

TYNE LDS & TYNE UNITED SBH- 28 OCTOBER 2017

INSTRUCTION TO CREWS AND COXES

LDS STARTS AT 10:30AM & SBH AT 2.30PM

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 on www.nerowing.com/lds2017.html for the LDS and www.tyneunited.co.uk/index.php/events/turc-small-boats-head for the SBH. 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 (am) and Tyne United RC (pm). 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 each published 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 10 seconds and be sent to the back of the boating queue.**

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.

You must be in position 5 minutes before the start time. Any crew not below the bottom of the Blaydon straight by 10:15am for the LDS and 2:15pm for the SBH will be turned back and for safety reasons will not be allowed to proceed to the start (though subject to the discretion of marshalls).

Crews must marshal as shown on the Start and Finish Plan. 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 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 10 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 separate Start and Finish Plan to be published 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 you hear continuous short blasts on air horns and/or see marshals waving red flags

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 morning and Tyne United RC afternoon.

WELFARE

A welfare officer will be available at Tyne ARC in the morning and Tyne United RC in the afternoon. 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 final start order (Tyne ARC, Tyne United RC or Newcastle University BC). Cars for Tyne RC 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.

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, from:

Tyne Amateur Rowing Club & LDS series organisers Northern Rowing Council - LDS

Tyne United Rowing Club - SBH

Important names/email/phone numbers

For LDS before the day	Colin Percy	colinwpercy@gmail.com	07985 003304
LDS Race Control on the day	TBC	N/A	TBC
LDS Safety Adviser	TBC	N/A	TBC
LDS Admin & Entries for NRC	Sue Sanderson	lds@nerowing.com	N/A
For SBH before the day	Alex Shiel	alexshiel@icloud.com	TBC
SBH Race Control on the day	TBC	N/A	TBC
SBH Safety Adviser	TBC	N/A	TBC
Chair of Race Committee (both)	Charly Curtis	N/A	07907 543637