

Explore Series Guidance

Aims: Fun, Relaxed and Social Rowing Activity

Aimed at: New, Recreational, Retired or Returning rowers

Categories: Open, Women or Mixed (depending on entries may be combined)

Boats: Stable coxed quads or fours

Entries:

- By email to the series coordinator together with an entry form
- Entries to be received by the Wednesday preceding the event
- One contact per Club (for all Crews/Teams)
- All participants to be British Rowing silver or gold members – silver members are allowed points – gold members should be novice at sweep and sculling at time of entry.
- Participants should be 18+ on the day

Format:

- Each Team may consist of up to 6 members (coxswains excluded)
- Any combination of Team members can be used for any race
- Coxswains can be changed for events and between races
- New teams can join at any point throughout the Series
- Entry Fee per Team - agreed locally
- Racing should take no longer than 4 hours.

Organisers Guidance

Events:

- Shall be either Skills Head format or Splash and Dash format
- **Splash & Dash Format**
 - 300m maximum
 - If running a league allocate 1 point per race win
- **Skills Head Format**
 - A maximum of 1k Head Race to include a selection of chosen skills (examples can be found at (www.britishrowing.org/knowledge/courses-qualifications/skills/skill-development))
 - If running a league allocate 1st = 4 points, 2nd = 3pts, 3rd = 2pts, 4 = 1pt.

Example Day:

Registration 12:00
Draw 12:30
First Race 13:00
Finish 17:00

Host Clubs

Host clubs must be aware that they are host of a round of the Explore Series. Entries and the Explore Series results will be coordinated from a central point, which is either British Rowing or an agreed local contact.

The Host Club should

- Agree to take responsibility for the risk assessment and safety on the day.
- Confirm that all participants hold British Rowing Membership.
- Confirm that all equipment being used, either owned or borrowed, is covered by insurance that allows use by participants who are not members of the club.
- Provide enough volunteers for running of the day.