

TOUR DU LEMAN A L'AVIRON

RACE INSTRUCTIONS

The entry fee must be paid at the latest on the Friday before the start at 9pm;

You must have no contraindication to carrying out competitive rowing;

You must be able to swim at least 500 m in turbulent water wearing light clothing and shoes;

The equipment and provisions of each team will be checked before taking to the water.

A lifejacket (not self-inflating) per competitor (rowers and Cox) must be within reach (under the seat);

Each participant must make sure that he has the appropriate equipment and protection for all weather conditions that may be encountered;

Carry valid ID and visas;

Should the equipment or provisions be incomplete or improperly arranged in the boat the crew will not be allowed to start;

The timetable for taking to the water must be rigorously followed;

Start at 8 am precisely;

Do not interfere with the functioning of the regular transport services; participation in the Tour does not confer any particular priority;

Announce the race number to the controller at each control post;

Keep the control posts to starboard (pass between the land and the buoy) except at Yvoire;

These instructions have been issued in French; any other versions are just simple translations that have been established for informational purposes only for the convenience of the participants of foreign language. In case of inconsistency, discrepancy or contradiction between the different versions, only the text in French shall prevail and apply.

It is not advised to row too far offshore;

Take care at Messery N : 46° 21.007' E : 006° 16.542 ' or 510 482/133 857 there is an unlit pontoon;

Unless circumstances dictate, no competitor should swim to shore nor try to swim without a lifejacket;

Disqualification unless the control post at Lausanne-Vidy is reached in less than 6 hrs 30 mins, similarly the control post at Le Bouveret in less than 9 hrs, furthermore at this post, the gap to the leading team must not exceed 3 hrs;

Return to the SNG by land in case of disqualification, removal from the race or abandon;

Urgently inform any abandonment to the organizer (from Switzerland: 022 707 05 02 or, from France: + 4122 707 05 02);

Turn the flashing white light on the bow on as soon as day falls and leave on until the end of race. At the same time, turn the Cyalume(s) on (lightsticks), which must be placed on the oar or each oar for sweep rowers;

Make for land should the warning lights (45 rpm) come on;

In order to be able to coordinate the recovery of a team, any accompanying persons following the tour on land by motor vehicle, should inform the regatta secretariat before leaving;

Show sporting goodwill, take all precautions to avoid accidents and in case of danger, give mutual assistance;

Follow at all times the instructions of the organizer, the surveillance, the rescue services, medical services, police and border guards.