



# **HENLEY ROYAL REGATTA 2023**

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## **TRAFFIC RULES AND TRAINING TIMES**

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*For the Committee of Management*

*Regatta Headquarters  
Henley-on-Thames*

  
*Secretary  
Henley Royal Regatta*

Crews may boat for training from the Boat Tent Area from **08:00 on Monday, 19 June** onwards, after they have registered their arrival.

Every crew arriving at the Boat Tent for the first time must register its arrival with the Boat Tent Official before boating for training. The Boat Tent Official is available from 08:00 until 20:00 each day from Monday, 19 June onwards.

Full details of permitted training times are on the last page of this document.

## GENERAL TRAFFIC RULES ON THE RIVER

On Monday, 12 June the traffic rules on the river will be changed under the direction of the Environment Agency to allow crews to use the Course as during the Regatta, i.e. rowing from the Start to the Finish between the booms. Leisure and commercial traffic will not be permitted on the Course after that time.

All of the rules and instructions in this booklet apply to all crews competing at the Regatta, during both training and racing (except where specified otherwise), until the end of the Regatta.

Crews boating from Henley Rowing Club, Leander Club, Upper Thames Rowing Club or any other point along the river should follow the same traffic circulation pattern, joining and leaving it at the appropriate point for them.

## LEAVING THE BOAT TENT PONTOONS

During training, crews must take extreme care when leaving the pontoons and crossing the river to join the main navigation channel on the Buckinghamshire side of the Course.

During racing, crews will be instructed by marshals when and how to leave the pontoons, and they must follow these instructions.

## PROCEEDING TOWARDS THE START

The routes for proceeding towards the Start will change on Friday, 30 June at 17:00 (or at such other times as the Stewards may direct). The change is made to protect crews from increased commercial and leisure traffic on the river after that time. It is important that crews monitor the notice board in the Boat Tent Area as to when this change will happen.

After this changeover there will be different routes during training and during racing.

**Until 17:00 on Friday, 30 June** (or at such other times as the Stewards may direct) **during both training and racing**, crews may proceed towards the Start using either the general navigation channel on the Buckinghamshire side of the Course or the protected channel on the Berkshire side of the Course (see Map 1).

The Buckinghamshire channel may become very crowded, particularly between the Mile signal and Fawley. The normal rules of navigation apply in the Buckinghamshire channel at all times, and crews must comply with any directions issued by the Environment Agency.

If crews wish to use the Berkshire channel they may only cross the Course at the two official crossing points: the Mile And An Eighth signal and the Barrier (both marked with green flags).

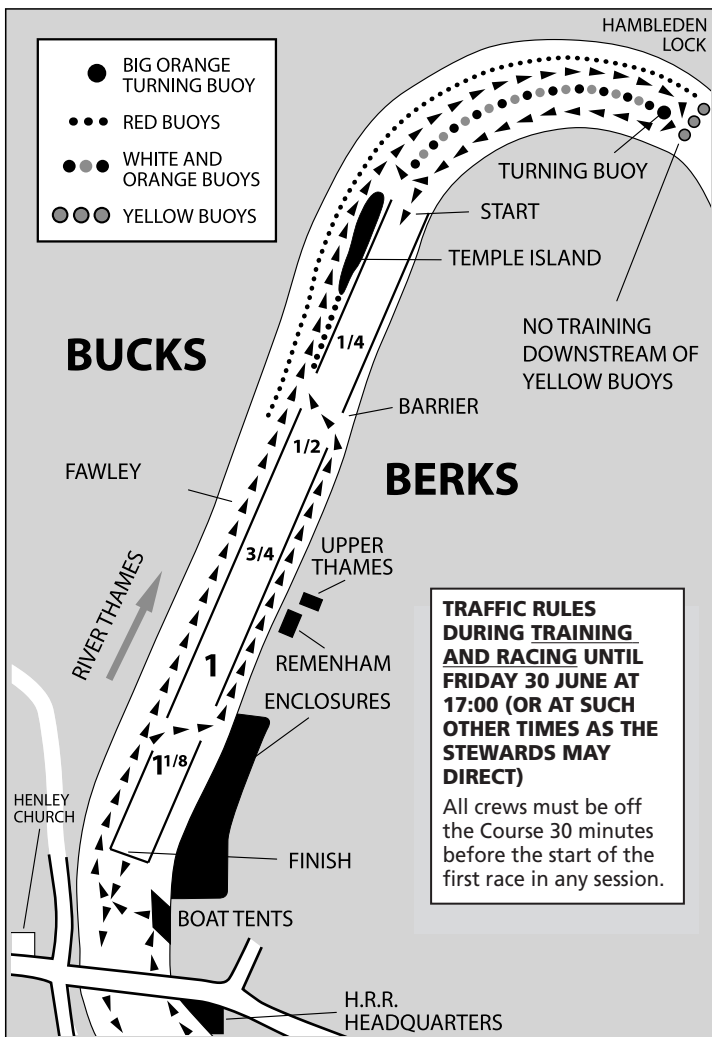
In either channel, crews are asked to paddle steadily, and to reserve their practice starts and bursts of hard rowing until they are in the warm-up area downstream of Temple Island.

