



Tyne Amateur Rowing Club

Safety Plan and Emergency Action Plan for Rowing Activities

V3 as at 07-04-22

Background

The club sits on the tidal River Tyne. Despite being about 25km from the sea, tides are substantial, with a maximum range of 5 metres. Storm water flows from upriver can also add to outgoing flows on occasions. It is relatively open to wind, especially the prevailing westerlies. At low tide mud banks and obstructions become apparent. Rowing at the club can therefore be challenging and safety issues are taken seriously.

The club itself has grown significantly in recent years with perhaps 150 regular rowers in a range of squads. There is a steady stream of new members, novice or otherwise, joining the club, some in a structured way such as through learn to row and others individually. Communication with members is a key activity in support of safe rowing and effort has been put in recently, prompted by Covid-19, to improve this.

Club Water Safety Rules

Normal rowing procedures are covered most directly by the club's *Water Safety Rules*, which are included as an appendix to this report. They were last reviewed and updated in 2018. The main headings are:

- General outings
- Use of launches
- Junior rowers
- Learn to row, novices and experienced rowers
- Visitors
- Rowing in the dark

Included within the rules are tables showing where and with what level of supervision rowers can go out as they progress from beginner, to novice, improver and experienced.

River Tyne Rowing Clubs Safety Code

In 2010 all the rowing clubs active on the upper Tyne at that time signed up to a joint code of behaviour. It is appended. The following headings are used:

- Direction of rowing
- Code of practice for outings

- Beginners zone
- Water ski zone
- Rowing after dark
- Other general items (with quite a wide coverage of issues)

The joint code contains considerable detail and is the subject of occasional meetings between the clubs. A review and update is planned for 2021. From a Tyne ARC perspective this document and our own safety rules are almost completely compatible, but as it has a lower profile in the club than our own rules, reminding members of its existence is important.

River Tyne Safety Map for Rowers

Alongside preparation of the joint *River Tyne Rowing Clubs Safety Code* a map over two A3 sheets was prepared. They show key features of the stretches of the river we use most, from the club at Newburn upstream to Wylam and downstream to Scotswood and beyond. They are updated regularly as features change (usually after storms). The two sheets are shown at the very end of this document, but better quality version can be downloaded at www.tynerowingclub.org/pages/safety_16767.cfm.

Incidents and emergency response

The provisions in the club rules mean that in general the degree of supervision in launches that is provided during squad outings matches the experience of crews. Added to this is the recognition by most members most of the time that they have a personal responsibility to prepare before going out and to row safely and responsibly once on the water. However on an often busy river incidents do happen.

The river being busy, however, does mean that help is usually to hand when an incident such as a collision happens and it very rare for help outside the club or other neighbouring clubs to be needed. But provision has to be made and the club has in place a set of procedures should they be necessary. Two single page documents which appear on safety noticeboards and on the web site are appended.

One sheet headed *Emergencies – what to do* sets out the cascade of actions depending on the severity of the incident and includes contact details of named club officers in the order of trying to contact. The other headed *Emergencies - locations & numbers* give complementary information on where services are based (especially health related) if there are lesser injuries, for example, and a suitable person is willing to ferry to them there.

Reporting

Club members are asked to report all incidents of note (as per RowSafe criteria) using the online British Rowing online Incident Reporting system, with encouragement through squad coordinators and social media (plus face-to-face reminders if necessary). Reported incidents are responded to as necessary at the time and incidents and action taken are reported monthly to the management committee.

Tides and Adverse Weather Forecasts

As part of the regular reminders to members about standard safety procedures, 'live' information about imminent large tides and adverse weather conditions is communicated via the various channels. Tides are well known years ahead, and are posted on the club web site home page and on noticeboards for two to three months ahead. Alerting rowers about adverse weather forecast is as needed and done online.

Communication

As mentioned in preceding sections, communication of information about safety-related issues is key to keeping the club as a safe place to row. Such communication is about both the standard procedures that should be followed to reduce the risk of harm and the specific real-time information such as that about expected rowing conditions or about equipment not to use.

The club's methods of engaging with members are evolving all the time with changes in how they and others use, in particular, social media. The club uses a mixture of cascading information down through squad coordinators using WhatsApp and email at the moment and a direct approach to all through means such as Facebook. The club web site is kept up to date with all information that is not transient or too detailed.

Inspections

The club undertakes regular inspections of all physical aspects of equipment and the parts of buildings that impinge on rowing and rowing-related training. A separate process is carried out for parts of the building used by the club's arm-length trading arm which runs the bar and events, though the interface between the two is permeable.

For the rowing function the following headings are applicable and the results of each are recorded and acted upon:

- Boats and blades
- Launches and engines
- Safety and other equipment
- Premises

Improvements to the systems used could be made and will be looked at in 2021.

Competitions

The club runs or helps host five or six affiliated or other large rowing events on the water each year. These are subject to their own risk assessments and safety plans and are not covered in this document. However, there are strong links across as many of the personnel are the same for both running regular rowing and organising the competitions.

Risk assessment

The risk assessment sitting behind this plan is available on the club web site – the latest version is dated 11 November 21.

