



## Rules and FAQs

The rules for the Oarsome Challenge are outlined here and formatted as a set of FAQs. All participants should take their time to read through this whole document. These rules are binding, and the decision of the organisers is final in all circumstances.

### Our Ethos:

Everyone enters this event in good faith, to support each other, and support their's and other teams in the event, with respect and tolerance.

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## Welcome to the Oarsome Challenge!

### How to use the FAQs?

This document is the rules of the event and guidelines. It is often updated throughout the run up to the event. Please always consult the linked version on the event platform for the most up to date copy.

### What is the event?

The Oarsome Challenge is a rowing event from an East London Location, like Greenwich, to a west London Location, like Chiswick Bridge, and rides the incoming tide. The event is one of LYR's main fundraising events. It uses fixed seat, rough water boats that are robust and safe for people with very little rowing experience. The row id broken down into two part, a) the procession through the Pool of London, b) the race to the finish line. All teams will be part of the procession, and crews can decide if they want to race the final section.

### When is this year's event?

The event can run several times a year, please refer to the event webpage here for details on available dates: <https://www.londonyouthrowing.com/events/oarsome-challenge>

### Where is the event taking place? Where do you meet?

The event takes place on the River Thames. The meeting place will vary from event to event. Please refer to the event details here: <https://www.londonyouthrowing.com/events/oarsome-challenge>

### When do entries close?

Entries close when all the boats have been allocated or three weeks before the date of the event

### How many people can I have in a team?

Teams must have 8 people. This is the maximum and minimum number in the crew. It is advisable to have a team of 10 people running up to the event in case of injury or illness. The 'spares' can support the crew with fundraising support, media or other admin to help the team get the most from the event.

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### What's the difference between a Racer team and a Challenger team?

If the crew is aiming to race the second section of the event for a prize, they must be either all male, maximum 50% male, or all female.

For those who are not interested in racing the event, there is no gender requirements. Crews can change their status of their crew at any time as long as all the participants are formally registered and have done their training sessions

### What is the rule for team genders?

#### For racing teams:

- A male crew must be all male
- A female crew must be all female
- A mixed crew must be maximum of 50% male

#### For challenger (non-racing) teams:

- There are no defined rules for gender split for the teams that list themselves as challenger teams.

The Oarsome Challenge is a fully inclusive event. We support participation from the trans community and adhere to the [British rowing Transgender Policy here.](#)

### What does the team captain need to know?

The team captain is responsible for:

- Building a team of up to 8 people, entering the team and making sure each member of the team has formally registered as a participant, and setting up the fundraising Page.
- Understanding the nature of the event, motivating the team, passing on any messages from the event or the LYR Marshals / cox (see below) to team members, and ensuring their team has a good attitude to health and safety, abides by the event ethos (Top of this document) and listens to the cox at all times.
- Understanding that London Youth Rowing reserve the right to refuse or deny entry to any team or individual at any time if deemed appropriate or necessary.

### What is a LYR Marshal?

London Youth Rowing have a team of great coaches who will be your coxes. We'll allocate each team a their cox when you sign up and they will be in contact to help guide you through the set-up process and then the event itself. **During the event they will be responsible for your safety, you must always listen to them. Remember.** If you have any questions and can't contact your cox please email [events@londonyouthrowing.com](mailto:events@londonyouthrowing.com).

### How do I enter a team?

At the top of the event page: <https://www.londonyouthrowing.com/events/oarsome-challenge>, you'll find a 'sign up here' link. The team captain or a team leader, who is registering a team but isn't participating, needs to click on this link and fill out the form. One person can sign up several teams and be the team leader for all teams and can compete for one or none of the teams.

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Once the team is registered, the team leader will receive a link to send on to the participants of that team (note: if the Team Leader is participating they will already be registered and don't need to fill out the participant form). Each participant needs to sign up individually, agreeing to the rules of the event.

Once registered, we will send you weekly event updates.

Team names, nominated leader, participants, and any registration details can be changed throughout the event.

### **What do Participants need to know?**

As a participant you are asked to abide by the ethos of the event (outlined at the top of the page) and help your team mates to bust the winter blues.

You also must understand the nature of the event and the physical requirements expected from your team. LYR expects you to complete the distance at an intensity that you as an individual are completely happy with. For most this is not a race, and we want the event to boost people and their well-being through the winter months, and not become a burden on their physical or mental well-being.

