



## Rules and FAQs

The rules for Race the Thames Virtual 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 other teams, with respect and tolerance.  
This way we can bust the winter blues together.

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# Welcome to Race the Thames Virtual!

## How the use the FAQs?

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

## What are the events in Race the Thames?

Race the Thames Virtual, RTTv, is an online, virtual event based on the River Thames. The event is over one week starting on Monday 27<sup>th</sup> January 2023 where teams of 8, participating using a range of sports, can choose to:

- Race the River Thames – 346km, source to sea as fast as possible or just complete.
- Race the Tidal Thames – 72km, Teddington to the North sea as fast as possible or just complete.
- Lap the River Thames – How many laps of the River Thames, 345km, can be done in the race week.

Teams can choose to 'race' or 'challenge' either distance of 72km and can choose to complete either distance over the whole week, or a single day within that week.

There is also a Race the Thames **Live** held at the Copper Box in London and a new Leeds city center location alongside the National Junior Indoor Rowing Championships (NJIRC) on 3<sup>rd</sup> March 2023. NJIRC is the world's largest junior indoor rowing event, run each year by London Youth Rowing. See the [NJIRC 2021 virtual event platform here](#).

## What is happening at the Copper Box London and Leeds?

We are running Race the Thames Live at the Copper Box Arena, London and at a new Leeds city center venue. This is separate to Race the Thames VIRTUAL, and entry to [Race the Thames Live is here](#).

## When is this year's Race the Thames Virtual event?

The event runs from 2pm on 27<sup>th</sup> Jan 2023 to 2pm on the 3<sup>rd</sup> February 2023. Distance submissions will be accepted within those times only.

## Where is RTTv taking place?

Race the Thames Virtual 2023 is virtual! This means you will be completing in your space, this could be: at home, at work or school, at a gym or local rowing club. The event will be presented on the [LYR Arena](#), a virtual platform where all team scores are collected from around the world, and presented on the live map, leader board, and hosting an open zoom channel of live racers.

## When do entries close?

Team entries will close at 5pm on 23<sup>rd</sup> January 2023.

Participants must be registered by 5pm on 24<sup>th</sup> January 2023.

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

Teams can be any number of people up to a maximum of 8. Smaller teams are welcome – previously people have completed the challenge solo and in pairs. Exceptions are considered case by case.

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

You can sign up as a Challenger team, in which case your aim is simply to complete the challenge. If you sign up as a Racer team, you'll be aiming to complete the challenge as a team in the shortest possible total time and you'll have to be using Concept 2 (non-dynamic) rowing machines. Racer teams must abide by stricter rules, relating to gender split (see next question) and enforced maximum team numbers (no more than 8 per team). If you enter as a Racer team, please make sure you follow the race rules to ensure you are eligible for a race category and award, if you win, we'll check you've met all the rules before awarding the prize. Feel free to contact us at [events@londonyouthrowing.com](mailto:events@londonyouthrowing.com) if you have any questions.

Regardless of whether you enter as Racer or Challenger team, you can choose to fundraise, with a minimum target of £400 per team, or purchase a place for £200 per team. Overseas entries should purchase a place. If you buy a place, we would still encourage you to fundraise if you can!

The experience is much the same for both, the platform, the distance, a leader board, stories, etc. It's just what happens on the results side, to 'win' a certain section, you'll have to be within the racer rules.

### 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 4 male and 4 female

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

- The prizes for Challenger Teams are for participation and enjoyment, not ranking. So, we have no defined rules for gender split for the teams that list themselves as challenger teams.

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

### How much do I need to fundraise or does it cost to enter?

Teams are asked to fundraise for LYR with a minimum target of £400 per team, £50 per person. There is the option to split this with a charity of your choice, 50:50, through the fundraising platform. Your support for LYR enables us to reach more young people who would otherwise be excluded from the life skills we nature through rowing and kayak canoe, our ambition is to help all our young people achieve their potential helping them break the barriers around them. If the target fundraise is not reached by the event we will reluctantly withhold the participant medal and recognition of participating in the event.

### I'm a charity, how do I get involved?

Charities are welcome to buy a team place at £200 per team, or ask their team to sign up as above, and instruct the fundraising page to split funds between LYR and the other charity 50:50. Please contact us when doing this at [athodge@londonyouthrowing.com](mailto:athodge@londonyouthrowing.com)

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### **I am a Rowing club; how do I benefit from Race the Thames Virtual**

We're proud to support rowing clubs but we need to be careful of Gift Aid rules. Club who buy an entry don't have an obligation to fundraise, however we would encourage you to set up a fundraising page anyway and see what additional funds you can raise for LYR and any other cause close to your heart!

For Clubs who have a team raising money for something other than a charity, we agree to donate half the funds raised through the fundraising route outlined above to the club - providing it's not a registered charity (which would compromise Gift Aid rules) OR you can buy a place and run fundraising separately to the event.

For clubs who are raising money for a club charity, should register onto GAYL as above and participate as a normal charity with a 50:50 split to LYR and that charity, OR buy a place and run fundraising separately.

### **I'm based outside of the UK, can I enter?**

Yes, it's great to welcome overseas entries, you are able to purchase a place for £200 per team. When entering a team you'll be asked this question, where you'll be able to pay for your entry. You have no obligation to fundraise, but can set up a fundraising page in your own country.

### **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 signed up as a participant, and setting up a fundraising Page (if fundraising) via instruction they'll receive on email when registering their team
- Understanding these rules and FAQs, the nature of the event, motivating the team, passing on any messages from the event or the LYR Marshals (see below) to team members, and ensuring their team is safe if people are doing their exercise alone.
- 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 do I need to know for safeguarding juniors?**

All participants and junior team leaders must also read the Safeguarding Notice available on [RTT arena](#) which provides guidance on participation, specifically for juniors.