Conclusion

This document as always is work in progress and, with Covid-19 having provided a spur, it will be reviewed thoroughly in 2022

Colin Percy
Club Water Safety Adviser

Version 2 as at 07-04-22

TYNE AMATEUR ROWING CLUB - WATER SAFETY RULES

AS ISSUED FEB 2014 & REISSUED WITH MINOR UPDATES AUG 2018

Introduction

These safety rules are for all members of and visitors to Tyne Amateur Rowing Club when using club facilities, boats and equipment. Please follow them: they are in everyone's best interests. Failure to abide by these rules may lead to investigation and disciplinary action at the discretion of the Club Captain and Committee. We advise you to follow these rules, even if you are using your own boat and blades.

Please note our definitions of competency in rowing and sculling.

Beginners: Not yet able to enter a novice event for rowing or sculling. Coach to assess.

Novice: Competent enough to enter a novice rowing or sculling event in the boat being used. Someone might be a competent novice rower in an eight but not in other boats. Coach to assess.

Improver: Able to scull at least 6Km in single scull in average conditions. Coach to assess.

Competent and experienced: Coach to assess. Competency will vary according to conditions.

General outings on the water

1. All members taking part in water outings must be conversant with the British Rowing "RowSafe" Guide (now online only), the Tyne Safety Code and Map, and any further rules and safety plans that may be agreed and publicised.
2. Sign all crews in and out using the whiteboard next to the changing rooms. Last person to leave the club premises must check all crews have returned before locking up.
3. If you encounter a boat or crew in difficulties, stop and assist as necessary.
4. Report details of all incidents, including near misses, to the Club Water Safety Adviser using the British Rowing online reporting system.
5. No fast exercises between the Tyne ARC steps and the slipway at Tyne Riverside Country Park when novices and beginners are present on the water. Be prepared to slow down and stop in this zone.
6. Personal devices with headphones must not be used on the water because warnings and instructions cannot be heard.
7. Swim test and capsize drill should be completed by all members and repeated at least every 5 years.

8. Launch drivers using club craft must have written authorisation from an officer of the Club, and must be conversant with British Rowing launch driving guidance, the River Tyne Safety Code and any club procedures for launch use that may be in place (see notice board or web site). Launch drivers will have to complete basic club training in driving and rescue in order to gain club authorisation and are strongly encouraged to move to the RYA Level 2 Inshore Powerboat qualification.
9. Coaches should have achieved Level 2 coaching qualification (or equivalent) or be moving towards it and must be members of British Rowing for water-based work with juniors and for leading courses on the water on behalf of the club, for adult beginners.

Under 18s (Juniors)

10. Any junior who has not passed the club's swim test must wear a personal flotation device on the water. Juniors under 18 are not allowed on the water alone.
11. Juniors under 18 must have the consent of their coach and a parent's knowledge and consent for water outings, including coxing.
12. Groups of juniors on the water must have supervision at all times, in accordance with the table below. Competency level in rowing and sculling will be determined by junior coach.
13. Juniors will only be permitted to cox at night if they are over 16 years of age, with an experienced crew and under supervision.
14. No one who is J15 or below can row during the hours of darkness and any junior above this age must be experienced.
15. Juniors should only use eights, octs, fours, quads and doubles at night.
16. Juniors should only row between the slipway and Stella Bend at night.
17. Juniors may attend club launch training sessions and become authorised launch drivers under rule 8. However, juniors are not permitted to drive launches unaccompanied. A junior who is authorised can be accompanied by any adult club members. A junior who is not authorised must be accompanied by an adult club member who is authorised.
18. Club members must not assist a junior or junior crew to boat or cox independently unless they are the parent and/or they have the coach's instructions or agreement. Do not in any circumstances take a junior's word for their competence.

19. If a coach is not present in the boat or in an accompanying safety launch, then an adult cox or in a coxless boat, the steersman or individual who is giving the commands will be personally responsible for the boat and for any junior in the crew. An adult accompanying a junior in a single scull will be similarly responsible.

Table for juniors under para 12	Beginners and special needs novices	Novices	Improvers	Experienced and competent over 16
Should a coach be present on the water?	Yes. Coach plus volunteer assistant present.	Yes. Coach present.	Not necessarily, but there must be coach instructions, agreement, and supervision plus responsible adult appointed to accompany the group.	Not necessarily, but there must be coach instructions, agreement, and supervision plus responsible adult appointed to accompany the group.
Should there be a launch present?	Yes. Coach in launch accompanying, unless the beginners are roped and being instructed from the shore.	Yes, coach in launch accompanying on river with observers on shore and/or volunteer assistants as determined by coach.	Yes. Coach in launch present on the river.	Not necessarily.
Where can they go on the river?	Stay between the club steps and Newburn stream.	Stay between White House and downstream end of the straight.	Wylam "wires" to Derwenthaugh Marina.	Wylam "wires" to Redheugh Bridge.

Adults learning to row and scull

20. Groups of learners and individuals on the water and using club boats and equipment should have supervision in accordance with the table below. (Note: competency level in rowing and sculling to be determined by the coach). Adults using their own boats and equipment are strongly encouraged to follow this advice.

21. Club members should only assist inexperienced individuals or crews to boat independently if they have the coach's instructions or agreement. (A competent and experienced club member will be deemed to be the "coach" if assisting a novice or beginner to learn to row or scull in the absence of a coach.)

