



## TYNE SINGLE SCULLERS HEAD – 9<sup>TH</sup> SEP 2023

AFFILIATED TO BRITISH ROWING

### INSTRUCTIONS TO CREWS AND SPECTATORS

DIV 1 – 9:00 AM      DIV 2 – 11:00 PM      DIV 3 – 1:00 PM      DIV 4 – 3:00PM

**COMPETITORS AND/ OR COACHES MUST ENSURE THAT THEIR ROWERS ARE CAPABLE OF RACING IN THE PREVAILING CONDITIONS AND WEARING APPROPRIATE KIT.**

#### **General Information:**

When you arrive on site there will be marshals on hand to facilitate parking. Singles being brought by car will mostly be based at NUBC with trailers predominately based at TARC. Competitors boating from TURC will be split between the NUBC and TURC sites. There will be limited parking, on site, for spectators or competitors who are not transporting their boat themselves; therefore, you will be expected to find alternative parking. More details about this can be found in the 'Parking' section of this document.

Collect your plastic bow number and paper race number in good time from **race control at Tyne Amateur Rowing Club** and ensure your bow number is securely fastened to the Empacher slot before you boat, and your paper number is attached to your race lycra in a visible location.

Race Control will be situated at TARC however, if you are boating from either of the other two sites there will be officials present there throughout the day to assist with any queries or problems.

**Coaches/ parents are responsible for ensuring that their athletes adhere to the competition rules as listed in this document.**

Your bow number, boating location and hands on time will be shown on the final start order. You must boat at the time shown on the start order and set off down the course in plenty of time to get to the start. The last rowers must leave the landing stages by 8:40 am for Division 1, 10:40am for Division 2, 12:40pm for Division 3 and 14:40pm for Division 4.

The Tyne can be quite challenging, even in September, and you can expect to be on the water for a longish time. We also have steps and maybe mud! **Wellington boots are advised, and some form of footwear you don't mind getting wet is a requirement for boating** – no flip flops, please. Ensure you have adequate clothing with you in the boat. It is the responsibility of coaches to ensure that their rowers - especially juniors - have sufficient warm/ waterproof clothing. The trailer parks can be very muddy also.

#### **Racing Information**

Athletes are permitted to race more than one division, if entry requirements are met. Seniors/ Masters may double up, and J17/ J18 athletes can double up as seniors. Anyone racing in a single scull in divisions 1-3 can also race in a double/ pair in division 4 if they wish to do so.

Clubs/ crews are responsible for the safety of their own boats/ equipment. Athletes should be prepared to demonstrate to Control Commission observers that the key safety features (bow ball, buoyancy compartments, heel straps etc) are in place and effective.

Marshals will instruct competitors to get hands on their boats and begin the boating process to ensure adequate time and distance between competitors. **If you are NOT ready to boat at the allocated time, then marshals reserve the right to prevent a competitor from racing.** Additional time has been factored into the boating schedule to maximise the safety of competitors which is why it is essential to be ready on time.

Your hands-on time will ensure you have adequate time to put your oars on the landing steps and to put your boat on the water. Get into your boat as quickly as possible; adjusting your feet etc once you have pushed off from the landing. You will be expected to take wellies or other footwear with you. Move away from the landing promptly so as not to obstruct others behind.

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 course and start/ finish maps. Copies of these will be available at each site and prior to the competition on the competition website. Launch marshals will assist in getting you in the right place.

You must be in position 10 mins before the start time. Rowers should assemble as shown on the maps. Launch marshals will ask you to move towards the start in order. You will be started with the words “Number X, Club Y– GO” from the (south) bank. Your time will be taken at the start line about 20m further on.

During the race, rowers being overtaken must avoid impeding those behind; allow faster rowers the shortest line on corners.

Marshalling and safety boats will be on 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. If you see another boat in serious trouble, please stop and help until a rescue launch arrives. In the competition of a capsized Red Seal Rescue Boats will be on hand to assist.

At the finish and during the return to the steps rowers must obey the instructions of the marshals. You must continue rowing through and well past the finish as other rowers may be coming up behind. Turn around the finish launch and return to Tyne ARC close to the north bank only. Those crews returning to NUBC and Tyne United RC must continue downstream close to the north bank, through Newburn Bridge and only cross the racing line when advised by the launch marshal, just downstream of the Bridge. Marshals may ask you to wait on the water while the steps are cleared of other crews. Please follow these instructions closely and be prepared to land independently or with the help of a club/ household member. If you fall into difficulty, there will be volunteers placed on the steps to assist.

Once you have finished racing, please return bow numbers to the designated buckets at each site.

**PRIZES**

Results of racing and category winners will be published online after the competition and prizes will be given out when all racing has been completed. If you are unable to stay until prize giving, please inform race control and we will endeavour to provide prizes for you at this time.

**LOCAL RULES**

Rowers not ready to boat at their allocated time (this means having passed the safety inspection as well) will be liable to a thirty second time penalty (or disqualification if they have to be warned repeatedly).

For safety reasons, rowers when racing MUST use one of the two centre arches of Newburn Bridge as shown on the finish area map. Rowers failing to do so may be disqualified if their actions prejudice their safety or that of others.

**CHANGING FACILITIES**

The changing rooms on all three sites will be available for use, for changing and in the event of a capsized. It is recommended that you bring spare kit with you. Toilets will be available at all sites.

**FIRST AID**

Our first aid provider will be located at Tyne ARC all day and Red Seal are fully first aid trained; in case anyone requires medical attention on the water. All first aid providers will be wearing suitable PPE and will treat patients in line with up-to-date coronavirus medical guidelines.

**WELFARE**

If you have any concerns regarding the welfare of an athlete/ spectator please report this immediately to race control, located in Tyne ARC, or contact one of the competition’s welfare officers whose details are included below. For further information regarding the competition’s welfare policies please read the welfare document on the competition website.

<b>Aoife Chapman</b>	<b>07914387213</b>	<a href="mailto:A.chapman1@newcastle.ac.uk">A.chapman1@newcastle.ac.uk</a>
<b>Sashank Viswanathan Prema</b>	<b>07748764194</b>	<a href="mailto:s.viswanathan-prema2@newcastle.ac.uk">s.viswanathan-prema2@newcastle.ac.uk</a>

**PARKING**

Only trailers and towing vehicles can be guaranteed parking at Tyne ARC and Tyne United RC. Car parking for crews boating at Tyne is available further along Grange Rd across the road north of Newburn Activity Centre (10-minute walk to Tyne RC). For TURC you can use Newburn Bridge Approach Road alongside the club (but do not block the entrance). Parking for trailers boating from there and cars generally will be available at NUBC.

**CATERING**

Food and drink will be available at Tyne ARC.

**Documents and updates will be posted at:**

**<https://www.newcastlerowing.com/tyne-single-scullers-head>**

**Enquiries to [nubcscullershead@gmail.com](mailto:nubcscullershead@gmail.com)**

**Race Day Contacts:** Kat Bulmer – 07733 397100

Alex Leigh – 07871 351053

Jennifer Peacock – 07583 351740

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