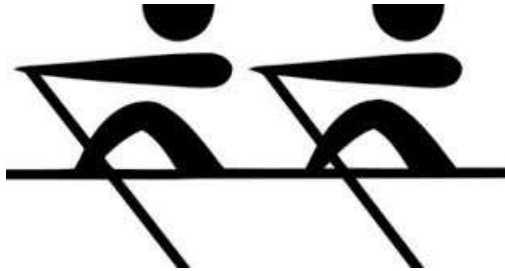


TOUR OF THE TEES



STOCKTON-ON-TEES TO YARM AND BACK

INFORMATION FOR CREWS JULY 23 2016

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1.0 General Information

The River Tees Tour is a 24km journey. The event has been organised by Tees Rowing Club in partnership with British Rowing.

IN THE EVENT OF POOR WEATHER/HIGH FLOW FORECAST, THE AIM IS TO CANCEL BEFORE 6PM THE PREVIOUS DAY. PLEASE PROVIDE AN EMAIL ADDRESS AND PHONE NUMBER FOR LAST MINUTE CONTACT.

CONTACT AT TEES IS JOHN ANDERSON, henrianderson@ntlworld.com, 07769643006, 01642-801282

Each crew member should ensure they are properly attired with consideration to the weather and water conditions, and ensure they have hat, sunglasses, water and a warm top or splash top for wet weather. Bring something else to wear in warm weather next to the skin in case one garment starts to chafe. You should also ensure you have proper footwear for boating. There will be the opportunity to access changing facilities at Tees RC.

1.1 Registration

Registration will start at 09:30 at Tees Rowing Club(TRC), located at the River Tees Watersports Centre (RTWC). Please insure that you bring boat fee £32, valid British Rowing Membership (if needed) or equivalent with up to date crew information and captain contact details to the registration desk.

River Tees Watersports Centre
The Slipway
North Shore
Stockton-on-Tees
TS18 2NL

01642-628940

1.1 Safety Briefing

The Safety Briefing and tour talk shall take place at 10:30 – this is compulsory for at least the coxswain of each crew.

Risks have been assessed for a 24km round tour from Stockton-on Tees to Yarm involving 5-20 stable quads with experienced coxwains, accompanied by 2-3 safety launches. There will be stops to rehydrate every 6km with a short comfort stop, for 2 boats at a time, at Yarm school. The necessary control measures will be included in this document and/or in the safety briefing

Throughout the event, safety boats will accompany you. They are there to assist your navigation of the course and attend any emergency situations on the water.

One of the launch occupants is nominated EVENT CONTROL, in charge of any emergencies. The safety launches may instruct you to deviate from course /halt. You shall be given the navigational instructions and a contact list for the event. Give way when necessary to the large river pleasure boat, "Teesside Princess", which in particular requires to be in the centre of bridge spans

Be aware of bell boats at Preston Park and boating activities at Yarm School

1.2 Trailers/Parking

Trailers will be able to access the area in front of the boathouse for unloading and then to an allocated parking space

All vehicles and valuables are left at the owner's risk.

2.0 Rules & Regulations

- a.** A crew will not be permitted to participate without each crew member showing a valid British Rowing membership or equivalent.
- b.** Each coxswain from each crew must attend the safety briefing.
- c.** Each crew must be in possession at all times of a nominated contact mobile phone, fully charged before start & with ample credit in a water-proof container.
- d.** Crews must obey the instructions of safety and event marshals at all times
- e.** Crews must obey the event navigation unless otherwise instructed by safety or event marshal
- f.** Coxes must wear lifejackets at all times.
- g.** All crew members must declare any medical condition or disability that may affect first-aid or rescue.

3.0 Checklist

Please ensure your crew is in possession of the following items for the event:

British Rowing Membership (or equivalent). Sunscreen. Foil Blankets

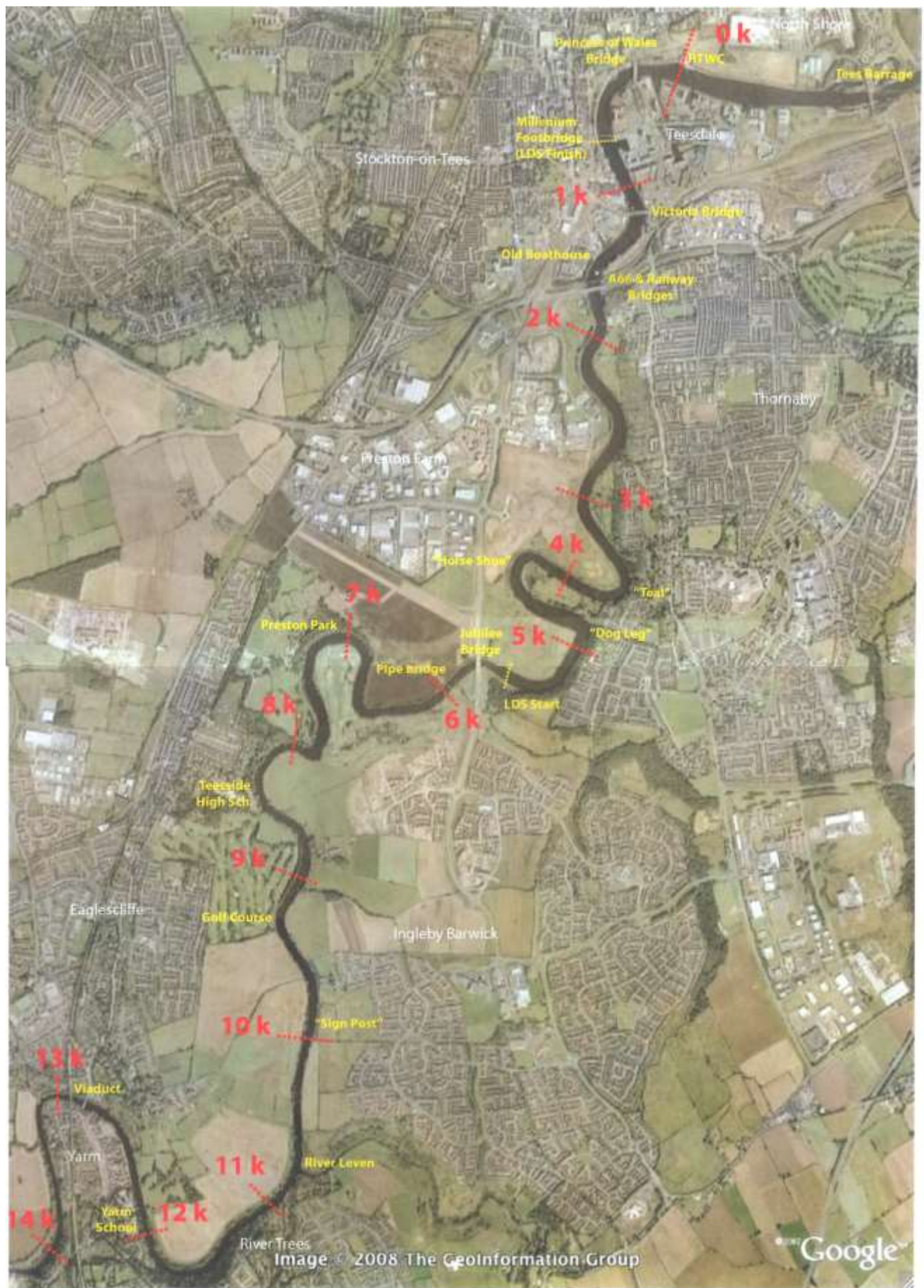
Nominated Mobile Phone (fully charged and with calling credit)

Ample amounts of water (approx.. 2L per person)

4.0 Launching

Crews will be boating from the pontoon or steps located at RTWC. Participants must ensure they have appropriate footwear when boating.

Crews must boat at the designated time



5.0 Navigation/Timings

The journey will start at RTWC, from which crews will row upstream to meet upstream of the A66 triple bridges above the Old Boathouse.(now SG Welding). Everyone will row upstream as a group to Preston Park, our second stop, to take on water and to allow slower crews to catch up. From here we will spread out and crews will row at their own pace to Yarm School to stop two at a time for a comfort break.

Crews will be allowed the optional row up to but not through the Yarm Bridges and then row downstream to our first stop by the Pipe Bridge. Once we set off again, crews will be allowed to row at their own pace back to RTWC

The round trip distance to Yarm School is roughly 24km and estimated round trip journey time is 3 hours.

Estimated timings are as follows:

09.30 Registration

10.30 Crew safety briefing and tour talk

11.00 Boating starts

11.15-30 Crews start arriving at Old Boathouse area

12.30 Crews arrive at Preston Park

12.45-1300 Crews arrive at Yarm School

13.00-1330 Crews set off from Yarm School

14.00 Crews arrive at Pipe Bridge

14.30-15.00 Crews start to arrive back at RTWC

1430 After row refreshments start

6.0 Emergency Procedures

In the event of an emergency, contact EVENT CONTROL. All crew members are to remain in/with the boat at all times unless otherwise instructed by the safety launch. If safe to do so, standby to render assistance to another boat in trouble.

One launch will follow the last boat at all times

You shall be informed of all relevant contact numbers during the safety briefing

7.0 Finish

Boats will land at the same location where the boat was launched. Crews will be asked to line up in an orderly fashion and begin debarking with guidance of club volunteers.

8.0 Food

Each entrant will be offered a free post row hot drink and food item. Tea/ coffee and other refreshments will be available at extra cost before and after rowing.

The bar will be open after rowing.

END