Table for adults under para 20	Beginners and special needs novices	Novices	Improvers	Experienced and competent over 16
Should a coach be present on the water?	Yes. Coach plus volunteer assistant present.	Yes. Coach present.	Not necessarily, but there must be coach instructions, preferably accompanied by a competent and experienced adult.	Not necessarily.
Should there be a launch present?	Yes. Coach in launch accompanying, unless the beginners are roped and being instructed from the shore.	Yes, coach in launch accompanying on river.	Yes. Coach in launch present on the river.	Not necessarily.
Where can they go on the river?	Between the club steps and Newburn Stream; singles between the club steps and the Reigh Burn; crew boats as far as White House.	Stay between White House and downstream end of the straight.	Wylam "wires" to Derwenthaugh Marina.	Wylam "wires" to Redheugh Bridge.

Visitors boating at Tyne ARC (excluding regattas and head races)

22. A visitor wishing to use club equipment on or off the water must be signed in as a temporary member in order to afford cover under the club's insurance.

Rowing in the dark

23. Boats must display a continuous white light at the stern and a flashing white light at the bow, both must be attached securely to the boat.

24. Night time rowers must be accompanied by a launch, maximum ratio of one launch per three boats.
25. Crews should wear light coloured or fluorescent clothing. If worn, hats should be light coloured.
26. Power driven boats used for coaching must as a minimum, display an all- round white light and preferably port and starboard navigation lights.

END

Versions

1. As amended and agreed by the Management Committee on 7 January and 4 February 2014.
2. Reformatted but no text changed by CWSA 17 July 2018, pending review, and circulated to Management Committee members only
3. This one - updated, but only to club name, taking out references to documents that do not exist and other procedural changes such as signing out - agreed at Management Committee on 7 August 2018.

RIVER TYNE ROWING CLUBS **SAFETY CODE**

Revised 11 June 2010

This safety code is specific to the River Tyne between Redheugh Bridge and Wylam and should be read and operated in conjunction with:

British Rowing's "Row Safe: a guide to good practice in rowing"

Port of Tyne Authority's Guidelines for Recreational River Users
(includes a summary of the requirements for small boats set out in the International Regulations for preventing Collisions at Sea.)

These documents are accessible online.

We want everyone at our clubs to enjoy rowing on the Tyne and to be able to cope with its challenges. The Tyne is a great stretch of river for our sport but we have to respect its moods and other users and learn how to deal with the risks in an informed and sensible manner. With the sport increasing in popularity and many more rowing boats on the Tyne, our safety code is in everyone's best interests and must be observed.

This code has been jointly updated by the following rowing clubs based at Newburn and Ryton in 2009-10.

Tyne Rowing Club

Tyne United Rowing Club

Durham University BC

Durham Colleges Rowing

Newcastle University BC

Northumbria University BC

I certify that our club endorses the revised Tyne Code and map, and will promote its use and observance among our members.

Signed.....

Date.....

Name.....

Position.....

Club.....

Hard copy signed copies are held in the club archives

1. INTRODUCTION

All clubs, rowers and coaches are expected to conform to the British Rowing “**Row Safe: a guide to good practice in rowing**”, a copy of which should be displayed in each of the premises. Please read it and act accordingly. Clubs should make every effort to ensure new, prospective and existing members, visitors and guests are aware of the code and its contents.

- At all times rowers should remain calm and courteous to all other river users and show due consideration. Remember that your outing is no more important than that of any other crew or boat also on the river.
- All clubs must ensure that their members, guests, visiting clubs or crews using their facilities are fully conversant with the safe rowing practices and club procedures on our stretch of the river Tyne.
- Leave details of your outing in the clubhouse with a list of names, route, distance, date and time. If you encounter difficulties while you are out, this information will help your club get you and your boat back safely.

2. DIRECTION OF ROWING

All crews must observe the navigation rules and pass port to port, or in rowing terms stroke side to stroke side. The rules are:

- Crews travelling downstream from west to east (from Wylam and Newburn to Scotswood or beyond) must keep to the south bank, on the Gateshead side of the river.
- Crews travelling upstream from east to west (from Scotswood to Newburn or Wylam) must keep to the north bank on the Newcastle side of the river.

As conditions are never the same from day to day the direction rule must be strictly observed during all training outings. Under no circumstances should any crew that is training disregard the direction rule particularly on the bends. Don't cut corners and remember that the River Tyne is very narrow in certain places at low tide.

Boats should keep as close as possible to the bank and overtaking craft should pass on the outside (toward the centre of the river) not the inside, when it is safe to do so and in accordance with the International regulations.

The only time these rules are relaxed is during a recognised competition.