From the Barrier, all crews must proceed within the protected area between the red buoys and the Course/Temple Island.

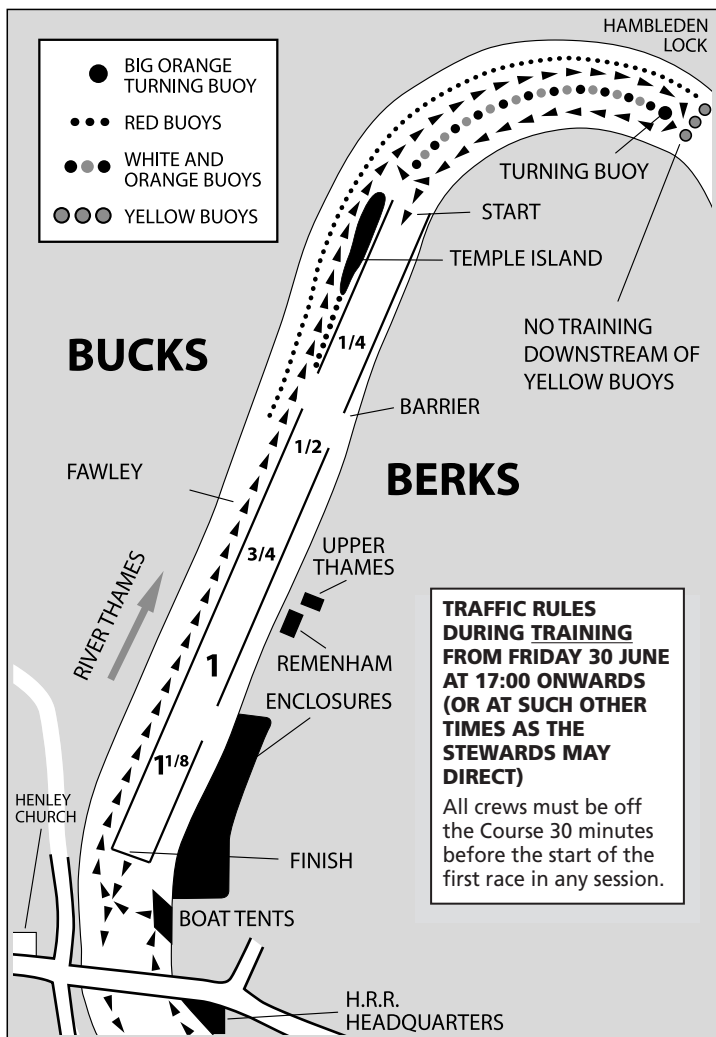
**From 17:00 on Friday, 30 June onwards** (or at such other times as the Stewards may direct) **during training**, the instructions for proceeding towards the Start are the same as above, **except** that the crossing at the Mile And An Eighth signal will be closed off and crews must proceed towards the Start in the Buckinghamshire channel only (see Map 2).

**From 17:00 on Friday, 30 June onwards** (or at such other times as the Stewards may direct) **during racing**, crews going to the Start will paddle down inside the Course from the Finish to the crossing at the Mile And An Eighth signal and then move into the Berkshire channel (see Map 3). Races will be at ten-minute intervals after the changeover, to allow time for this. Crews launching to go to the Start will be instructed by marshals when to push off from the pontoons and how to proceed. They must be ready to move onto the Course at the Finish as soon as they are instructed to do so, immediately after a race has finished. They should then proceed steadily down past the Enclosures and into the Berkshire channel. Once in the Berkshire channel, crews will proceed towards the Start in the same way as previously during training.

