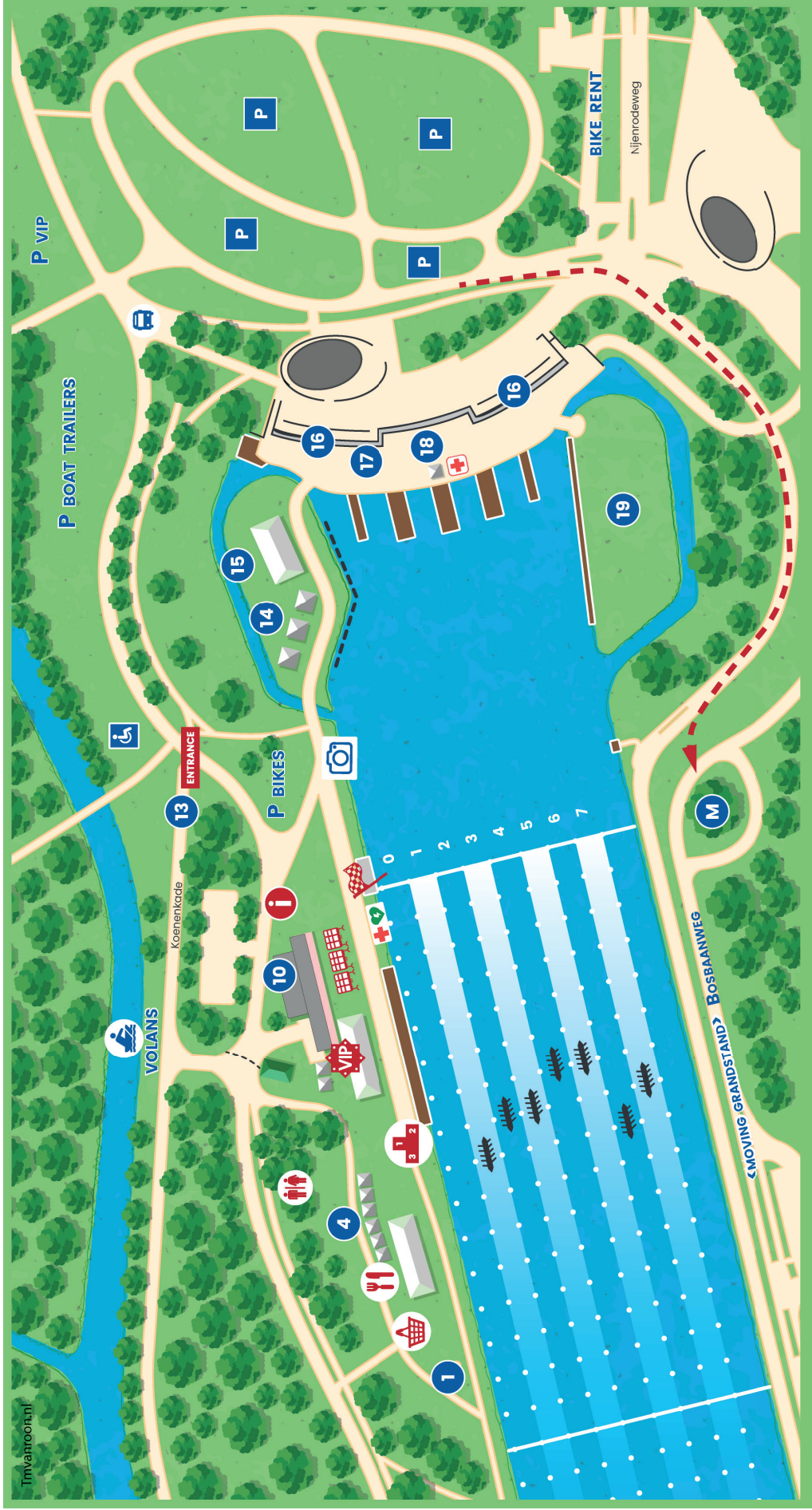




Aegon Koninklijke- Holland Beker
30 juni & 1 juli

Manual for athletes and team managers 2018





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|-----------------------------------|------------------------------------|---|
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| 2 Aegon Picknick Area | 4 INFO desk / Volunteers | 17 Doping Control/ Athlete Weighing |
| 3 Food & Beverages | 10 VIP Hospitality Area | 18 Control Commission / First Aid |
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| 10 Toilets | 14 OTC / Meeting rooms | M Moving Grandstand / coach biking acces |
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INTRODUCTION

Welcome to the Aegon Koninklijke-Holland Beker Regatta 2018!