As outlined in the Disclaimer, London Youth Rowing cannot accept responsibility or liability for any injuries, losses and/or damages that anyone participating in this event incurs.

This is a virtual event, those who are taking part do so by choice. Upon entering, all participants acknowledge and accept that they are solely responsible for deciding on the most suitable and appropriate location in which they will complete the challenge.

If you are part of a fundraising team, you also need to commit to fundraising your share towards your team's target.

### **Do I need to train for the event?**

It is advised to do some training leading up to the event, you will get more out of the event if you do. Training can be anything, however if you're able to get onto a rowing machine somewhere that is best.

If you can use a rowing machine, try to keep the rate at 20, think about rowing long strokes, at a steady pace for between 10 and 20 minutes at a time. This will give you a good base for the event.

### **Is there compulsory training before the event?**

Yes, every team is required to complete one training session. This can be held at the Olympic park or on the River Thames, and must be booked in with LYR in advance. The team is allowed to make a maximum of two changes from the team who has done the training session and the crew that takes part in the event.

### **What do I need to know on the water?**

The most important thing to do on the water is to listen and follow the coxes instructions at all times. If they view that you are not acting safely they call withdraw you from the event. All rowers must wear the buoyancy aid they are provided with at all times while on or next to the river.

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### **How is the race part run?**

All crews will be timed at the start point to the finish point, these points will be decided before the event and communicated to all the crews at the pre row briefing. All the racing crews will be given a time and the winner will be present a prizes at the after party.

### **Could this event be physically tough?**

All participants must be aware of the physical stress this event could create. It is for you to govern your own approach to completing the distance. Each participant must have read the guidance in the H&S Notice and Disclaimer and ensure they participate in a safe and sensible manner.

### **What do I win? What do I get for participating?**

Winning crews will be given a token to celebrate their success.

### **Can I change the details of my team?**

Changes to team name and team category can be made up to 2 weeks before the event. This can be done by emailing the event using [events@londonyouthrowing.com](mailto:events@londonyouthrowing.com)

### **What happens if the event is cancelled or postponed? Force Majeure**

In the very unlikely scenario that the event is cancelled by London Youth Rowing postponements will be considered and all entries will automatically be carried forward to the next suitable date and those who have entered will be notified of the changed date of the event.

Should a team wish to cancel or withdraw their entry they may do so but they must notify LYR by email to [events@londonyouthrowing.com](mailto:events@londonyouthrowing.com) and express their wish to cancel or withdraw. London Youth Rowing will consider each request case by case.

#### *Treatment of donations in the event of a team's withdrawal/cancellation/postponement:*

If the event is postponed, and you are still planning to participate in the rescheduled event, we would recommend that Team Captains inform their donors that they will still be taking part and that their donations will be held by LYR / second charities until the event is completed, then used.

If the event is cancelled, or you withdraw, we would ask that donations that have already been made are kept by the charities supported. To discuss options for donations that have been passed to LYR, please contact [events@londonyouthrowing.com](mailto:events@londonyouthrowing.com). We will consider such situations on a case-by-case basis.

For money held by the fundraising site that has not yet been transferred to the beneficiary charities, you can request a refund of donations by contacting them on their help function on the Just Giving website.

In either case, you may wish to consider closing your donations page (permanently or temporarily) to prevent additional donations being made once you know the event is not going ahead as planned.

### **Force Majeure**

London Youth Rowing shall not be liable for any delay or failure to perform any of its obligations if the delay or failure results from events or circumstances outside its reasonable control, including but not

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limited to acts of God, and London Youth Rowing shall be entitled to a reasonable extension of its obligations.

### **What is Lyr Champions?**

Lyr have an amazing community of people and businesses who support the charity and are brought together by being an Lyr Champion. Anyone can join, and there are a range of entry options for individuals (Lyr Solo Champions) or businesses (Lyr Crew Champions). You can also benefit from our great offers and partner discounts by increasing your support of the valuable work we do. Sign up here [Lyr Champions](#)

### **What will you do with my data?**

Please review the privacy notice detailing how we will use your personal information when you sign up as a participant. You can find this by visiting the event page at [www.racethethames.com](http://www.racethethames.com)

### **I can't find the answer to my question – what should I do?**

Please contact your Lyr Marshal or Lyr on [events@londonyouthrowing.com](mailto:events@londonyouthrowing.com) and we'll do our best to answer your query.