3. CODE OF PRACTICE FOR OUTINGS

- Outings should not commence in adverse conditions that include strong winds, flood conditions, ice floes, lightning, excessive drift wood, strong tides and/or currents, particularly after heavy rain. Tide and/or current running against a strong wind means there will be waves and increased risk of capsize or swamping. When you see breaking waves on the Tyne (“white horses”), consider cancelling your outing.
- Conditions can change rapidly and outings should be terminated as soon as possible if conditions deteriorate.
- Conditions can also change as a result of the changes in the tides. Check tide times and the weather forecast. Conditions can deteriorate quickly, but they can also calm down if you wait for the tide to turn.
- Whenever possible, check conditions at Scotswood in advance of your outing.
- Do not row when there is ice forming or when there is thick fog or mist.
- Most crews will boat and land facing west into the prevailing wind and current. At busy times, and particularly when there are lots of small boats, care is needed to avoid blocking the arches of Newburn Bridge.
- All rowing boats are advised to use the centre arches of all the bridges, particularly Newburn Bridge, where there are landing steps close to the bridge on both sides of the river.
- All launches and powerboats must cut their wash when passing other crews and be particularly mindful of the reflected wash from the vertical wall sections of the river. The effect of wash for boats at the landing steps and slipway can be damaging to boats and dangerous for anyone attempting to boat and land.
- Coxed boats should make allowances for coxless boats that may be training in the same area, particularly on the bends and shout a warning if necessary.
- Stationary and turning crews should keep a lookout for other crews and either move out of their way or shout a warning in sufficient time for the other crew to take avoiding action.
- Don't try to turn a boat under or close to Newburn Bridge. Beginners should always stay well clear of Newburn Bridge and the currents there. All boats should avoid turning in the stretch between Tyne/Tyne United and Newcastle University steps.

4. BEGINNERS ZONE

- Crews and launches are asked to avoid fast training between Newburn Bridge and the Reigh Burn, which joins the Tyne just downstream of the slipway at Tyne Riverside Country Park. Adult and junior beginners use this area which is within clear view of the clubs and within easy reach in the event of a difficulty or capsize. You can also expect to encounter beginners in canoes and bell-boats, launching from the slipway. Beginners will be less confident about manoeuvring boats and their progress may be unpredictable. This is also the area of the river where boats are landing and leaving the landing steps and slipway: some will need to cross the river here. Experienced crews are asked to respect the needs of learners and avoid intimidating those taking their first nervous strokes in a boat. Launch drivers should take particular care with speed and wash. “Fast training” means you are travelling at a speed that is potentially dangerous to other river users. Please be ready to slow down and stop when necessary.
- Beginners and novices will use the stretch between the White House at Ryton and the downstream end of the straight as they develop skills, usually under instruction from a coach. For novices this area is still only a short distance from the clubs and the banksides are accessible in the event of a problem. All crews tend to do their warm-up and warm-down in this stretch. Competitive crews are advised to plan their training exercises in the less busy sections of the Tyne. The busiest times are at weekends and evenings, but as the sport increases in popularity and clubs expand their membership, more people can be expected on the water at all times, all year round, including weekdays during normal working hours. Crews rowing up to Wylam or down to Scotswood early at weekends are warned to slow down on their return as there will be more novices on the river later in the morning.
- The port of Tyne has defined stretches of the Tyne as “speed zones” for power boat enthusiasts. On all non-designated parts of the Tyne the speed limit is 6 knots. This is about 7 miles per hour or 11 kilometres per hour.
- Remember that there are other water-sports beginners and youngsters on the river: watch for Sea Cadets at Derwenthaugh; water skiers, sailors, dragon boats and canoes at Newburn and since the Tyne is a tidal and therefore open access river, different users can be encountered anywhere and at any time.

5. NEWBURN WATER SKI CLUB SPEED ZONE

- The allocated water ski area extends from the Newburn stream - just downstream of the slipway at Newburn Country Park and some 2.5 kilometres upstream to the Ryton Golf Course bend and includes an event and practise area. A maximum of six power boats are permitted and skiing is for club members only.
- Water skiing is only possible and permitted up to 3 hours either side of high tide. Unlike rowers, the ski club can only use their allocated area and they will normally ski there on summer evenings and at weekends when the tide is high enough. Water-skiers do not ski after dark and rarely during the winter months. Whilst an occasional rowing boat in the area will not be a problem, large numbers of rowing boats will make it impossible for the water skiers to operate safely.
- The Water Ski Club have agreed to display a warning flag affixed to the red and white speed limit sign at Newburn Country Park when their powerboats are on the water. Rowing boats are asked to avoid the waterski area when the ski-club are on the water and respect their members' rights to enjoy their sport at Ryton.

6. ROWING AFTER DARK

- Navigation rules state that boats must show a white light at night, visible through 360 degrees. (A red flashing light denotes a wreck)
- Coaching launches must have, as a minimum, a 360 degree white light at night.
- At night or dusk, all boats must be clearly lit both fore and aft, for the duration of the outing.
- Crews are advised to wear white and/or bright visible kit if rowing in the dark or at dusk.
- Crews planning a night outing should ensure that at least 50% of the crew and the cox is experienced in rowing/sculling and familiar with the Tyne. Everyone should be over 18.
- Think carefully about the need to go out at night – it is more hazardous in the dark and not recommended upstream of the Newburn slipway where there are no buildings or streetlights.