In this manual you will find useful information for during your stay. If there are any problems, or things we can help you with, there will always be someone at the information desk in the hotel. In case of urgency you can call the regatta's athletes, accommodation and transport manager: Femke Boelen (+31 6 5205 5578). We hope you will enjoy competing at our regatta and we wish you the best of luck!

TEAMCAPTAIN SPECIFIC INFORMATION

CREW CHANGES

If there are any changes, please fill in complete Crew Change Forms and submit them immediately at the regatta office or send them to regatta@hollandbeker.nl. The regatta office is located in the Finish Tower on the ground floor.

OPENING TIMES VENUE & TRAINING TIMES

There will be unofficial training opportunities From Monday June 25th until Friday June 29th. These days before there will be no transportation and we advise to take the bus or a taxi. You may also rent a bike. Please ask your hotel about bike rental opportunities. The distance between the Van der Valk Schiphol and rowing course is 20 km.

On Saturday and Sunday there will be training opportunities until half an hour before the first start and after the last finish, unless published differently.

During training there will be no supervision.

TEAM MANAGERS' MEETINGS

The team managers' meetings will take place on:

Fri 29	6.00 PM
Sat 30	6.00 PM

Regatta Course
(Olympic Training Centre, ground floor)

DRAWS

Draw Saturday: Friday evening, after team managers' meeting

Draw Sunday: Saturday evening, after team managers' meeting

Draws will be published at the finish tower and will be sent by fax to the van der Valk hotel. The draw is also available at www.hollandbeker.com

ATHLETES AND BOAT WEIGHING

The weighing procedure of the athletes will be according to the regulations of the FISA. On the map, you will find the weighing centre located at number 17. There will be an opportunity to test-weigh. Crews need to report at the athlete weighing between 120 and 60 minutes prior to their own first race for each event they participate in.

The minimum weight of boats may be controlled at random. Each team is responsible that his boat at least meets the minimum weight. The boat weighing centre is located in the athletes zone opposite of the pontoons and will be indicated there. There will be the opportunity to test-weigh.

- Note 1: In case of hot and dry weather boats become lighter in weight: please make sure to have the correct boat weight at all times.
- Note 2: Rental / Loan boats also need to meet the minimum weight: make please make sure to check this.

	Date	Boat weighing	Athletes weighing
Friday	29	From 11 AM	From 9 AM
Saturday	30	From 7 AM	From 2 hours before the first lightweight start
Sunday	1	From 7 AM	From 2 hours before the first lightweight start

IMPORTANT AND EMERGENCY TELEPHONE NUMBERS

Emergency number: 112 (nationwide)

Safety Coordinator: Maikel van Dijk + 31 622270166

Safety officer (land): Casper Seinen + 31 6 5182 2285

Safety officer (on water): Folkert van Kuijk + 31 6 3814 8460

MEDICAL SERVICE AT THE VENUE

Of course, first aid and medical service are available at the venue. Located at numbers 9 and 18 on the map, you will find first-aid posts with a qualified doctor and first aid assistance, with a qualified doctor if necessary.

Safety Medical: Lana Kluit + 31 6 4711 6216

REGATTA MANAGEMENT

Regatta Manager: Laurens van Campen + 31 6 4758 0322

The regatta manager can be found in the finish tower from Friday till Sunday.

DOPING CONTROL

The Doping Control is located in the boathouse area near the first aid and medical service for athletes (number 17 on the map).

DRINKING WATER

In case of hot weather during the Holland Beker weekend, please make sure to hydrate. The quality of drinking water in the Netherlands is very high, therefore, it is safe to take tap water (e.g. from within the locker rooms). In addition, we have installed mobile water taps and they are located next to the finish tower and on the grass near the toilets.