### **What is a LYR Marshal?**

London Youth Rowing have a team of great coaches who will become your own marshal and be on call to help and motivate you through the build-up and during the event. We'll allocate each team a marshal when you sign up and they'll be in contact to help guide you through the set-up process and then the event itself. Remember, you've always got [events@londonyouthrowing.com](mailto:events@londonyouthrowing.com) to fire any questions at as well.

### **How do I enter a team?**

At the top of the LYR Arena, [Race the Thames Virtual](#), 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

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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.

1. Once the team is registered, the team leader will receive a link to send on to the participants of that team (note: the Team Leader will already be registered and doesn't need to fill out the participant form). Each participant needs to sign up individually, agreeing to the rules of the event.
2. Once the participants have signed up, the score submission link will be sent to the participants directly. This allows them to submit scores to the event. If a participant is not registered for the event, they will not be able to submit their effort, even if they have the link.

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.

### **How can your team get the mileage done?**

For Racer Teams: Racers can compete through rowing only, using a Concept 2 indoor rowing machines (non-dynamic).

For Challenger Teams: Challengers can do the mileage in any form indoors or outdoors that gives a distance and time, or any mix of, so: rowing, running, cycling, arm bike, ski erg, pogo stick, unicycle, etc.!

If you have any other forms of exercise you would like to use, please email:

[events@londonyouthrowing.com](mailto:events@londonyouthrowing.com) to confirm.

Please see the next question on how we weight the sports differently.

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### How do we balance the distances achieved in different sports to make them comparable?

No, we apply a multiplier to the sports with the intention to make a similar effort between sports to be represented fairly. We are working on the following basis (activity mileage : RTT mileage)

- Rowing, Running, Arm Bike, Cross trainer, Wheelchair, Para-Bike - 1:1
- Cycling - 2.5:1 (2.5km of cycling equals 1km of RTT milage)
- Swimming - 1:3.5 (1km of Swimming equals 3.5km of RTT mileage)
- Ski Erg - 1:1.5
- Weightlifting, moderate circuits or heavy lifting - 1min = 0.14km
- Hit training - 1min = 0.2km
- Trampolining - 1min = 0.2km
- Pogo Stick and Space Hopping – 1:5
- Skipping - 1min = 0.2km
- Skiing predominantly black and red runs - 5:1
- Skiing predominantly blue and green runs - 3:1
- Skiing Cross country - 2:1

They're not exact calculations, but it's how we're doing it this time.

**Importantly we will make this calculation on our side, so when a cycle session is submitted, the participant should enter the actual mileage done, not the third of.**

### How do I submit my distance and time?

Your team must be registered with the event, and you must be registered as part of a team through the event sign-up forms. Without these you cannot submit a distance to support a team.

Before the event starts, we will issue a web link to the teams which takes the participant to an online form. This form will collect your name, email, team, distance, time, exercise type, and evidence photograph or screenshot.

This will populate our database, we'll add the team data together, which will then update the leader board and the event map on the LYR Arena website.

If your score is outside the range of results that we would consider "normal" we may contact you to seek verification or confirmation that you have entered the correct category.

If we are not happy that the result obtained is legitimate, we reserve the right to exclude the results submitted from the online and official results.

### How do I prove my session record?

**For outdoor sessions:** Please use a tracking app like Strava or apple watch to record your sessions and take a screen shot of the session summary to submit

**For Indoor sessions:** Please take a photo of the machine's readout, and submit with the details

**For sports that don't record a distance:** Please use a record of your heart rate for proof of the session, a screenshot of your session time and average heart rate will suffice.

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### **Where can I see my results? And associated issues**

Results will be posted to a live leaderboard and map on the [LYR Arena](#). There is also a link to be able to see you specific submission, these usually take up to 15minutes to update.

If your Team score is not showing after a reasonable period of time, or you have the wrong score please contact us at [events@londonyouthrowing.com](mailto:events@londonyouthrowing.com).

LYR reserve the right to query or disregard a result submission that appears to be an error or suspect (e.g., too much distance completed in a given time). The decision of the organizers is final in such cases.

### **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.

### **How do we calculate the fastest team?**

The team speed is calculated by adding all the contributions from all the registered participants of a team over the week or the day they choose to compete. For example, if a team chooses to compete over a day, it doesn't matter how quickly over that day the distance is completed. It's the culmination of individual sessions over the whole day.

### **When will final results be available?**

After the competition closes the LYR team will work to finalise results as quickly as possible. Please give the LYR team time to collate scores.

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

Everyone will have the choice of receiving a fantastic looking Race the Thames Medal or we'll plant a tree in your honour in the LYR forest! Let us know which you prefer when you sign up as a participant.

We will plant a tree in the LYR Forest as part of the Forestry Commission for everyone that completes the event who selects this option. We will have RTT medals too for those that would rather have a shiny medal instead – be sure to let us know what you prefer when you sign up.

### **What happens if I do not submit my score on time?**

There will be no further opportunity to submit your score after the event ends at 2pm on Monday 31<sup>st</sup> January. You will have to wait to enter next year's event for another chance to race.

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

Changes 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)

- Team name
- Team type - please email to discuss
- Team category can be changed
- Team age group cannot be changed
- Distance can be changed

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You can add a fundraising page to a paid entry at any time.

### **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, all those who have paid for an entry will be asked to donate their entry fee to LYR to help the charity continue its work to support disadvantaged communities, refunds will be given if requested in writing to: [events@londonyouthrowing.com](mailto:events@londonyouthrowing.com).

Any postponements of the event will not be considered as a cancellation and so all entries will automatically be carried forward 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. London Youth Rowing reserve the right to refund all or part of the entry fee.

#### *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 at Just Giving 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 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

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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.