

RUTHERFORD HEAD 2010
INSTRUCTION TO CREWS AND COXES
DIVISION 1 – 10:30AM DIVISION 2 – 1:45PM

IT IS THE RESPONSIBILITY OF COACHES AND CAPTAINS TO ENSURE
THAT THEIR CREWS ARE CAPABLE OF RACING IN THE PREVAILING
CONDITIONS
THERE WILL BE A SAFETY BRIEFING FOR ALL CLUBS AT 08:30 AT TYNE
RC. IT IS A REQUIREMENT OF RACING THAT A REPRESENTATIVE OF
EACH CLUB IS PRESENT

The Tyne can be very cold during winter and you can expect to be on the water for a long time. Ensure you have warm clothing with you in the boat and preferably wellingtons for boating. It is the responsibility of coaches to ensure that their crews – especially juniors – have sufficient warm/waterproof clothing. The trailer park is also expected to be very muddy following the recent snow – we recommend that you wear wellington boots in this area.

**CREWS WITH INSUFFICIENT CLOTHING
MAY BE REFUSED PERMISSION TO BOAT**

The numbers for your crews are shown on the draw. Collect your numbers in good time from Tyne RC and ensure that before you embark the solid plastic number is securely fastened to the Empacher slot in the bows.

You must boat in plenty of time to get to the start. The last crews must leave the landing stages by 9:55am for Division 1 and 1:10pm for Division 2. When boating you must follow the instructions of the marshals. **Crews not ready to boat on time (this means having passed the safety inspection as well) will be liable to receive a 30second time penalty and be sent to the back of the boating queue.**

Ensure you have your oars on the landing steps 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.

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 accompanying map. A copy is available in the Tyne RC boathouse.

You must be in position 5 minutes before the start time. Any crew not below the bottom of the Blaydon straight by 10:15am for the Division 1 and 1:30pm for Division 2 will be turned back and for safety reasons will not be allowed to proceed to the start.

Crews must marshal as shown on the accompanying Start Map. As you pass through the Starting Area you will be started with the words “Number X – GO”. The time will be taken at the starting line

During the race, crews being overtaken must avoid impeding overtaking crews. This calls for care on bends. Crews in front loading boats must keep their cox informed if they are being overtaken.

For safety reasons, crews MUST use the centre arches of Scotswood Rail Bridge, Blaydon Bridge and Newburn Bridge as marked on the course maps. Crews failing to do so will be disqualified.

A rescue boat will follow the race and others will be stationed along 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.

At the finish and during the return to the steps crews must obey the instructions as laid out in the accompanying finish map.

BOATING TIMES

See draw for individual boating times. Please adhere to these times. Crews should report to the boating marshals (orange jackets) in time to pass the safety inspection before their boating time.

BOATING LOCATIONS

UL, Durham University BC and Durham University Colleges, DARC and Bradford ARC should boat from Tyne United on the south side of the river.

St Peter's should boat from Newcastle University.

All other crews should boat from Tyne RC

FIRST AID:

St John's Ambulance will be located at Tyne RC

WELFARE:

A welfare officer will be available at Tyne RC through the day.

PARKING

Only trailers should be parked at Tyne RC.

Cars **must not** be parked on Grange Rd behind Tyne RC. Public car parking is available further along Grange Rd next to Newburn Leisure Centre and the Keelman Pub (5 minute walk to Tyne RC)

Do not attempt to park or drop off at Tyne RC. Vehicle access to the Tyne RC grounds will be for trailers and officials only.

CATERING

Hot and Cold Food and Drink will be available for purchase at Tyne RC boathouse. The bar will be open from 12 noon.

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

Chris Parsons
Tyne RC

Important Phone Nos:

Race Control – 07812 486231

Clubhouse - 0191 267 3827