

# TEES LDS & TEES SBH

## SAFETY INSTRUCTIONS FOR ALL COMPETITORS

Tees LDS and SBH recognises the importance of safety at their event and has prepared the following notes to inform competitors and officials of the essential safety information to allow the event to be completed safely. All competitors must read the notes and the associated map. For clarification, consult the event Safety Adviser.

1. The Race follows the guidance of British Rowing RowSafe. Competing clubs are reminded that it is their responsibility to be familiar with and to comply with the requirements of the code.
2. Safety decisions such as modifying the event, cancellation, termination or suspension of racing, may be taken by the Race Committee, Chief Umpire, Safety Adviser or Event Secretary after discussion with the others (if available); other responsible persons may be consulted.
3. Clubs must ensure that all their boats competing in the event comply with RowSafe, in particular safe and secure bow balls, heel restraints and buoyancy aids (if fitted). Any boat may be inspected.
4. All coxswains must wear a flotation device of an approved type and be suitably dressed for the prevailing conditions. All inexperienced crews should have experienced coxswains.
5. If an incident occurs during the race, competitors should ensure that the incident is made known to a Safety Launch or Race Monitor. If necessary, crews should stop racing to provide assistance.
6. Race Control will be in the first bay in the boathouse and is the co-ordination point for any emergency. Phone/Radio contact can be made to Race Control by any Umpire or Race Monitor and from the Safety Launches. If emergency services are called directly, please inform Race Control.
7. There are Safety Launches that are in phone contact with Race Control. If there is a need for any launch to attend an emergency, then the Helmsman in charge will immediately stop any other activity and proceed rapidly to the incident. If necessary, a bank side Umpire or Race Monitor will stop the race.
8. First Aid Kits and Emergency Equipment are available in the Safety Launches. In addition, First Aid is available from personnel at the River Tees Water Centre.
9. To take precautions against Leptospirosis (Weil's Disease) crews should: cover cuts/abrasions with waterproof dressings; not to launch boats at Steps with bare feet; not to deliberately splash face or boat fittings with river water; to wash hands/face after outing and to shower after capsizes. Anyone becoming unwell after swallowing river water should seek medical attention.
10. All vehicles and trailers must park in the designated trailer park or in the RTWC Car Park. No vehicles will be allowed in the landing area.
11. If any External Emergency services are called to provide assistance the recognised meeting locations are:-
  - Jubilee road bridge on Queen Elizabeth Way (Thornaby Bypass - Preston Farm to Ingleby Barwick) (F) - [///fans.safe.league](http://fans.safe.league)
  - New road off Queen Elizabeth Way, opposite Concorde Way (E) - [///overpaid.thuds.makeovers](http://overpaid.thuds.makeovers)
  - Former Tees Rowing Club boathouse steps (access via Boathouse Lane) (D) - [///icebergs.friends.grafted](http://icebergs.friends.grafted)
  - Stockton Corporation Slipway (access from Riverside Road) (C) - [///kindest.thudded.vacancies](http://kindest.thudded.vacancies)
  - River Tees Watersports Centre landing steps (access via Dugdale Street) (A) - [///butlers.spindles.message](http://butlers.spindles.message)
  - Tees Barrage Slipway (B) - [///events.prayers.waltzes](http://events.prayers.waltzes)

### CONTACT INFO

Race Secretary	K Watson	07771 562698		
Race Control (LDS/SBH)	S Heath	07713 06626	A Puddick	07739 095285
Safety Adviser	I MacLeod	07462 037934		
	S Leigh	07590 543336		
Chair of Race Committee	LDS	C Curtis	Hospital	01642 617617
	SBH	D Jones		

See next page for Race Instructions

## RACE INSTRUCTIONS FOR ALL COMPETITORS

Tees LDS and SBH recognises the importance of all competitors understanding the specific rules of racing in force at this event. All competitors must read the notes and associated map. For clarification, consult the Race Secretary.

1. Entries Control is located in the first bay of the boathouse for collection of numbers and the weighing of coxes, who will be issued with a wristband. Any substitutions should be reported to Entries Control before racing.
2. Boating will be from 3 possible pontoon locations – location and timing will be notified prior to the event.
3. The LDS Race will start at 10.30 - all competitors are requested to boat no later than 9.45. **IMPORTANT NOTE - ALL COMPETITORS MUST BE UPSTREAM OF A66 BRIDGE BEFORE 10.00 - OTHERWISE THEY WILL BE STOPPED AND NOT ALLOWED TO RACE**
4. The SBH Race will start at 15.00 - all competitors are requested to boat no later than 14.15. **IMPORTANT NOTE - ALL COMPETITORS MUST BE UPSTREAM OF A66 BRIDGE BEFORE 14.30 - OTHERWISE THEY WILL BE STOPPED AND NOT ALLOWED TO RACE**
5. Crews stopped at the A66 Bridge or disqualified will not be entitled to a refund.
6. Any crew boating after their boating time as marked on the draw may incur a 15 second penalty or disqualification.
7. The Race will be downstream, from Jubilee Bridge near Thornaby to the Millennium Footbridge in Stockton. Competitors should note that they must allow time to paddle over 6000m upstream from the launching area to the start.
  - The Start will be marked by a START sign and will be just downstream of the road bridge. Crews should accelerate when asked and aim to leave the bridge at racing speed.
  - The Finish will be under the Millennium Footbridge in Stockton and it will be marked by a FINISH sign.
8. Marshalling at the start will be upstream of the road bridge. Crews should make use of both sides of the river for marshalling with even numbered crews using the east bank (inside of bend at bridge) and odd numbered crews using the west bank (outside of bend at bridge). The areas where crews should marshal are designated by numbered signs (A 1-30, B 31-60 etc.). Crews 1-30 should marshal on alternate banks upstream of '1-30', crews 31-60 upstream of '31-60', etc. **Note: Crews numbered 91-120 will all marshal on the same bank opposite the golf course to minimise the risk of any possible stray golf balls. Stay near the bank!** Marshalling on alternate banks resumes for 121-150 etc..
9. Crews are not permitted to warm up in the start area.
10. The riverboats, the Teesside Princess or Juno, may travel through the start area just prior to each race. Do not perform any turning manoeuvres whilst they move through the start area.
11. A klaxon will be sounded 5 minutes before the start of the race. Crews 1-30 should remove their outer clothing at this time.
12. The course has a number of permanent obstructions over the final 1000m of the course and downstream of the finish line; including bridge piers, moored boats and buoys used to mark obstructions or lanes. Competitors are instructed to ensure that they are familiar with the positioning of moored boats and bridge piers prior to the race and to ensure that they steer their boats to clear these obstructions. There may be floating and stuck trees/logs at any point on the course, these will be cleared or marked if possible but care should be taken by crews to avoid such items.
13. For their own safety, when racing downstream **CREWS MUST USE THE CENTRE ARCH OF EVERY BRIDGE AND KEEP IN THE CENTRE STREAM OF THE RIVER.** (Competitors who use a side arch of any bridge will be penalised 30 seconds.)
14. The river is narrow in places, particularly at the start; Crews **MUST** obey instructions from Marshals.
15. Crews being overtaken must give way to faster crews by moving out of the racing line. Failure to do so may result in a time penalty of 15 seconds or disqualification.
16. To ensure the course is kept clear for competitors still racing, competitors should continue downstream for at least 100m beyond the Finish before stopping, if necessary, then progressing to the landing stages they launched from at RTWC, Riverside Carpark or Durham University. Crews will not be allowed to return upstream until all crews have finished racing.
17. Competitors should remember to bring their BR Racing Licence as this may be required to claim a prize.