BOW NUMBERS

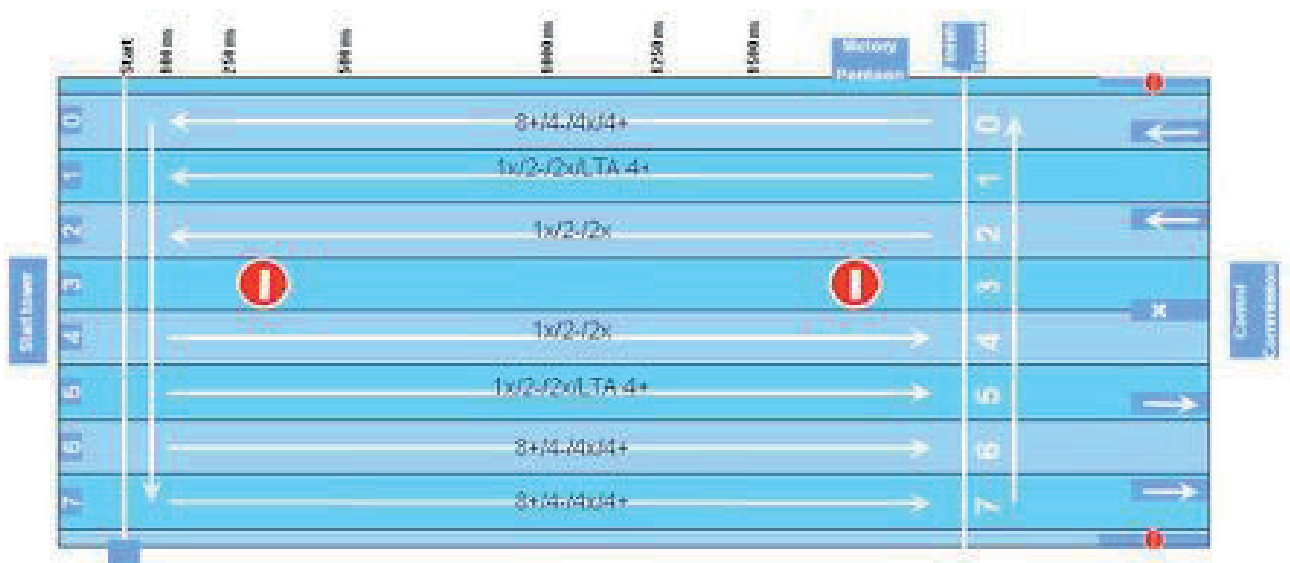
Every boat racing in any event need a bow number. Bow numbers are provided at the tent in the boathouse area (number 18 on the map)

TRAFFIC RULES ON ROWING COURSE

GENERAL: Infringement of the regulations can result in an official penalty, a warning, indicated by a yellow card. This yellow card shall remain in effect until the upcoming race has been rowed. A crew receiving two yellow cards which apply to the same race, for any infringement whatsoever, shall be excluded from the event.

DURING TRAINING

Training rules will apply till 30 minutes before start of the first race and 15 minutes after approval of the last race of the day. Training rules will also apply on Friday.



