

TYNE LDS (10:30) & TYNE UNITED SBH (14:30) - 7 OCTOBER 2023

INSTRUCTIONS FOR CREWS, INCLUDING LOCAL RULES (IN RED)

CLOTHING AND FOOTWEAR

You must bring wellington boots for boating and landing; the trailer parks may also be muddy – we recommend that you wear wellies in these areas too. Please take your wellies with you in the boat if possible; take them off and put them back on when on the water NOT on the steps or shore.

Conditions can be windy, cold and wet during autumn and you can expect to be on the water for a long time. Ensure you have warm and waterproof clothing with you in the boat. Junior coaches should check that this is the case for their crews before reaching the steps for boating. **Crews with insufficient clothing will be refused permission to boat.**

BOATING ARRANGEMENTS

For safety reasons no participating crews from Clubs based on the Tyne or from visiting Clubs are allowed to go for a practice outing or go onto the water before their allocated boating times before either the LDS or the SBH. Any crew that disobeys this rule will not be allowed to race.

The numbers for your crews, boating times and boating location (Tyne ARC, Tyne United RC or Newcastle University BC) will be shown in the final start orders, which will be available at www.nerowing.com/lds2023.html for the LDS and www.tyneunited.co.uk for the SBH about 5 days beforehand. Boating at each club will be in race number order (i.e. low numbers first). Collect your plastic bow number and paper race number in good time from Race Control at Tyne ARC (am) and Tyne United RC (pm). Ensure that before you embark the plastic number is securely fastened to the bow slot.

You must boat in accordance with the schedules shown in the start orders. When boating you must follow the instructions of the land marshals. 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 are in place and effective. Boats may be checked for safety and crews of those failing will not be allowed to row until the faults are rectified. **Crews not ready to boat on time may receive a time penalty of up to 30 seconds.**

Ensure you have your oars ready on the landing steps/shore and get into your boats as quickly as possible, adjusting your feet etc once you have pushed off from the landing. Please move away from the landing area promptly so as not to obstruct following crews and cause delay.

Crews are responsible for making their own way to the start, following normal rules of the river (i.e. keeping to the right hand side as the cox sees it). This rule does not apply in the race itself. Marshalling launches will be on hand to help you get in the right place.

RACING

You must be in position 10 minutes before the start time. **Any crew that arrives late at the start may receive a time penalty of up to 30 seconds.**

Crews must assemble for the start as shown on the Start Plan. Marshalls in launches will direct you to the start zone in order. As you pass into the zone you will be started from the south bank with the words "Number X – GO". The time is taken at the starting line about 20 metres further on.

During the race, crews being overtaken must avoid impeding overtaking crews. This calls for care

on bends in particular. Crews in front loading boats must keep their cox informed if they are being overtaken. **Undue obstruction of other crews may lead to a time penalty of up to 30 seconds or disqualification.**

For safety reasons, crews when racing MUST use the centre arch or arches of Scotswood rail bridge (when approaching the start), Blaydon (A1) bridge and Newburn bridge (see course map and Start and Finish plans). **Crews failing to do so and thus causing a risk to others may be issued with a time penalty of up to 30 seconds or disqualified.**

Safety boats will be stationed along the course. If you do have an accident and have to stop, stay with your boat until help arrives. Do not attempt to swim to the bank without your boat. Please report any incidents afterwards to Race Control. Crews near an incident (even if racing) are asked to stop and help if another crew is in serious difficulty and a safety launch is not to hand immediately.

At the finish and during the return to the steps crews must obey the instructions as laid out in the separate Start and Finish Plan to be published or as directed by marshalls. This applies in particular to crews needing to cross the racing line to land.

For information, tides are small, with high tide of 3.91 metres at 10:35 and low tide of 2.50 metres at 16:47 these are times at host clubs, based on Port of Tyne tide tables for North Shields, but with 1 hour added for BST and 20 minutes for time difference between North Shields and Newburn).

ABANDONMENT PROCEDURES

If an event has to be abandoned at any time while crews are marshalling or racing the following procedure will apply. In everyone's interests all crews must comply.

Stop immediately if instructed to do so by a marshall or other official.

Wait for a marshal to instruct you when, how and where to proceed.

Keep a lookout for other crews nearby who may not have heard or seen the warnings and are continuing with marshalling or racing. Pass on the information if possible and take any necessary action to avoid a collision.

Don't delay once you have your instruction to move and be sure to follow the directions carefully.

FIRST AID

The first aid provider will be located at Tyne ARC morning and Tyne United RC afternoon.

WELFARE

A welfare officer will be available at Tyne ARC in the morning and Tyne United RC in the afternoon. Hot showers and changing rooms are available at TARC, TURC and NUBC.

TRAILER AND CAR PARKING AND DROP OFF

Trailers must be parked at the club indicated for boating on the final start order (Tyne ARC, Tyne United RC or Newcastle University BC). Parking for trailer towing vehicles will be provided at the host club.

There is no drop-off access within the sites at Tyne ARC and Tyne United RC. In particular cars/buses/coaches MUST NOT attempt to drop off competitors at any of the host clubs; please do so sensibly and quickly on neighbouring roads and then proceed to the Grange Road car park .

For those boating at Tyne ARC, out of consideration for local residents **DO NOT** park cars or minibuses on Grange Road or in the surrounding streets in Newburn and **DO NOT** park in front of the Boathouse/Branzini's Restaurant on the road down to the club. Cars (and buses/coaches) may park at the free car park opposite the Newburn Activity Centre along Grange Road. This car park is only a short walk away from the rowing clubs, see map on website. Please do not use the Activity Centre car park.

Those boating from Tyne United must not park on the approaches to Newburn Bridge on Newburn Bridge Road.

Newcastle University BC provides for some general car parking but space is limited.

The Highway Authorities for the area ask that no vehicles should be parked in an obstructive manner on road, footpath or verge and must observe all signed restrictions. Consideration must be made with regards to access for others on roads and footpaths when parking. Special consideration should be given to residents in the residential areas off Grange Road on the north side of the river.

Issued by the Northern Rowing Council (for the LDS) and Tyne United RC (for the SBH).

Contact details.

Important names/email/phone numbers *

LDS admin & entries by NRC	Dan Lockey	lds@nerowing.com	07469 712180
For Tyne ARC before the day	Colin Percy	entries@tynearc.com	07985 003304
LDS Race Control on the day	TBC		TBC
LDS Safety Adviser	TBC		TBC
For TU SBH before the day	Alex Shiel	sbh.turc@gmail.com	07808 612497
SBH Race Control on the day	TBC		TBC
SBH Safety Adviser	TBC		TBC
Chair of Race Committee (both)	Charly Curtis	charlycurtis1950@aol.com	07907 543637

* A version 2 of this document with the full list of names and contact details will be issued and placed on the LDS and SBH web pages by the Wednesday before race day.