

RUTHERFORD HEAD - 1 DECEMBER 2018

INSTRUCTIONS TO CREWS AND COXES (LOCAL RULES IN RED)

DIVISION 1 STARTS AT 10:30AM & DIVISION 2 AT 13.45PM

Clothing and footwear

Conditions can be windy, cold and wet during the winter 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. The trailer parks may also be muddy – we recommend that you wear wellington boots in this area too.

Boating times & locations and collection of numbers

The numbers for your crews, boating times and boating location (Tyne ARC, Tyne United RC or Newcastle University BC) will be shown in the Start Order, to be available at www.tynerowingclub.org/pages/rutherford_head_180561.cfm on the preceding Monday. 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 the solid plastic number is securely fastened to the Empacher slot and that the paper number, if issued, is on the back of the bow person.

Boating and proceeding to the start

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 Plan being issued separately - see web page as above. Launch based marshals 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).

Participants should be aware that a river closure is not in operation and as such non-event craft may be encountered on the course.

You should be in position at the finish 10 minutes before the start time. Any crew not below Blydon Station (see Course Map on web site) by 10:15am for Div 1 and 1:30pm for Div 2 may be turned back and for safety reasons not allowed to proceed to the start (this is subject to the discretion of marshals).

Start and racing

Crews must assemble as shown on the Start Area Plan. You will be directed to the start itself by marshals. As you approach the start you will be told to build up with the words "Number X plus name of club - GO". The time will be taken at the starting line about 20-30 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. **Crews may be disqualified or issued with a time penalty of up to up to 30 seconds for impeding other crews.**

For safety reasons, crews when approaching the start or during racing MUST use the centre arch or arches of Scotswood former rail bridge, Blydon (A1) bridge and Newburn bridge (see Course Map and Start/Finish plans). **Crews failing to do so and thus causing a risk to others or gaining an unfair advantage 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.**

After 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 on the south bank (TURC and NUBC). **Crews failing to do so and causing a risk to others may be disqualified or issued with a time penalty of up to 30 seconds.**

Port of Tyne Byelaws

All participants should be aware of the Port of Tyne General Byelaws (downloadable at www.portoftyne.co.uk/marine-information/resources) and ensure compliance at all times.

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 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 and welfare

The first aid provider will be located at Tyne ARC. A welfare officer will be available at Tyne ARC via Race Control. Hot showers and changing rooms are available at Tyne ARC and Tyne United RC. Gateshead CRC at Derwenthaugh near the start is kindly making its premises available for emergency use.

Trailer and car 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 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 - please do not use their car parks!). It is only 10 minutes' walk back along the river.

There will be limited car parking at Tyne United RC but there will be car parking within Newcastle University BC grounds for those boating there and, if not full, for others. A map will be downloadable from the web site to illustrate all this.

Catering and presentation

Hot and cold food and drink will be available for purchase all day at Tyne ARC and Tyne United RC. The presentation of prizes will be at Tyne ARC as soon as possible after Division 2.

For further information or enquiries pre-race:

Colin Percy, Event Secretary Email: entries@tynearc.com Mobile: 07985 003304

Web page: www.tynerowingclub.org/pages/rutherford_head_180561.cfm

See you there!