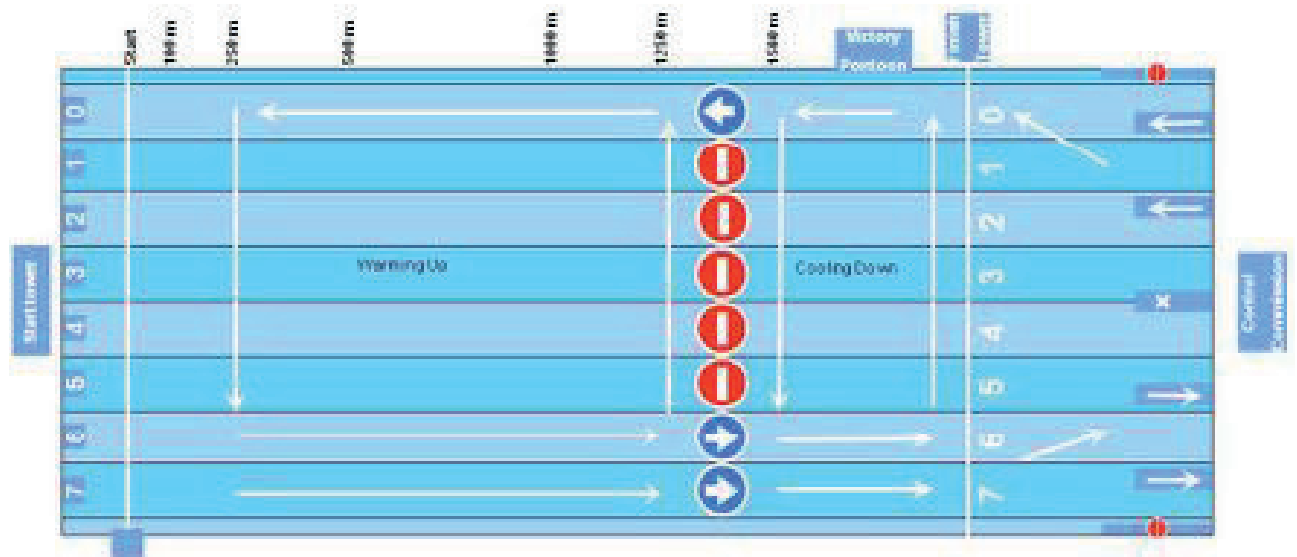
DURING RACING (normal weather conditions)

Traffic rules for racing will apply from 30 minutes before start of the first race until after the finish of the last race of the day.

Only the outgoing and incoming pontoons are used to enter or return from the water. The middle pontoon is only to be used when indicated by an official. The quays on the north and south side of the course are not to be used.

No crew is allowed to row towards the start or use the rowing course for warming up earlier than 45 minutes before the start of its event. All crews not involved in a race must always give way to those in a race and stop rowing at a distance of at least 250 meters. Cooling down is allowed as far as the 1500 meter line. Always cross lanes in right angles, and make way for the races. Crews should listen to the instructions of the umpires and marshals at all times.

During normal weather conditions lanes 1 – 6 will be used for races. Rowing towards the start must take place in lane 0, the lane closest to the finish tower. Crews should row in the direction of the finish using lane 7 (preferably) or 6, only if none of the racing crews are disturbed or hindered. Warming up and cooling down in lane 1 to 5 is strictly forbidden. In normal situations lane 0 and 7 are also in use by the umpire launches returning to the start.



TRANSPORT AND ACCOMMODATION SPECIFIC INFORMATION

VAN DER VALK AMSTERDAM AIRPORT HOTEL



Contact details:

