

# SPECIFIC GUIDELINES PACK



This document acts as a guide to the specific considerations and undertakings for your potential attempt on the Guinness World Records™ category and is used in conjunction with the Record Breakers' Pack, which outlines the evidence required to prove your attempt's success. This should be read and understood by all concerned with the record attempt prior to the attempt – this includes every participant, organiser and witness.

These guidelines are specific to your attempt and **must** be followed. Should any guideline be contravened, your attempt will be disqualified, without any right of appeal.

Please note that, as detailed in the Agreement Regarding Record Attempts, these guidelines in no way provide any kind of safety advice or can be construed as providing any comfort that the record is free from risk. Guinness World Records will not accept responsibility for the safety of participants or bystanders in any record attempt. It is your sole responsibility to ensure that all necessary safety precautions are in place and that all equipment used is suitable and thoroughly checked prior to the record attempt taking place and in compliance with any and all local health and safety laws and regulations.

# **MOST PEOPLE TO ROW 100 METRES ON A CONCEPT II INDOOR ROWER IN AN 8-HOUR RELAY**

## **DEFINITION OF RECORD**

This record is for the most people to row 100 m in a relay on an indoor rowing machine within 8 hours.

This record is to be attempted by a number of continuous individuals.

This record is to be measured by the number of individuals who complete a 100 m distance on the machine before the hour has concluded.

## **GUIDELINES FOR ‘MOST PEOPLE TO ROW 100 METRES IN AN 8-HOUR RELAY ON AN INDOOR ROWER’**

1. One Concept II rowing machine must be used for the attempt, although the attempt may transfer to a second, reserve machine in the event of mechanical failure. Should a Concept II rowing machine not be made available, a similar, standard and widely commercially available brand may be used in its place.
2. The event should take place in a public place such as a gymnasium, sports club, educational establishment or similar.
3. Each person must row 100 m (328 ft 1 in) to be counted towards the total. If they do not row the full distance another participant can not complete it for them
4. On no account may any participant row more than one leg during the attempt.
5. Once the distance has been completed the participant must dismount the machine ready for the next person to start their leg of the relay and sign the logsheet.
6. Any residual distance added by the machine continuing to run on momentum after a participant has stopped rowing does not count toward the distance rowed by any participant. Each participant must individually row a complete 100 metres unrelated to the legs rowed by other participants.
7. The clock will continue to run throughout the dismounts and mounts of each participant (see below).
8. Once the participant has completed their leg and signed the logsheet they are free to leave.
9. Only participants who have completed their entire 100 metres before the finishing signal will count toward the final total.
10. The settings of the rowing machine should be made at the preference of the rower whose turn it is.
11. Documentation must be provided to show the rowing machine has been calibrated recently.

## **GENERAL ‘MOST PEOPLE IN 8 HOURS’ GUIDELINES**

- § The name of the organisation, company or person(s) making the attempt must be given, along with the date and place.
- § The event must take place in a public place or in a venue open to public inspection.
- § The event is continuous. The clock does not stop. Eight hours means a complete 8-hour cycle including rest breaks. For example, if the event starts at 12 noon on Monday, it must finish at 20:00 on the same Monday.
- § The participant/s may take as many breaks as he/she wishes, but the clock must not stop at any time for any reason.

- § A loud start and finish signal recognized by all participants must be used.
- § Two experienced timekeepers (e.g. from a local athletics club) must time the attempt with stopwatches accurate to 0.01 seconds.
- § Attendance numbers must be accurately confirmed by means of either registration into a logbook, by turnstile or by a ticketing system to count the participants. This is essential and must be done efficiently. The method to be used must be pre-approved by *Guinness World Records*.
- § The two overall independent witnesses must confirm the exact and final figure of total participants in their statements.
- § Sufficient stewards must be involved to ratify that all the contestants fully participate in the attempt – stewards must be placed in such a way that every part of the record attempt area is visible to the officials.
- § Every participant does NOT have to sign an Agreement Regarding Record Attempts. This is only for the organizers.

### **ADDITIONAL EVIDENCE**

- Ø The activity you are attempting **MUST BE CLEARLY VISIBLE** on the video footage as we will not be able to accept your claim. This comes from problems we have encountered when trying to count legitimate push-ups.
- Ø The entire attempt must be filmed in case further evidence is required.
- Ø The camera must be focused on the attempt at all times and preferably be static.
- Ø Logbook with names and signatures of participants, countersigned by independent witnesses.
  - No 'ditto' marks accepted
  - The participants must print and sign their name (children under 18 years old must be countersigned by their parent/guardian) and this log must then be signed by the two witnesses to confirm the participation of the individuals in the attempt. Should anyone not follow the rules set for this category or drop out before the attempt, their entry must be marked with a line through their entry and be initialed or signed by the witnesses. See below for a simple example of the information required.
- Ø Failure to include the required documentation will ultimately delay the outcome of your claim or lead to its rejection.

### **LOG BOOK EXAMPLE**

Participant number	Participant name (print)	Participant signature	(Parent signature)	Witness 1 signature	Witness 2 signature
1					
2					
3					
4					