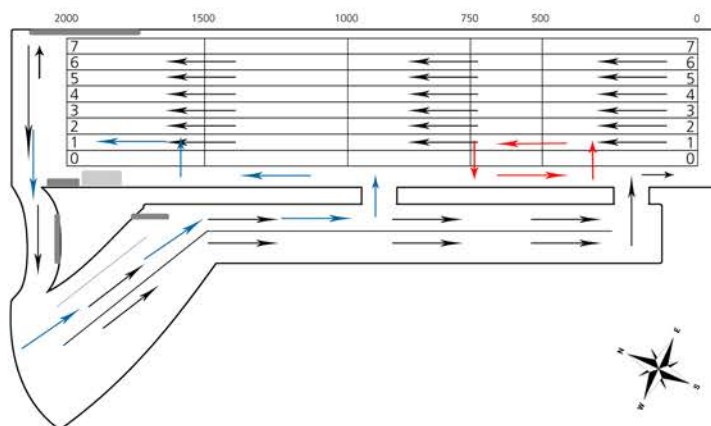


# Traffic Rules

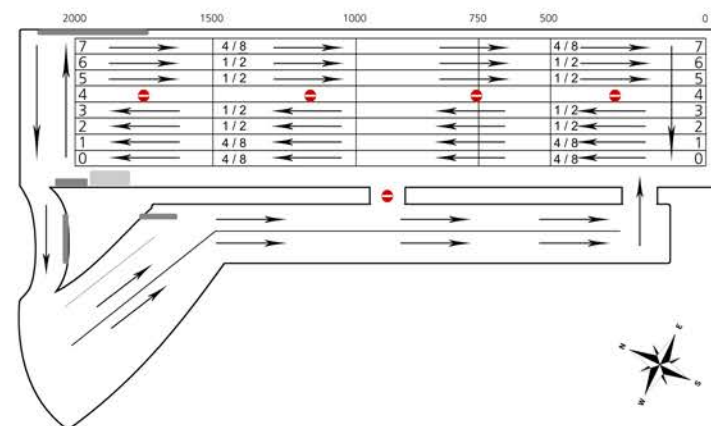
## Racing



The side channel can only be used towards the start. Warm-up can be done between the exit of the side channel and the 750 meters mark in lane 1 and next to the bank in a counterclockwise manner. Crews for the next race can wait between the exit of the side channel and the start. Lanes 1-6 will be used for racing. Cool down can be done by circling through the side channel to the 1,000 meters mark, returning to the finish next to the bank and entering the racing lanes in the grandstand area. Medalists can row to the victory pontoon in lane 0 and return towards the finish in lanes 2 and 3.

**The traffic rules for racing are valid on racing days starting 20 minutes before the first race and ending 15 minutes after the last race of each racing block.**

## Training



The side channel can only be used towards the start. Rowing on the regatta course is valid in a clockwise manner with a neutral lane 4. The outer lanes can be used for fours and eights and the inner lanes are reserved for singles and doubles. The exit from the side channel to the regatta course at the 1,000 meters mark is closed.

**The traffic rules for training are valid outside the racing blocks, ending 20 minutes before the first race and starting 15 minutes after the last race of each racing block**