Hotel Schiphol

Rijksweg A 4 Nr.3

2132MA Hoofddorp - Schiphol

Tel +31 252 67 53 35

schiphol@valk.nl

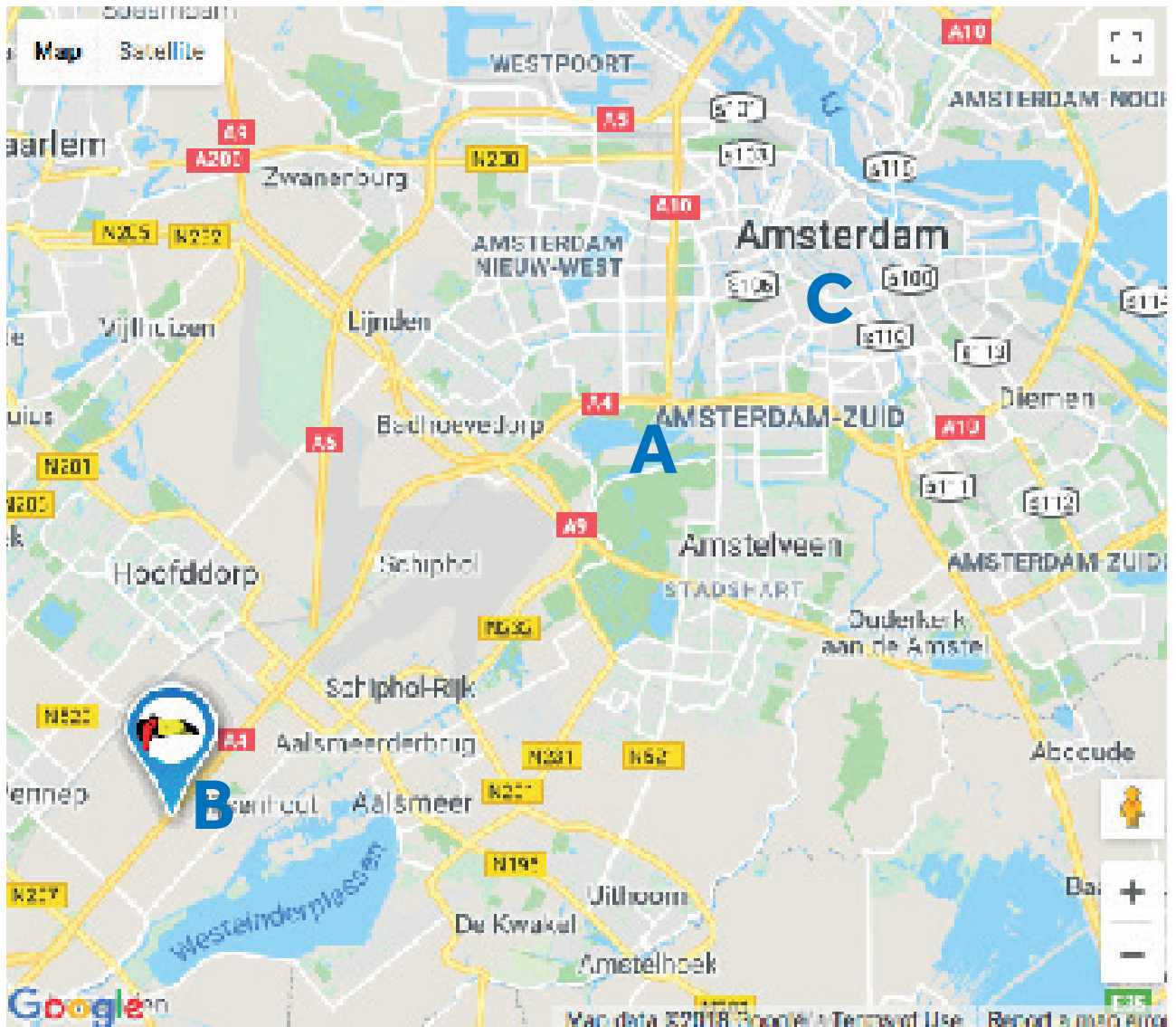
<https://www.hotelschiphol.nl/en/>

- 22 conference halls, free parking space and free Wi-Fi.
- Our free shuttle will fetch you from and take you to Schiphol quickly.
- A modern wellness centre, luxury gym and spacious indoor pool.
- An elegant restaurant and cosy hotel bar.

Van der Valk offers a shuttle service between Schiphol airport and hotel. If you wish to use this service to the airport, make sure to make a reservation at the reception desk at the Van der Valk Schiphol Hotel.

By car: [From Hotel Schiphol A4 to Bosbaan regatta course](#) or [From Hotel Schiphol A4 to city center](#)

Public transport: [From Hotel Schiphol to Bosbaan regatta course](#) or [From Hotel Schiphol A4 to city centre](#): from the hotel you can reach the Bosbaan regatta course or Amsterdam City Centre by Arriva bus 361 or 365. You change at Schiphol Airport for your connecting transport. For more information, please ask at the hotel reception or Holland Beker service desk. [From city centre to Bosbaan regatta course](#) takes about 40 minutes.



A = Rowing course

B = Van der Valk Amsterdam Airport Hotel

C = Amsterdam City Centre

AMSTERDAM

While you're staying in Amsterdam for the Holland Beker regatta, there are a lot of things you can do to make your trip unforgettable.

