

TYNE SINGLE SCULLERS HEAD - 1 SEP 2018

INSTRUCTION TO CREWS AND COXES

DIV 1 - 10:00AM DIV 2 - 12:30PM DIV 3 - 3:00PM

COACHES MUST ENSURE THAT THEIR ROWERS ARE CAPABLE OF RACING IN THE PREVAILING CONDITIONS AND WEARING APPROPRIATE KIT

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.

Collect your plastic bow number in good time from Race Control at **Tyne Amateur Rowing Club** (only) and ensure it is securely fastened to the Empacher slot before you boat. Your bow number, boating location and boating 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 9:40am for Division 1, 12:10pm for Division 2 and 2:40pm for Division 3.

Ensure you have your oars on the landing steps as you reach the water and get into your boats as quickly as possible, adjusting your feet etc once you have pushed off from the landing. If not taking wellies with you, please have someone collect them for 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 given out with numbers and spares will be available at Race Control. 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.

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 in to the north bank only. Those crews returning to NUBC and Tyne United RC on the south bank must continue downstream through Newburn Bridge and only cross the racing line when advised by the launch marshal just downstream of the Bridge.

LOCAL RULES:

Rowers not ready to boat at the allocated time or at the start in good time will be liable to a time penalty of up to 10 seconds, or disqualification for excessive lateness. Failing a control commission check will not be an excuse.

Rowers impeding others who are overtaking them may get a time penalty of up to 10 seconds. Rowers when racing MUST use the south centre arch of Newburn Bridge as shown on the finish area map to be provided. Rowers failing to do so will be liable to a time penalty of up to 10 seconds or may be disqualified if seriously prejudicial to safety.

FIRST AID: Our first aid provider will be located at Tyne ARC all day.

PARKING: Only trailers and towing vehicles can be guaranteed parking at TARC and TURC. Car parking for crews boating at TARC is available further west along Grange Road (across the road north of Newburn Activity Centre – a 10 minute walk back to TARC). 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. **Please Note Newburn Bridge may still be closed to vehicular traffic on race day.**

CATERING: Hot and cold food and drink will be available for purchase at Tyne ARC and Tyne United RC.

Documents and updates will be posted at <http://newcastlerowing.com>

Enquiries to nubcscullershead@gmail.com

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