

PONTELAND JUNIOR HEAD - 2012

INSTRUCTIONS TO COACHES, CREWS AND COXES

DIVISION 1 - 12.30PM DIVISION 2 - 14:30PM DIVISION 3 - 16.30PM

IT IS THE RESPONSIBILITY OF COACHES TO ENSURE THAT THEIR CREWS ARE CAPABLE OF RACING IN THE PREVAILING CONDITIONS

THERE WILL BE A SAFETY BRIEFING FOR ALL CLUBS COMPETING IN DIVISION 1 AT 11.00AM AT TYNE RC. IT IS A REQUIREMENT THAT EACH CLUB IS PRESENT

THOSE ARRIVING LATER PLEASE CONTACT CONTROL ON ARRIVAL

The Tyne can be cold during spring and rain is possible. It is the responsibility of coaches to ensure that their crews are adequately clothed. Boats should not be on the water too long, but please ensure that crews have warm and/or waterproof clothing should the conditions require it. They need wellingtons for boating. The trailer park can be muddy, so we recommend that you wear wellington boots in this area as well.

The numbers for your crews are shown on the draw. Collect your numbers in good time from Tyne RC and ensure that before your crews embark the solid plastic number is securely fastened to the Empacher slot in the bows. There is no deposit for numbers.

All crews must be ready to boat at the stated times: 11.45am for Division 1, 1.30pm for Division 2 and 3.30pm for Division 3. Crews will be called to boat in start order. Launching will be with bows up river. When boating you must follow the instructions of the marshals. **Crews not ready to boat on time will be liable to receive a 30 second time penalty.**

Ensure oars are on on the landing steps when boats arrive and get crews into boats as quickly as possible, adjusting feet etc once pushed well off from the steps. Boats should move away from the landing area upstream promptly so as not to obstruct following crews.

Once on the river, boats should remain in start order and row lightly upstream keeping to the north bank. Once past the country park slipway, boats should line up, staying in start order, in the queuing area shown on the accompanying plan. **Please note there will be no opportunity for warming up on the river.** In Division 1, there will be shallow areas on the north side of the river, so keep fairly well out, especially the eight.

The crews at the front of the queue should follow instructions from marshalls, which will generally be to proceed upriver, turn around the launch near the White House, and then proceed slowly downstream. Boats in the queue should move up, staying in start order, as the boats in front move up and turn.

After boats have turned, they should move downstream slowly until asked to build up towards the start with the words "Number X – GO". The time will be taken at the starting line which will be short distance further on.

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

The river is not closed during the event, so for safety reasons, crews **MUST** keep towards the south bank of the river when racing and the north bank when returning to the steps. **In particular they must also use the south centre arch of Newburn Bridge during the race and the north centre arch on returning.** 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 (at the bottom of Newburn straight), crews must keep moving around the first bend at Stella and a good distance down river before turning. In Division 1, when the tide is low, be aware that there are extensive mud flats just around this first corner and keep well out and move well along towards Blaydon straight before turning.

Subject to any alternative instructions from marshalls, boats once finished can start returning to the steps at Newburn, but must keep close in to the north bank so as not to impede racing. In Division 1 when the tide is low and the river narrower, some or all boats once turned and heading upstream may be held back beyond the finish so as to minimise the risk of collision on the tight bend.

BOATING:

All crews in each division must be ready at these times: 11.45am for Division 1, 1.30pm for Division 2 and 3.30pm for Division 3. Crews will be called in start order to the top of the steps. Boating marshals in orange or yellow jackets will inspect all boats and any not passing the standard safety requirements including buoyancy, bow balls and heel restraints will be turned back.

BOATING LOCATIONS:

All crews will boat at Tyne RC (or unless otherwise specifically agreed with the event organisers).

FIRST AID:

First aid assistance will be located at Tyne RC.

WELFARE:

A welfare officer will be available at Tyne RC through the day - ask for Debbie Owens.

PARKING:

Only trailers and their vehicles can be parked in front of or at the side of the Tyne RC clubhouse. There will not be space in the club car park for guests in the morning as the club will have its own members out rowing then. There may be space later in the day. If you park on Grange Road behind Tyne RC, please do so considerately. It would be preferable for you to use the public car park available further along Grange Rd opposite Newburn Activity Centre (5 minute walk to Tyne RC).

CATERING AND PRIZE GIVING:

Hot and cold food and drink will be available for purchase at Tyne RC boathouse from about 10.30am through till the end of proceedings. We will be giving out all prizes after Division 3 about 17.30.

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

Colin Percy
Event Secretary

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