



TYNE UNITED SMALL BOATS HEAD 22 October 2016

Racing starts: 2.30 pm

INSTRUCTION TO CREWS AND COXES Course: Scotswood to Newburn (4500m)

1: The numbers for your crews are shown on the draw. Collect your numbers in good time from Tyne United Rowing Club (TURC) race control and ensure that before you embark the solid plastic number is securely fastened to the Empacher slot in the bows. You must boat in plenty of time to get to the start. Boating starts at 13:00 pm with the lowest numbered crews.

2: The last crews must leave the landing stages by 1.45 pm.

3: When boating you must follow the instructions of the marshals as to which steps to use. Boats will be inspected for Equipment Failure prior to boating and will not be allowed to boat if failed. In particular safe and secure bow balls, heel restraints and buoyancy will be required. Ensure you have your oars on the landing steps 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.

4: Ensure crews and coxes have warm clothing with you in the boat. Wellington Boots may be needed for boating from TURC. Crews not wearing appropriate kit will not be allowed to boat. Coxes must wear life jackets.

5: You are responsible for making your own way down to the start and for taking up position within the marshalling area as shown on the Boating Instruction Map at www.tyneunited.co.uk.

6: You must be in position 15 minutes before the start time. Crews on the course at 2.15 pm will be disqualified.

7: Crews must marshal at the start as per the Boating Instruction Map and not proceed too far downstream.

8: 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

9: During the race, crews being overtaken must avoid impeding overtaking crews. 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, Blaydon Bridge and the two centre arches of Newburn Bridge 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.

12: If you do have an accident, stay with your boat until help arrives. Do not attempt to swim to the bank without your boat.

13: When you cross the finish line you must continue paddling clear of the finish area before turning and keep clear of the course when returning to either Tyne Rowing Club (TRC) or TURC steps. Avoid impeding crews still racing. Crews returning to TURC and Newcastle University Boat Club (NUBC) **MUST** paddle below Newburn Bridge using the North Bank and North arch of Newburn Bridge and only cross under the instruction of the launch positioned below Newburn Bridge

14: For your safety, please obey marshal's instructions at all times- if you do not, you may be disqualified.

15: The Race follows RowSafe which has been supplied to every club. Competing clubs are reminded that it is their responsibility to be familiar with and to comply with the requirements of the code. Medical staff will be based at TURC. River access points are shown on the Boating Instruction Map. All safety launches [red or orange in colour] carry radios and safety kit.

16: Parking

On arrival trailers must follow the instructions of the parking marshals. There are a limited number of car parking spaces on site with more spaces at Newcastle University opposite. Trailers must not park at Newcastle University.

17: CONTACT POINTS: sbh@turc.co.uk up until Friday 21/10/2016 at 4:00 pm. Tel: 0780 8612497 after that time.

Any incidents must first be reported to the Race Control based at the TURC Club House on 0780 8612497 or by radio. An emergency phone is in the entrance of the TURC Clubhouse [at the rear]. Full shower, catering facilities, and Rapid Reaction Event First Aid are available at TURC.