7. OTHER GENERAL ITEMS TO CONSIDER:

- There is a power-boating area downstream from Derwenthaugh Marina, east of the Scotswood Road Bridge, and a designated jet skis area. This part of the Tyne is wider and conditions are often choppier there.
- Sailing races are held occasionally, launching from Newburn slipway. These are usually on two Sundays per year and warnings are issued to the Water Safety Advisers in advance. As with the skiers, rowers are asked to avoid the Ryton area during the sailing races.
- Any powerboats, jet skis or other craft seen speeding outside their permitted areas and posing a hazard to other river users should be reported to your Water Safety Adviser. Take details and photos if possible. The reports should be passed on to the Port of Tyne Authority for action.
- Crews are recommended to go no further downstream than the Redheugh Bridge unless accompanied by a launch and the launch crew/coach should assess conditions downstream, before allowing crews to proceed.
- If heading downstream (east) of Scotswood Bridge, single scullers are advised to be in a group of at least three for safety.
- There are a number of permanent posts, buoys, moored boats, jetties, pontoons and other river hazards, many of which are indicated on maps, which are displayed in the boathouses and attached to these notes. These obstructions are more dangerous at different stages of the tide: for example posts may be just covered by water. The ebb tide is particularly strong past the sea cadets pontoon at Derwenthaugh.
- Trees and other obstructions can become lodged from time to time. These and any other hazards to navigation should be reported to your Water Safety Adviser who can warn others and alert the Port of Tyne Authority who will try to clear the obstruction.
- At low tides there are extensive mud flats downstream of Newburn Bridge and, especially at the Stella bends, at Lemington Gut and east of Scotswood Bridge. These will not support a person's weight if they are attempting to cross on foot. The mudflats are difficult to see in the dark, at dusk or in rain or mist.
- The river is reduced to a narrow channel in places at low tide. Please do not stop at the Stella bends, between the downstream end of the Newburn Straight and the top of the Blaydon Straight, at or close to low tide.

- All steps below the high tide level can be wet, muddy and slippery and are prone to icing in winter and algal growth in summer.
- When there are exceptionally high tides or heavy rainfall, the river can be affected by large quantities of debris such as fallen trees, logs, and large masses of vegetation, which can endanger your boat and affect steering.
- At low tides and dropping tides the river is very shallow in places, with exposed stone and gravel banks upstream (west) of the 'White House' at Ryton. As a general guide, do not start to row upstream of the White House except on a rising tide and complete your outing within 1 hour of high tide. The tidal level marker on the north side of the river opposite the White House must show a minimum of 4 metres height on a rising tide, 4.5 metres on a falling tide for you to have sufficient water to be able to row upstream. (If all of the short set of steps are out of the water just west of the Tyne RC main steps, on a falling tide, then an outing upstream of the White House will not be possible.)
- Do not row upstream of Dial Cottage (George Stephenson's birthplace) and the electricity wires which cross the Tyne at this point. There are shallows and rapids between here and Wylam Bridge.
- Beware overhanging trees and large rocks on the banks upstream of the White House at Ryton.
- Some parts of the Tyne have no means of access for the public on foot or cycle and very few areas are accessible for a vehicle. Steps and access routes are listed in the annexe and indicated on the map.
- Downstream of the Newburn straight access to the river Tyne becomes increasingly difficult. Several stretches have high and inaccessible vertical walls. In the event of an accident or grounding, there are very few places to get ashore safely. In addition there are long stretches where there is no public access along the river bank and you will not be seen by a member of the public on the shore if you get into difficulty. Please plan your route bearing this and the capabilities and experience of your crew members in mind.
- If in doubt, please ask advice from those with experience of the river, before starting an outing.

8. REMINDERS

- **CONSIDER OTHERS** (River users, onlookers and wildlife)
- **SAFETY CHECKS** (Check all your equipment before you go out and during the outing and always consider the conditions)
- **SHOUT WARNINGS – LOUDLY!**
- **DON'T TAKE UNNECESSARY RISKS** and please warn others if you think they may be at risk. Set a good example to those who may be less familiar with the sport and the River Tyne. Remember that this is a large tidal river, conditions are very variable, and there are hazards. Know the risks and manage them at an acceptable level.

IF IN DOUBT DON'T GO OUT

**Help keep our sport a safe and successful one and maintain
courtesy and cooperation between all of the clubs rowing
and boating on the River Tyne**

ANNEX A TO RIVER TYNE CODE

ALTERNATIVE STEPS

There are steps at:

- Tyne Amateur Rowing Club
- Tyne United Rowing Club
- Newcastle University Rowing Club
- A slipway at Newburn Country Park (at high tide)
- A slipway at Ryton – White House
- A slipway at Tyne Cruising Club, Lemington
- Old Newcastle Royal Grammar School Boathouse by Blaydon Bridge (at high tide)
- Derwenthaugh Marina

PUBLIC ACCESS ALONG THE RIVER TYNE

- Tyne Riverside Country Park (Newburn Bridge to Wylam Bridge, on both sides of the river. Access on foot to the water possible with care.)
- Tyne Riverside Country Park slipway (Access to the water possible for vehicles at high tide)
- South bank of the Newburn “straight” from Newburn Bridge to a point approximately 1.2 kilometres downstream.
- Newburn Riverside Cycleway (North bank from downstream end of the Newburn “straight” to Lemington Point. Limited access to the water at certain points, with care.)
- Scotswood Road (North bank, promenade from Lemington Point to A1/Denton Road junction. No access to the water.)
- Below A695 Scotswood Bridge. (North bank no access to the water)
- Blaydon Haugh Riverside Cycleway (South bank from Patterson Street –vehicle access possible- to Derwenthaugh Marina.)
- Derwenthaugh Marina (South bank, access to water for vehicles at slipway.)
- Riverside at Dunston (South bank, from River Derwent to Delta Bank /Mandela Way/Handy Drive.
- Newcastle Business Park and Quayside (North bank promenade from William Armstrong Drive to Newcastle City Centre. No access to the water.)

