

South Hylton LDS 2019

INSTRUCTIONS FOR ALL COMPETITORS

See also Course Map

It is the competing clubs' responsibility to ensure all of its crews and scullers abide by the British Rowing Rules of Racing and British Rowing Row Safe guidance and the specific local rules as presented in the these Competitor Instructions.

Specifically:

1. Club trailers will be directed to park by club marshals, the trailers should be taken through the boat club yard and onto the grass rather than over the kerb coming straight from the road.
2. Boat trailers must be parked as directed by marshals on the grassed areas adjacent to the rowing club. Care must be taken, especially at the trailer park, throughout the day as the riverside path is open to the public for the full length of the course.
3. **Clubs must ensure that all their boats competing in the Race comply with, British Rowing Rules of Racing and British Rowing Row Safe guidance. Any boat may be inspected and those failing inspection will not be allowed to go afloat.**
4. **All coxswains must wear lifejackets of an approved type** and be adequately dressed for the prevailing weather conditions. Clubs must ensure that inexperienced crews have experienced coxes and that inexperienced coxes are only used with experienced crews.
5. **Circulation Pattern:** Crews should row upstream on the north side of the river and downstream on the south side (boathouse side).
6. Crews must depart from the steps and land at the steps.
7. Crews must be at the start holding area 10 minutes before the race start which is currently scheduled for 11:00am. **Crews boating after the latest boating time on the draw and crews not upstream of the A19 bridge by 10:30am may receive up to a 30 second time penalty or may be disqualified.**
8. **Crews must only leave the landing when it is safe to do so under the direction of the marshal, and should stay to the North side of the course.**
9. Crews should approach the start via the South side of the course. Follow the instructions of the launch marshals. They should wait on the South side of the river, tucked into the bank before proceeding to the start in number order and turning to race.
10. When turning to race, crews should follow the orders of the marshals and proceed upstream past the concrete jetty before turning.
11. **After racing, crews should proceed downstream of the finish, past the orange posts before turning towards the south bank and returning to the landing when the course is clear. Follow the instructions of the marshal. Do not attempt to row inside the poles as the area is very shallow. Anyone failing to comply will be issued with a 10 second time penalty.**
12. Every attempt is made to keep the course clear of obstructions. Any obstruction noted should be reported to an Umpire or Marshal.

13. **Safety decisions** such as cancelling or shortening the event, termination or suspension of the race, may be taken by the Race Committee. All competing clubs should provide Race Control with a contact number for use during the event in case of an incident involving their club.
14. **Race Control Area (near landing) is the co-ordination point for any emergency.** Radio contact can be made with regatta control by any Umpire and/or from the Safety launches. Regatta Control also has access to a mobile telephone for use by regatta officials in the case of an emergency. If emergency services are called directly, please inform Race Control.
15. **Safety Launches** will be stationed at the positions shown in radio contact, if there is a need for any launch to attend an emergency, then the helmsman in charge will immediately stop any other activity and proceed rapidly to the incident. If the race is in progress, an umpire can (if necessary) stop the race.
16. A **First Aid Kit and Emergency Equipment** are available at Race Control and in the Safety Launches. In addition, First Aid is available from personnel at the Landing area, and this can be requested via Race Control.
17. If any External Emergency services are called to provide assistance the recognised **meeting location is:-**

Rowing Club via Riverside Way.

18. Overtaking on the horseshoe bend can be done but only if save to do so.

CONTACT INFO

Race Control	TBC
Police (Sunderland)	999 or 101
Race Secretary – Sarah Hodge	Via race control
Safety Adviser – Heather Taylor	Via race control
Race First aid - Rapid Reaction	TBC
Hospital	0191 565 6256
Ambulance / Fire	999