

TYNE LDS (10:30) & TYNE UNITED SBH (14:30) - 19 OCTOBER 2019

INSTRUCTIONS FOR CREWS, INCLUDING LOCAL RULES

CLOTHING AND FOOTWEAR

You must bring wellington boots for boating and landing; the trailer parks may also be muddy – we recommend that you wear wellies in these areas too. Please take your wellies with you in the boat if possible; take them off and put them back on when on the water NOT on the steps or shore

Conditions can be windy, cold and wet during autumn and you can expect to be on the water for a long time. Ensure you have warm and waterproof clothing with you in the boat. Junior coaches should check that this is the case for their crews before reaching the steps for boating. **Crews with insufficient clothing will be refused permission to boat.**

BOATING ARRANGEMENTS

The plastic bow numbers for your crews, boating times and boating location (Tyne ARC, Tyne United RC or Newcastle University BC) will be shown in the final start orders, which will be available on <http://www.nerowing.com/lds2019.html> for the LDS and www.tyneunited.co.uk/index.php/events/turc-small-boats-head for the SBH. Boating at each club will be in race number order (i.e. low numbers first). Collect your numbers in good time from Race Control at Tyne ARC (am) and Tyne United RC (pm). Ensure that before you embark the number is securely fastened to the bow slot.

You must boat in accordance with the schedules shown in the start orders. When boating you must follow the instructions of the land marshals. Boats may be checked for safety and crews of those failing will not be allowed to row until the faults are rectified. **Crews not ready to boat on time may receive a time penalty of up to 30 seconds.**

Ensure you have your oars ready on the landing steps/shore and get into your boats as quickly as possible, adjusting your feet etc once you have pushed off from the landing. Please move away from the landing area promptly so as not to obstruct following crews and cause delay. Crews are responsible for making their own way to the start, following normal rules of the river. Marshalling launches will be on hand to help you get in the right place.

RACING

You must be in position 10 minutes before the start time. **Any crew not below the bottom of the Blaydon straight by 10:15 for the LDS and 14:15 for the SBH may be turned back** and for safety reasons not be allowed to proceed to the start; this is at the discretion of the marshalls.

Crews must assemble for the start as shown on the Start Plan. Marshalls in launches will direct you to the start zone in order. As you pass into the zone you will be started from the south bank with the words "Number X – GO". The time is taken at the starting line about 20 metres further on.

During the race, crews being overtaken must avoid impeding overtaking crews. This calls for care on bends in particular. Crews in front loading boats must keep their cox informed if they are being overtaken. **Undue obstruction of other crews may lead to a time penalty of up to 30 seconds or disqualification.**

For safety reasons, crews when racing MUST use the centre arch or arches of Scotswood rail bridge, Blaydon (A1) bridge and Newburn bridge (see course map and Start and Finish plans). **Crews failing to do so and thus causing a risk to others may be issued with a time penalty of up to 30 seconds or disqualified.**

Safety boats will be stationed along the course. If you do have an accident and have to stop, stay with your boat until help arrives. Do not attempt to swim to the bank without your boat. Please

report any incidents afterwards to Race Control. Crews near an incident (even if racing) are asked to stop and help if another crew is in serious difficulty and a safety launch is not to hand immediately.

At the finish and during the return to the steps crews must obey the instructions as laid out in the separate Start and Finish Plan to be published or as directed by marshalls. This applies in particular to crews needing to cross the racing line to land.

ABANDONMENT PROCEDURES

If an event has to be abandoned at any time while crews are marshalling or racing the following procedure will apply. In everyone's interests all crews must comply.

Stop immediately if instructed to do so by a marshal or other official

Wait for a marshal to instruct you when, how and where to proceed.

Keep a lookout for other crews nearby who may not have heard or seen the warnings and are continuing with marshalling or racing. Pass on the information if possible and take any necessary action to avoid a collision.

Don't delay once you have your instruction to move and be sure to follow the directions carefully.

FIRST AID

The first aid provider will be located at Tyne ARC morning and Tyne United RC afternoon.

WELFARE

A welfare officer will be available at Tyne ARC in the morning and Tyne United RC in the afternoon. Hot showers and changing rooms are available at TARC, TURC and NUBC. Gateshead CRC at Derwenthaugh near the start is kindly making its premises available for emergency use.

TRAILER AND CAR PARKING

Trailers must be parked at the club indicated for boating on the final start order (Tyne ARC, Tyne United RC or Newcastle University BC).

Cars for crews boating at Tyne ARC should not be parked on Grange Road behind the club but at the public car park further west along and on the north side of Grange Road opposite Newburn Activity Centre and the Keelman Pub - it is only 10 minutes' walk back along the river. Please do not attempt to park or drop off at Tyne ARC itself (you *can* use Grange Road for this).

See Tyne United RC website about car parking if boating at that club. There is car parking within Newcastle University BC grounds for those boating there (and for others if room).

Issued by Tyne ARC for the Northern Rowing Council (LDS) and Tyne United ARC (SBH)

Important names/email/phone numbers (to be completed by a week before event)

LDS admin & entries by NRC	Richard Mortimer	lds@nerowing.com	
For Tyne ARC before the day	Colin Percy	colinwpercy@gmail.com	07985 003304
LDS Race Control on the day	TBC		TBC
LDS Safety Adviser	TBC		TBC
For TU SBH before the day	Alex Shiel	sbh@turc.co.uk	07808 612497
SBH Race Control on the day	TBC		TBC
SBH Safety Adviser	TBC		TBC
Chair of Race Committee (both)	Charly Curtis	charlycurtis1950@aol.com	07907 543637