END

TARC - Rowing under Covid-19 - archive only

- guidance for single scullers from 16/17 May 2020

Tyne ARC has taken the decision in light of the British Rowing and government guidance to open for single scullers only. Adult scullers wishing to take part in some water training will be able to access the boat shed in pairs at an allocated time. In order to keep all of our members safe during this time it is important that we follow the rules below:

General instructions

1. Sign up for a 90 min slot using the online sign-up sheet - see web site for link.
2. Do not enter the boat shed before your allotted time.
3. Ensure you are off the water, have your equipment cleaned and put away in order to exit the boat shed at the end of 90 mins to ensure there is no overlap between you and the next pair.
4. Follow the cleaning guidance posted in the boat shed and online.
5. If using a club single or blades please ensure that the equipment is fully washed using soap and hot water so it is safe for the next user.
6. The spreadsheet will also be used as a sign out sheet – if you have signed up and are no longer going to go out please remove your name.

Hygiene Safety instructions:

1. Wash your hands on entering the boat shed.
2. Use the Dettol spray and blue roll to clean the shutter mechanism after opening or closing the shutters.
3. Clean all equipment used with soapy water and a clean cloth, including any equipment you have to move to access your own (blades etc).
4. Ideally bring your own boat cleaning cloth (there will be some spare) and take it home to wash.
5. Use the Dettol spray on blue roll paper to clean door handles etc as you exit the shed.
6. Ensure you keep a 2m distance from any other member accessing the boat shed.
7. Do not attend the boat club if you are experiencing any symptoms of Covid-19, especially a high temperature or a new and persistent cough.

Water Safety instructions

1. To go out you must be on the list of those approved by your coach or squad coordinator as being competent to take a single out on their own with no safety launch cover.
2. Before leaving home check the weather forecast (especially for wind) and tide times, taking particular note if wind will be against tide and check the Club Members Facebook page for any late announcements, e.g. about likely conditions, low tides etc.
3. On arrival undertake a personal risk assessment taking into account these factors plus the actual water conditions, your fitness and your own experience in a single (even if on the approved list) and come to a clear conclusion on whether it is safe for you to go out without launch safety cover; if in doubt, don't go out.
4. You can get help to get your boat out and put on water (and the reverse), but you must social distance as necessary.
5. Try to go out at the same time as the other rower in the same time slot, so you can keep an eye on each other and assist if there is an incident such as a capsize, subject to social distancing guidelines as far as possible.
6. If at all possible take a mobile phone with you in a waterproof pouch in case of emergency – the numbers to call are on the adjacent notice.
7. We recommend rowers stay between the White House and the bottom of Newburn straight.



Emergencies – what to do

For all life-threatening or serious incidents at the club or on the water - RING 999

Ring 999 - police, fire, ambulance or coastguard

Boathouse address:

Tyne Amateur Rowing Club, Water Row, Newburn,
Newcastle upon Tyne, NE15 8NL

If asked for directions, emphasise the club is on the north bank of the river, just along from Newburn Bridge and the Boathouse pub.

The other main emergency shore access point for the club's usual training outings is: Derwenthaugh Marina, off Tundry Way, Blaydon, Gateshead, NE21 5LL.

After dialling 999 and when confident help is on the way, contact an official of the rowing club as indicated in next section.

For less serious incidents that still require club assistance - CONTACT US

If at the club, ask if an official of the club is present and talk to them. If the bar is open, they might be able to help. Otherwise telephone us as below; should the first named individual not answer the phone, proceed down the list. The club does not have a landline at present.

Water Safety Adviser	Colin Percy	07985 003304
Captain	Tom Campbell	07378 168499
Chair of Management Cttee	Lyn Goldsmith	07565 350347

First aid

If an injury or illness occurs that can be treated on-site or if an ambulance has been summoned but the patient would benefit from immediate attention, seek help from a qualified first-aider. A full list of aiders is contained in the Emergency Response Plan, but others not listed may be present in the club.

The main first aid supplies are held in a marked cupboard at the top of the internal stairs in the clubhouse. The kitchen has a location specific first aid kit in a marked drawer. Each club coaching launch has a small first aid kit and a box of emergency foil blankets in the black safety bag. There is a first aid kit on the cleaning station table in the main boathouse.

The club has a defibrillator on site outside the old boathouse.

Fire - see separate sheet



Emergencies - locations & numbers

We are: Tyne Amateur Rowing Club **No landline**
but for safety issues ring **Colin Percy** on **07985 003304**

Our address: Water Row, Newburn, Newcastle upon Tyne, NE15 8NL

To find us:

- ◆ Get to the very north end of Newburn Bridge.
- ◆ Turn west down the small lane called Water Row.
- ◆ Go past the Boathouse Public House.
- ◆ Take a sharp right and sharp left to get in to our car park.

