

TYNE LDS 2010 - Instructions to crews and coxes

Course : Scotswood to Newburn (5000m)

1. The numbers for your crews are shown on the draw (available separately). Collect your numbers in good time from Tyne RC and ensure that before you embark the solid plastic number is securely fastened to the Empacher slot in the bows.
2. You must boat in plenty of time to get to the start. When boating you must follow the instructions of the marshals. Boating will be within specified time slots for quads (starting at 8.30am), then doubles, then singles (in three batches). **Crews not ready to boat on time (this means having passed the safety inspection as well) will be liable to receive a 30 second time penalty and be sent to the back of the queue.**
3. Ensure you have your oars on the landing steps and get into your boats as quickly as possible, **adjusting your feet once you have pushed off from the landing**. Please move away from the landing area promptly so as not to obstruct following crews.
4. The Tyne can be very cold during autumn and winter and you can expect to be on the water for a long time. Ensure you have warm clothing with you in the boat and preferably wellington boots for boating. Sandals or wet shoes are OK, but no bare feet on the steps, please. The trailer parks could be muddy, so be warned!
5. You are responsible for making your way down to the start and for taking up position within the marshalling area as shown on the map available at Tyne RC on the day.
6. **You must be in position 5 minutes before the start time.**
7. Crews must marshal in numerical order above the start, with bows against the current. More specific instructions will be available on the day. Marshals will in any case advise on position as you approach the start zone.
8. Marshalls will instruct you to turn (as necessary) and proceed to the start. As you pass into the Starting Area you will be started with the words "Number X – GO". The time will be taken at the starting line further upstream, to allow you to get up to speed.
9. During the race, crews being overtaken must avoid impeding overtaking crews. This calls for care on bends. Crews in front loading boats must keep their cox informed if they are being overtaken.
10. For safety reasons, crews **MUST** use the centre arches of Scotswood Rail Bridge (one of two), Blaydon Bridge (single) and Newburn Bridge (one of two) as marked on the course maps. **Crews failing to do so will be disqualified.**
11. A rescue boat will follow the race and others will be stationed along the course. If you do have an accident, stay with your boat until help arrives. Do not attempt to swim to the bank without your boat.
12. When you cross the finish line (upstream of Newburn Bridge) you must:
 - a. continue paddling clear of the finish area before turning – a marshal will instruct you to turn onto the north bank and line up to land
 - b. keep clear of the course when returning to the boathouse
 - c. avoid impeding crews still racing

d. crews returning to Newcastle University or Tyne United **MUST** paddle below Newburn Bridge using the north bank and north arch of Newburn Bridge and only cross under the instruction of the marshal positioned below Newburn Bridge.

13. For your safety, please obey marshals instructions at all times, if you do not, you may be disqualified

14. A risk assessment and related safety plan are available on request.

15. The Committee reserves the right to vary regulations or instructions if necessary

PARKING

For visiting clubs, only trailers can be parked at Tyne RC, Tyne United RC and Newcastle University BC. If you need to drop off singles or equipment from a car, access will be allowed, but you will be asked to park elsewhere.

Public car parking is available next to Newburn Country Park, north of the access road (5-10 minutes walk from Tyne RC). Please do not use the Leisure Centre or the Keelman Pub car parks. You can park on public roads north and south of the river, but please be considerate of other users and local residents and also remember there may be trailers needing to get past or to turn. **Please car share (or come by public transport) if you can.**

CATERING

Hot and cold food and drink will be available for purchase all day at Tyne RC and Tyne United RC boathouse. The bar at Tyne RC will be open from 12 noon.

FOR FURTHER INFORMATION PLEASE CONTACT:

Overall coordination:

Andrew Bryant for NRC

Mob: 07854 546377 (preferably not day time during the week)

Email: bryant10@btinternet.com

Entries, boating and other arrangements:

Chris Smith for NRC

Mob: 07961554813

Email: chris.8woodbine@blueyonder.co.uk

For Tyne RC related issues:

Colin Percy

Mob: 07985 003304

Email: colin.percy@blueyonder.co.uk

For Tyne United RC related issues:

Chris Smith, as above

**We look forward to welcoming you to the Tyne
and hope that you have an enjoyable row.**