

Free Starts - Guidance for Sweeps

Advice for Open Water / Free Starts **when boats are not held**
(e.g. SIRC when pontoons are not used &/or a Temporary Regatta Course)

- When instructed, head to the Start Line along Lane Zero (Lane 0).
 - If a race is in progress, Let the Boat Run. Avoid creating excess wake.
 - Do NOT Stop in front of Finish Line or Starting area (keep moving past).
 - Position boat approximately 30 metres behind Start Line (in your lane).
 - **CHECK WIND DIRECTION** and start to line up with other boats.
 - Await Starters Instructions to Approach the Start Line.
 - **Bring Boats forward together** using appropriate power (number of paddlers & strokes) to control speed. Slow down as you near the line.
 - **REVERSE (Paddle Behind) if necessary**, to counteract moving forward and to prevent overshooting the start line, and/or if wind or current keeps pushing the boat forward (e.g. a tailwind).
 - Adjust Boat Position & Boat Angle **within your lane** on final approach to the Start Line, accounting for both Wind & Current.
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- **CENTRE** boat in your lane
- **ADJUST** for Wind on approach
- Approach Start Line with control
- **SLOW** the boat at about 5m and 2m from the line
- **STOP 'DEAD' & HOLD POSITION** using reverse strokes
- **CHECK Left Right** to keep in line with other boats
- Drummers to use hand signals to assist (stop, back, etc)
- Use Flags to judge Wind Direction and Strength
- Use Flags to judge when to Slow and Stop
- Seat 10 will align close to 10m buoys *

** Note: At SIRC (Penrith), White & Red (or White & Pink) buoys - 'Double-Bubbles' - may indicate the 10-metre point behind the Start Line*

** If flags are placed at the 10m buoy position point, **DO NOT GO PAST THEM !!!***