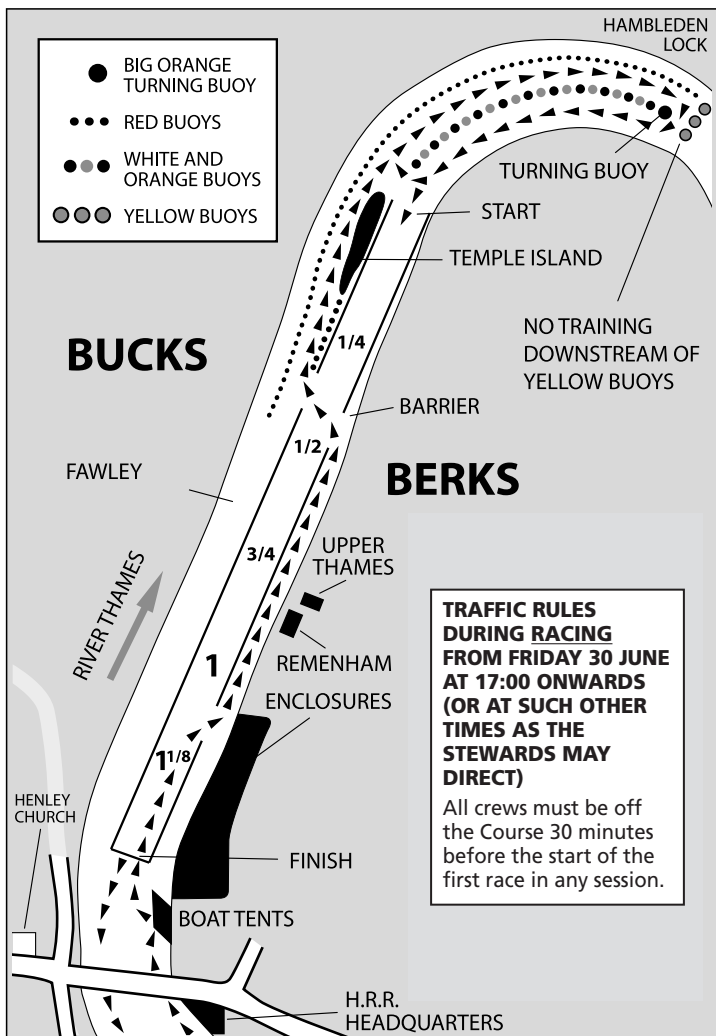
# MAP 1



# MAP 2



MAP 3



## CIRCULATION PATTERN IN WARM-UP AREA

Downstream from Temple Island all crews must stay within the warm-up area marked by the line of red buoys, and must not go past the line of large yellow buoys at the downstream end (see Map 4).

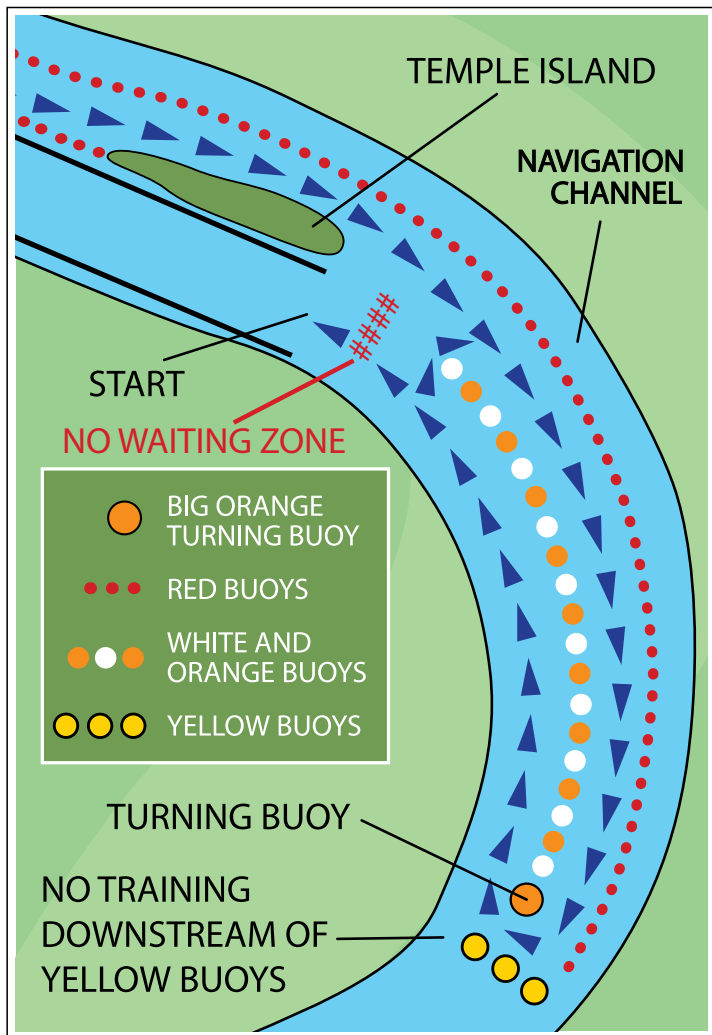
Crews must turn around the large orange 'turning buoy', and then circulate in a clockwise manner around the line of alternate white and orange buoys.