At the regatta service desk in the hotel you can find maps of Amsterdam, information for trips and the possibility to rent a bike.

Free shuttle bus

Between 05.00h (5 a.m.) and 23.40 (11.40 p.m.) a shuttle bus leaves every 40 minutes. The bus leaves at the airport at bus stop A9 - A1.

Departure times to Schiphol

05.00h	11.20h	18.00h
05.30h	12.00h	18.40h
06.00h	12.40h	19.20h
06.40h	13.20h	20.00h
07.20h	14.00h	20.40h
08.00h	14.40h	21.20h
08.40h	15.20h	22.00h
09.20h	16.00h	22.40h
10.00h	16.40h	23.20h
10.40h	17.20h	

Departure times to the hotel

05.10h	11.40h	18.20h
05.40h	12.20h	19.00h
06.20h	13.00h	19.40h
07.00h	13.40h	20.20h
07.40h	14.20h	21.00h
08.20h	15.00h	21.40h
09.00h	15.40h	22.20h
09.40h	16.20h	23.00h
10.20h	17.00h	23.40h
11.00h	17.40h	

Paid transport

In addition to the above service the hotel offers paid transport with a fee of € 7,50 per adult and € 5 per child (to 11 years) each half hour. This service is on the basis of availability and a reservation is required.

How to reach Hotel Schiphol A4 from Schiphol Plaza



FREE SHUTTLE BUS

Route to Bus stop A9-A13

- Follow to **P1**
- Take the exit door at the right side in the front of **P1**
- Turn right to Bus stop **A9-A13**

Take the shuttle bus →→→



OTHER USEFUL INFORMATION

CONCERNING HOTEL SCHIPHOL A4

- Parking is free of charge during your stay. The hotel has 8 loading sites for electric cars (start / stop procedure is through a contactless card).
- Wireless internet is available in all rooms and public spaces free of charge.
- The hotel is a non-smoking area. Smoking is only permitted outside or in the special smoking room.
- Each room has a safe in which you can put your personal belongings.
- The hotel has a gym and a indoor swimming pool open between 7 a.m. and 10 p.m. The wellness centre is open between 10 a.m. and 10 p.m. (swimwear required). All these facilities are free of charge.
- Behind the hotel you will find a garden with sports facilities where you can enjoy outdoor sports, flowers and trees.

ROWING COURSE / REGATTA

- From Monday June 25th until Friday June 29th, a Holland Beker representative will be present on the venue for questions about the Holland Beker. Please do not hesitate to contact them on the venue or by phone: 010-3074677.
- As from Saturday, June 30th, there will be an information desk at the rowing course for any questions regarding the regatta (INFO desk on the map).
- The venue offers the possibility to use indoor rowing machines (number 15 on the map).
- The Organising Committee provides a deposit system for the storage of personal belongings (number 15 on the map).
- Cars can be parked at the controlled PARKING AREA next to the main entrance, opposite Grand Café Bosbaan, address Bosbaan 4, Amstelveen. Parking is free the first 3 hours and after 19.00 or in the weekend.
- The LOST AND FOUND service is located at the information desk (INFO desk on the map).
- There is a shopping mall 2,3 km from the rowing course (Gelderlandplein) where you can find a supermarket, souvenir shops and a lot more.

INFORMATION CONCERNING TRANSPORTATION

This year there will be vans for your transportation between the rowing course and the hotel. The small vans can seat 8 people at a time and will be driving approximately every 20 minutes.

Transport from the hotel to the Bosbaan takes approximately 20 minutes (in normal circumstances).

* The first van will leave approximately 120 minutes before the first start of the racing day.

Date	First vans leaving from hotel	Last vans leaving from rowing course
Saturday 30	2 hours before first start	19:00
Sunday 1	2 hours before first start	19:00

On Sunday transportation from the Bosbaan to Schiphol Airport is also available during the day.

Transportation manager: René Hillege (+31 6 464 122 13)



We would like to see you again at the Koninklijke - Holland Beker Regatta 2019!

World Cup 3

12 - 14 July 2019

Willem-Alexander Baan - Rotterdam