

NATIONAL COMBINED REGATTA – INFORMATION FOR CADETS

Please ensure that a copy of this Annex is given to all Cadets Attending

The Dress of the Day for all Cadets is as ordered by the Staff Recreation Officer (SRO)

I. COMPETITORS DRESS

- a. Competitors in the Rowing event are to wear shorts with coloured singlet.
- b. Competitors in the Paddlesport event are to wear matching team short/track suits in their Area colours suitable to the weather conditions (cags should be worn when necessary).
- c. Competitors in the Boat Handling Competitions (Rowing, Sailing and Power) are to wear Area Tracksuits or as appropriate to the conditions of the day

2. EQUIPMENT REQUIRED

All Cadets are required to provide:

- a. Uniform as required, Adults & Duty Cadets Only
- b. Approved MOD Buoyancy Aid / Lifejacket etc (Rowing, Paddlesport, Boat Handling (Rowing, Sailing and Power) competitors and Officials whose duties require Boat work or jetty working).
- c. Overnight sleeping gear, Toilet gear and towels
- d. **Camp bed or bed roll, sleeping bag and pillow (no bed or bedding will be available) – Ear Plugs!!!**
- e. Completed SCC T1 Card (Cadet Only)
- f. Completed SCC T1(MED) (if on any form of medication)

3. VICTUALLING AND MESSING

Cadets will be accommodated within the EXCEL Centre.

A Cadet Canteen will be available on Friday evening and throughout the day on Saturday, for the sale of nutty and soft drinks.

CADETS ARE REMINDED TO PLACE ALL GASH IN THE BINS PROVIDED

4. SAFETY OF PERSONAL ITEMS

All Cadets are to be warned that kit bags or cases should be lockable and that they are responsible for their own personal belongings. There is no provision for the storage of valuables.

5. USEFUL TELEPHONE NUMBER

Digital Phone Line: 0207-069-6001

