



## **Berwick ARC Briefing notes for Sunday League**

### **Keeping to time**

- Change overs must be carried out quickly and efficiently. Please have crews and their coxes ready on landing stage. If necessary, borrow a cox from another club.
- Please listen carefully to boating marshal's instructions.
- There will be a board complete with running order in the upstairs function room of the clubhouse. This will be updated with results throughout the day.

### **Safety**

- Coxes are key to this.
- Row up to the start on the Berwick side of the river, take note shallows below Royal Border Bridge before high tide. Take instruction from landing marshal.
- Row up to the start in pairs. Know who your opposition are.
- Turn past start but not too close to Royal Border Bridge on an incoming tide.
- In the event of capsize, stay with your boat, a Safety launch will come to you.
- At finish row past clubhouse, turn quickly. If tide outgoing turn immediately after finish, don't delay to avoid collision with bridge. Tide can be very fast running towards the Old Bridge.
- Please come direct into landing stage as instructed and hand the boat to the next crew.

NB There are no shoes fitted in the boats, competitors will need trainers as well as wellies. If possible, take wellies with you to speed the changeover of crews.

### **Housekeeping**

- First Aid is available in the clubhouse, please ask a BARC member for the first aider if you need help.
- Food, hot and cold beverages are available all day.
- Gents and ladies are in the club house past the bar.
- Please ensure you take all belongings home with you and return any rubbish to the club house.

**Good luck to all crews!!**