volunteer and socialise with other parents. Coxwains may need to attend earlier to attend race course meeting prior to start

Regattas are hard work and there will be lots of opportunity to help:

- the boats have to be rigged in the morning to prep for the races
- there can be multiples of our rowers launching and landing simultaneously who may need help, they will be carrying their own boats but oars will need to be transported or boats held in place at pontoon
- shoes/slides will need to be removed from launch area when rowers have launched their boats and then returned to the rowers when they arrive back to pontoon after race.
- rowers are expected to help de-rig and put the boats back on the racks of the trailer for transport at the end of the day
- the WBC athletes tent needs set up and pack-away
- ask the coaches how you can help, even a coffee/tea run is always appreciated!
- the boat area can get very congested with rigging or derigging boats and getting ready for races. Use caution going through this area. Listen to the coaches and stewards if you are helping launch or recovery.

How to watch the races

The coaches usually circulate the schedule on WhatsApp prior to the day, when you arrive you can also check the board at the race tent to find race times. The social media/ websites of the host club/regatta often share links to the race timetables and results

Look up glossary of rowing terms or start a conversation with fellow parents to help expand your knowledge.

Your rower will walk with their boat down to the launch area before the race.

There can be quite a time between launch, rowing to start line and the race starting!

Often you will need binoculars to see the boats when they come down the course until the last 500 meters.

Be sure to cheer them on as they do hear us from the boat and it can make all the difference in a tight race!

What to bring (Rowers)

Club one piece | white under-armour long sleeved for layering | Sunscreen | Fleece or hooded sweatshirt | Sweats or other warm pants | Complete change of clothes for after race (this is important) | towel | Socks - 3 or 4 pairs at least | Slip-on/off shoes for docks | Warm hat | Blanket or sleeping bag (for rest between races in tent | homework/study! phone, books, cards, etc.) Enough Food & Hydration to keep them going all day.

Athletes should not eat a full meal during the hour before a race. They should eat within 30 minutes of finishing a race to help recovery (e.g. carbs/sugars [pasta/fruit] and protein).

What to bring (Parents) Dress for everything!

No matter the time of year, a long regatta day can have all types of weather, the better you prepare, the more you'll enjoy the day. Mornings are almost always very cold and sometimes it's a long day in the rain.

Take plenty of layers!

Rain gear (including an umbrella) | Layers of clothing | Warm hat | Comfortable walking shoes and/or waterproof shoes or boots | Binoculars | Folding Chair | food, snacks, beverages, water bottle (often there are very limited shops in the locations) | Sunscreen and sunglasses | loo roll & handsantiser (portaloos!)

Don't forget to enjoy the day!