Crews must take care when practising starts as the warm-up area is narrow and on a bend, so it is not possible to go straight for any distance.

On the days of racing, the downstream section of the warm-up area may be further restricted by boats moored on the Berkshire bank.

Crews waiting to come onto the Start for their race should wait downstream of the 'No Waiting Zone' to allow space for the Umpire's launch to turn.

MAP 4





## ON THE COURSE

Crews may only enter the Course at the Start.

During training, crews stopping on the Course must not obstruct following crews. Crews waiting to get on the Start must wait in an orderly manner and not overtake waiting crews. Crews on the Course, rowing towards the Finish, have absolute right of way at all times over those ahead of them.

During training in the luncheon and tea intervals from Thursday, 29 June, crews taking part in celebration rowpasts will be rowing over the Course. These crews will come on to the Course immediately after the last race of the preceding racing session. Training crews entering the Course during these intervals **MUST** leave at least 200 metres of clear water behind these celebration crews at all times, and **MUST NOT** under any circumstances catch or overtake these crews.

## AFTER THE FINISH

Cooling down is not permitted on the Course after racing.

Crews are advised **NOT** to row above Henley bridge and any crew choosing to do so does so at its own risk. The river traffic regulations require crews to go upstream through the arches on the Church side of the bridge only; using the centre arch of the bridge is forbidden, in either direction.

## OBSTACLES TO WATCH OUT FOR

### **Broadcast**

There is a large filming platform adjacent to the Start. Crews must keep a good lookout for this platform when approaching the Start.

Between the top of Temple Island and the Barrier, a low-wash TV camera catamaran will operate next to the Course as part of the filming of races. It will travel inside its own buoyed lane and will track alongside each race. Crews should take particular care when crossing the Course at the Barrier and at the top of the Island where the catamaran will be turning.

A drone will be deployed to gather pictures from the air. Crews should

not stop within 20 metres of the Fawley drone platform, when in use, for safety reasons, and must stay outside the buoyed channel on either side.

## **Swans**

This year the swans will not be collected from the Henley Reach and therefore crews are asked to be particularly vigilant to avoid any incidents with the wildlife.

## **COACHES ON THE TOWPATH**

For many years there has been a convention that Coaches on the towpath, whether on foot or bicycle, keep to the right and Coaches with crews coming up the Course always have right of way over Coaches going downstream. Notwithstanding this convention, Coaches are reminded that pedestrians using the towpath have the right of way at all times and Coaches using the towpath do so at their own risk and without the approval of the Regatta.

## **SAFETY**

Please note the times when medical cover is available on site.

A water rescue service operates during the Qualifying Races (Friday, 23 June) and on the six racing days during the hours of racing (Tuesday, 27 June – Sunday, 2 July).

Lightning – Henley Royal Regatta has adopted the British Rowing Recommendation – the ‘30-30’ Rule. Competitors and coaches should familiarise themselves of the guidance.

## TRAINING TIMES RESTRICTIONS

<b>FRIDAY, 16 JUNE TO SUNDAY, 2 JULY</b>			
<b>Fri 16 to Sun 18</b>	Henley Women's Regatta	Course closed	Each day – all day.
<b>Mon 19</b>	Training day	Course open	From 08:00 onwards, when the Boat Tent opens for crews to arrive.
<b>Tue 20 to Thu 22</b>	Training days	Course open	Each day – all day.
<b>Fri 23</b>	HRR Qualifying Races		Course open until 13:00, and then it is closed.
<b>Sat 24 to Sun 25</b>	Training days	Course open	Each day – all day.
<b>Mon 26</b>	Training day	Course open	EXCEPT between 15:00 and 16:00 when the Course will be closed to training crews for a filming rehearsal.
<b>Tue 27 to Sun 2</b>	HRR Race Days	<p>No training on the Course during racing.</p> <p>Training on the Course is allowed in the early morning, in the lunch and tea intervals, and after racing in the evening, strictly subject to the following rules:</p>	<ul style="list-style-type: none"> <li>• Crews must be off the Course 30 minutes before the start of the first race in any session.</li> <li>• Crews wishing to train after a session of racing may boat no earlier than 10 minutes before the start of the last race in the session.</li> <li>• Only those crews racing in the session immediately after any lunch or tea interval are allowed to train during that interval (unless the Stewards direct otherwise).</li> <li>• On Saturday, 1 July training is not allowed in the evening after racing (the Course is traditionally opened to other river traffic).</li> </ul> <p>If training times are not adhered to, a crew may be awarded a false start.</p>