

RUTHERFORD HEAD – 25 NOVEMBER 2017

INSTRUCTION TO CREWS AND COXES

DIV 1 STARTS AT 10:30AM & DIV 2 AT 2.00PM

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

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 and wellingtons for boating and landing: please take these with you in the boat, take them off and put them back on when the crew is on the water NOT on the steps or shore. It is the responsibility of coaches to ensure that their crews – especially juniors – have sufficient weatherproof clothing. The trailer parks may also be muddy – we recommend that you wear wellington boots in this area too.

CREWS WITH INSUFFICIENT CLOTHING MAY BE REFUSED PERMISSION TO BOAT

The numbers for your crews, boating times and boating location (Tyne ARC, Tyne United RC or NUBC) will be shown in the final start order, to be available at www.tynerowingclub.org/pages/rutherford_head_180561.cfm. 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. Ensure that before you embark the solid plastic number is securely fastened to the Empacher slot.

You must boat in accordance with the schedule published as part of the start order. When boating you must follow the instructions of the marshals. **Crews not ready to boat on time (this means having passed the safety inspection as well) 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 and for taking up position within the marshalling area as shown on the Start and Finish Plan being issued separately - see web page as above. Marshalling launches will be on hand to help. Please keep to normal rules of the river going to the start, i.e. keep in to the south bank (right hand side as seen by the cox).

You must be in position 10 minutes before the start time. Any crew not below the bottom of the Blaydon straight by 10:15am for Div 1 and 1:45pm for Div 2 may be turned back and for safety reasons not be allowed to proceed to the start (this is subject to the discretion of marshals).

Crews must marshal as shown on the Start and Finish Plans. As you pass through the Starting Area you will be started with the words "Number X – GO". The time will be 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. Crews in front-loading boats must keep their cox informed if they are being overtaken.

For safety reasons, crews when racing MUST use the centre arch or arches of Scotswood former rail bridge, Blaydon (A1) bridge and Newburn bridge (see course map and start/finish plans).

Crews failing to do so and thus causing a risk to others may be disqualified or issued with a time penalty of up to 30 seconds.

A rescue boat will follow the race and others will be stationed along the course. If you do have a serious accident, 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 Finish Plan or as directed by marshalls. This applies in particular to crews needing to cross the racing line to land.

ABANDONMENT OR POSTPONEMENT PLAN

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 informed there is an abandonment.

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.

WELFARE

A welfare officer will be available at Tyne ARC. 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.

PARKING AT CLUBS AND ELSEWHERE

Trailers must be parked at the club indicated for boating on the start order (Tyne ARC, Tyne United RC or Newcastle University BC). Cars for rowers boating at Tyne ARC should not be parked on Grange Rd behind the club but at the public car park further west along and on the north side of Grange Rd (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 Rd for this). Please see Tyne United RC website about car parking if boating there. There is car parking within Newcastle University BC grounds for those boating there and if not full for others. A map will be downloadable on the web site to illustrate this.

CATERING

Hot and cold food and drink will be available for purchase all day at Tyne ARC and Tyne United RC clubhouses.

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

Tyne Amateur Rowing Club

Important names/email/phone numbers

For TARC before the day & Race Control on the day	Colin Percy	colinwpercy@gmail.com	07985 003304
Safety Adviser	John Mulholland	N/A	07740078023
Chair of Race Committee & Start Umpire	Charly Curtis	N/A	07907 543637