What3Words: refers.span.door

Emergency services (fire, police, ambulance, coastguard) 999

A & E - Emergency Dept, Royal Victoria Infirmary 0191 233 6161
Royal Victoria Infirmary, Queen Victoria Road
Newcastle upon Tyne (City Centre), NE1 4LP

Directions from Newburn:

- Head towards Newcastle (signed for *Lemington/Scotswood A6085*).
- At the first major roundabout with lights turn left (signed *Morpeth A1*) onto the A1.
- Do not join the main carriageway but leave the A1 at the next exit (*signed Hexham A69 and City (West) A186*).
- Turn right towards Newcastle on the West Road (*signed City (West) A186*).
- After two miles turn left on to Brighton Grove and carry on to Hunters Road.
- Turn right into Richardson Road and it is about 1km on the left.

Ponteland Road Urgent Treatment Centre 0191 271 9030
The centre is nurse led and treats a limited range of minor injuries and illnesses.
8.00am-10.00pm every day of the year. 169 Ponteland Road, Cowgate, NE5 3AE.

Northumbria Police 101
Etal Lane Police Station, Etal Lane, Newcastle upon Tyne, NE5 4AW
Best to contact online if non-urgent at: <https://beta.northumbria.police.uk/>

Tyne and Wear Fire and Rescue Service: 0191 444 1000
West Denton Community Fire Station, West Denton Way
Newcastle upon Tyne, NE5 2QZ

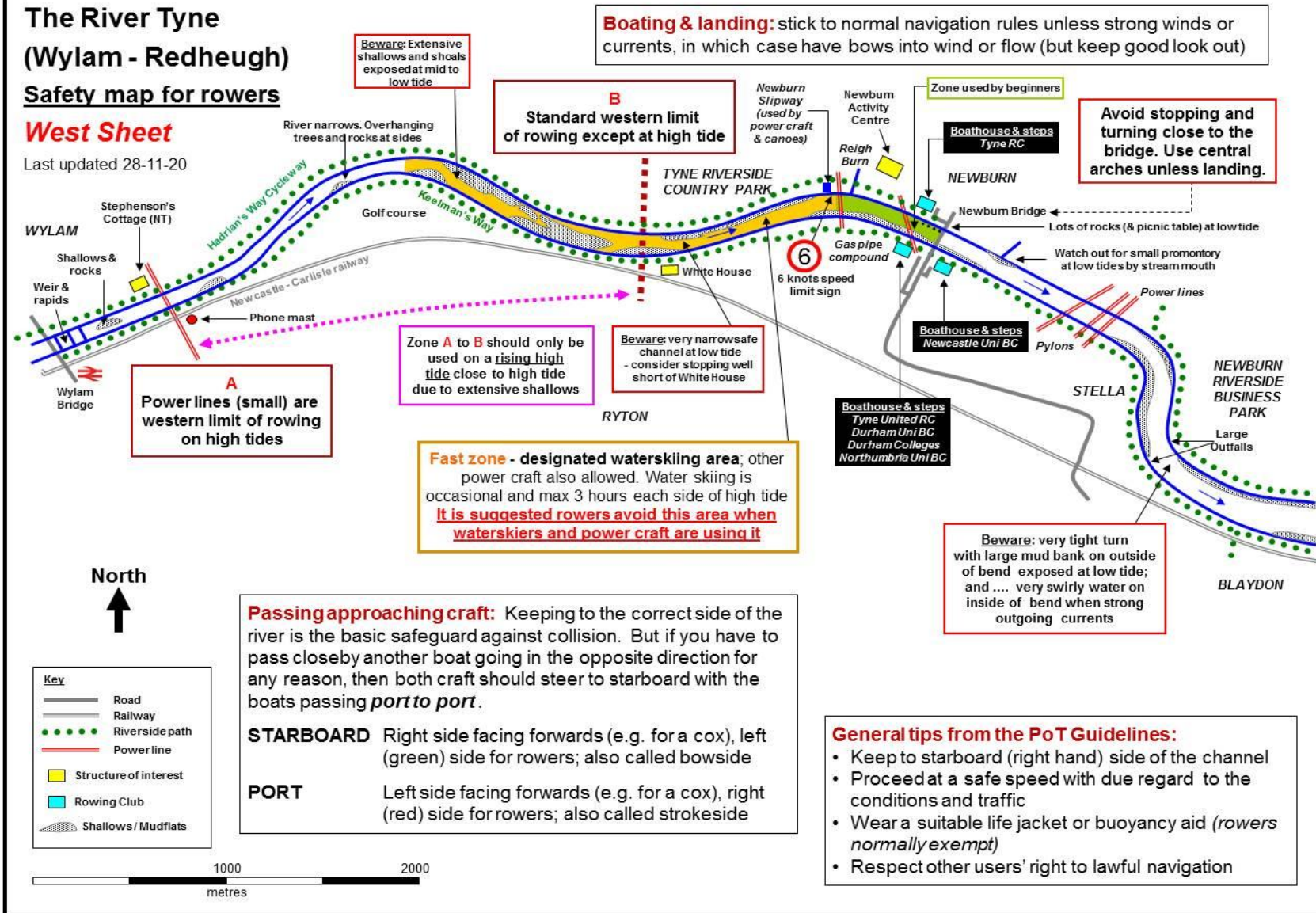
Port of Tyne Authority:
Harbour Master's Office **0191 257 0407**
Head Office **0191 455 2671**

The River Tyne (Wylam - Redheugh)

Safety map for rowers

West Sheet

Last updated 28-11-20



Tide and hazards: The river is tidal with changes in level of up to 5 metres between the high and low tides. Hazards emerging at the river edges as the tide falls include posts, mud and gravel banks; there may also be large trees from time to time. Avoid outside arches of bridges if the tide is low.

