

PONTELAND JUNIOR HEAD - TYNE ARC - 25 MARCH 2017

DIVISION 1 - 10.30 DIVISION 2 - 12:30 DIVISION 3 - 14.30

INSTRUCTIONS TO COACHES, CREWS AND COXES

IT IS THE RESPONSIBILITY OF COACHES TO ENSURE THAT THEIR CREWS ARE CAPABLE OF RACING IN THE PREVAILING CONDITIONS

The Tyne can be cold during spring - rain and wind are possible. It is the responsibility of coaches to ensure that their crews are adequately clothed. Boats should not be on the water too long, but please ensure that crews have warm and/or waterproof clothing should the conditions require it. **Wellington boots are needed for boating on the steps.** The trailer park can be muddy, so we recommend that you wear wellington boots in this area.

The numbers for your crews are shown on the start order. Collect your numbers in good time from Race Control at Tyne ARC and ensure that before your crews embark the plastic number is securely fastened to the Empacher slot in the bows. There is no deposit for bow numbers. We may also issue paper numbers for the bow person to wear.

All crews must be ready to boat at the stated times (likely to be from 45 minutes before start times). Crews will be called to boat in start order. Launching will be with bows up river unless otherwise directed. When boating you must follow the instructions of the marshals. **Crews not ready to boat on time will be liable to receive a 30 second time penalty.**

Ensure oars are on on the landing steps when boats arrive and get crews into boats as quickly as possible, adjusting feet etc once pushed well off from the steps. Boats should move away from the landing area upstream promptly so as not to obstruct following crews.

Once on the river, boats should remain in start order and row lightly upstream keeping to the north bank (but not *too* close). Once past the country park slipway, boats should line up, staying in start order, in the queuing area shown on the accompanying plan. **Please note there will be no opportunity for warming up on the river.**

The crews at the front of the queue should follow instructions from marshalls, which will generally be to proceed upriver, turn above the launch near the White House, and then proceed downstream back to the launch. Boats in the queue should move up, staying in start order, as the boats in front move up and turn.

When boats get back to the launch coming downstream, they should move off when instructed by the launch crew, which may be almost immediately (so all clothing adjustments should be undertaken before crews turn). A short distance further the official start umpire on the south bank will start crews with the words "Number X – GO" and crews should build up quickly. The time will be taken at the starting line which will be a short distance further on, with a banner showing location.

During the race, crews being overtaken must avoid impeding overtaking crews. This calls for care at, in particular, Newburn Bridge. Crews in front loading boats must keep their cox informed if they are being overtaken.

The river is not closed during the event, so for safety reasons, crews MUST keep towards (but not too close) to the south bank of the river when racing and the north bank when returning to the steps. In particular they must use the south centre arch only of Newburn Bridge during the race and the north bankside arch on returning. Crews failing to do so may be disqualified.

Marshalling and safety boats 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.

At the finish (at the bottom of Newburn straight), crews must keep moving around the first bend at Stella and a good distance down river before turning. In Division 1, when the tide is a bit low, be aware that there are extensive mud flats just around this first corner and keep well out and move well along before turning.

Subject to any alternative instructions from marshalls, boats once finished can start returning to the steps at Newburn, but must keep close in to the north bank so as not to impede racing.

Tyne United RC crews returning to their own steps must not cross the racing line in any circumstances until the last boat has passed. TURC boats in each division may come back up the river with others, but if necessary should proceed past Tyne ARC up to the slipway and tucked in to the north bank until all boats have passed.

BOATING:

All crews in each division must be ready at these times: 09:30 for Division 1, 11:30 for Division 2 and 13:30 for Division 3 (exact times will depend on size of entry). **Crews will be called in start order to the top of the steps. Boating marshals may inspect some or all boats and any not passing the standard safety requirements including buoyancy, bow balls and heel restraints will be turned back.** All clubs will boat at Tyne ARC except Tyne United RC (unless we have a very large entry).

FIRST AID and WELFARE:

First aid assistance will be located at Tyne ARC. The event welfare officer will be available at Tyne RC through the day.

PARKING:

Only trailers and their vehicles can be parked in front of or at the side of the Tyne ARC clubhouse. Space in the club car park is generally reserved for towing vehicles and race officials, though there may be space later in the day. If you park on Grange Road behind Tyne ARC, please do so considerately. It would be preferable if you used the public car park available further along Grange Rd opposite Newburn Activity Centre (7 minute walk to Tyne RC). **Please do not use the Activity Centre or The Keelman PH car parks.**

CATERING and PRIZE GIVING:

Hot and cold food and drink will be available for purchase at Tyne ARC boathouse from about 08:30 through till the end of proceedings. We will be giving out all prizes after Division 3 about 15.30.

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

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Web page re event: www.tynerowingclub.org/pages/ponteland_junior_head_153682.cfm