

# REGATTA CHECKLIST FOR ATHLETES & PARENTS

## PREPARATION

- Bank **sleep!** Try to get 8-10 hours of quality sleep/night the week before the regatta
- Eat like an athlete every day: 6 balanced meals/day - healthy whole foods with lots of fruits and veggies. Don't miss meals and maintain your hydration with regular water intake.
- Be rested and on time for all practices.

## ARRIVAL AT THE REGATTA

- Please be on site **3 hours prior to race time**. Please account for road conditions and traffic in calculating your driving time to the regatta site.
- Coxswains and lightweight crews will have to **weigh-in**; check the regatta web site for times.
- Go to the **regatta web site links** on our GRC High School web page for driving directions, race schedules (Draws) and other important regatta information.

## BRING TO THE REGATTA (*in one backpack*):

- Photo ID card\*** (must have a School Photo ID for High School regattas)
- Proof of *Date of Birth*
- OHIP card and Health Information sheet (give to coach sealed in envelop)
- Any medications you require
- Rowing uniform(s)\***
- 7/16" wrench(2)
- Water bottle labelled with your name using a permanent marker
- Sun block, high SPF
- Hat (Crew hat) that will protect head from sun while rowing
- Band-Aids and tape for hand blisters
- Lunch, snacks and/or money for food (refer to the *Athlete Nutrition and Hydration Guidelines*)
- Extra water
- Rain gear and warm clothes
- Extra set of dry clothes (especially socks – 1 pair per race!)
- Camera
- Chair or mat
- Reading material, music

**\*Note: items highlighted in bold are required for sanctioned regattas – your crew will be disqualified should you forget to bring them!!**

## DURING THE DAY OF THE REGATTA

- Maintain your hydration! Water or diluted Gator Aid.
- Keep off your feet and stay out of the sun – on hot days keep cool by finding an area with dense shade and a breeze, especially 2 hours before your event.
- Avoid eating a heavy meal within 3 hours of your race.
- Assemble with your crew and coach 1 hour and 15 minutes prior to your race time, or as previously set by your coach.
- Be available to rig /de-rig and move boats as required
- Support other crews in their races and offer your assistance in getting them on/off the water (carrying oars, shoes, etc.)