Access to banks: There are sections of both banks where there is no access from the river to the shore. Mud banks will not usually support the weight of a person on foot and there are high vertical walls in some places.

Speed limits: All craft are entitled to free passage of the tidal reaches of the Tyne, subject to the General Byelaws of the Port of Tyne. Two zones in this stretch are allocated as *Fast zones* for use by powered craft. Proceed through these zones with care. The speed limit for powered craft outside *Fast zones* is 6 knots (11kph / 7mph).

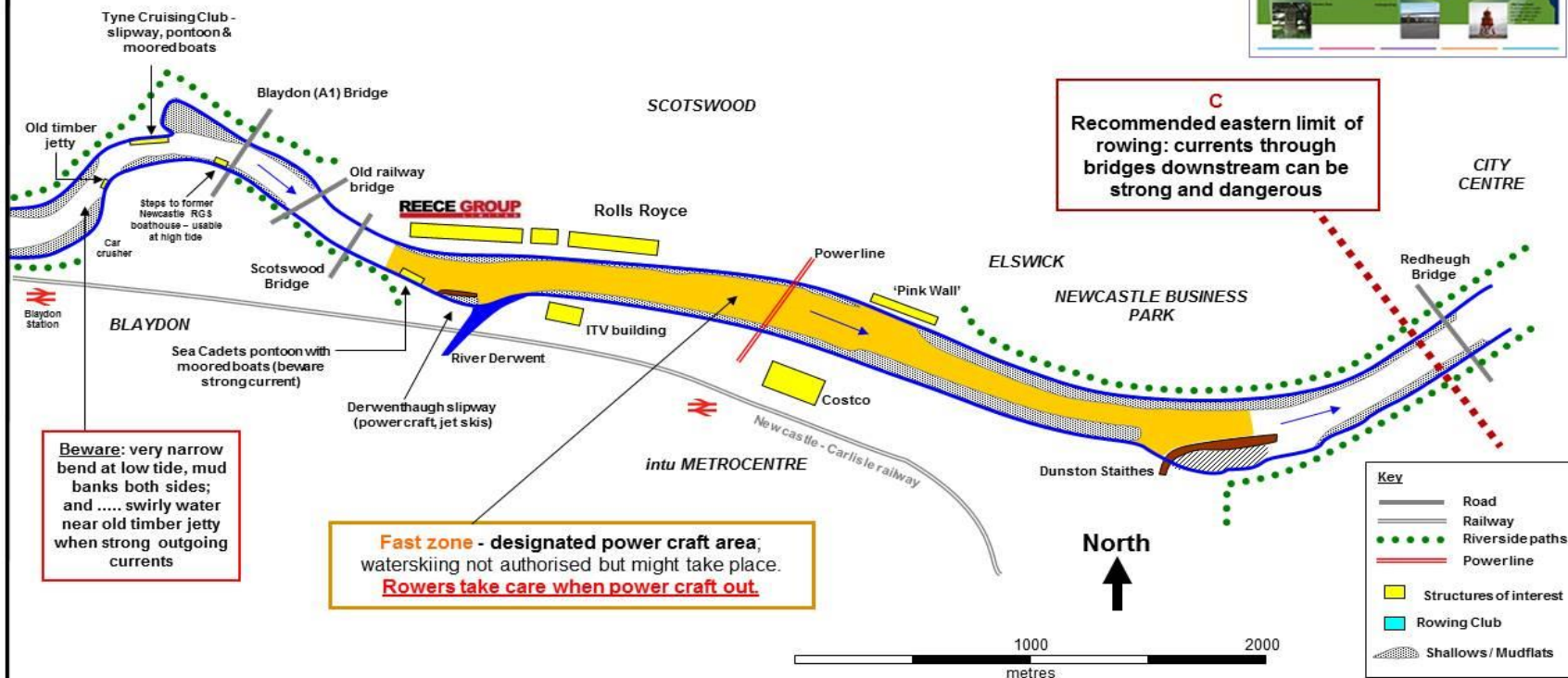
Port of Tyne info: Address: Harbour Office, Neville House, Bell Street, North Shields, Tyne and Wear NE30 1LI, Tel: 0191 257 0407, Email: harbour.office@portoftyne.co.uk, Web: <http://www.portoftyne.co.uk>. You can download [tide tables](#), the [General Byelaws](#) and the [Guidance for Recreational River Users](#) leaflet (see right) from the web site.

The River Tyne (Wylam - Redheugh)

Safety map for rowers

East Sheet

Last updated 28-11-20



Beware: very narrow bend at low tide, mud banks both sides; and swirly water near old timber jetty when strong outgoing currents

Fast zone - designated power craft area; waterskiing not authorised but might take place.
Rowers take care when power craft out.

C
Recommended eastern limit of rowing: currents through bridges downstream can be strong and dangerous