

**RUTHERFORD HEAD - 5 DECEMBER 2015**  
**INSTRUCTION TO CREWS AND COXES**  
**DIVISION 1 - 10:15AM      DIVISION 2 - 2:00PM**



**COACHES AND COXES MUST ENSURE THAT THEIR CREWS ARE CAPABLE OF RACING IN THE PREVAILING CONDITIONS AND WEARING APPROPRIATE KIT**

The Tyne can be very cold during winter and you can expect to be on the water for a long time. We also have steps and mud! **Wellington boots are a requirement** for boating. Ensure you have warm clothing with you in the boat. It is the responsibility of coaches to ensure that their crews - especially juniors - have sufficient warm/waterproof clothing. The trailer parks can be very muddy - we recommend that you wear wellington boots in these areas as well.

Collect your plastic bow numbers in good time from Race Control at **Tyne Rowing Club** (only) and ensure they are securely fastened to the Empacher slot before you boat. Your bow number, boating location and boating time will be shown on the final start order. You must boat at the time shown on the start order and set off down the course in plenty of time to get to the start.

**Crews not ready to boat at their allocated time (this means having passed the safety inspection as well) will be liable to a time penalty (or disqualification if they have to be warned that they are late repeatedly).**

Ensure you have your oars on the landing steps as you reach the water and get into your boats as quickly as possible, adjusting your feet etc once you have pushed off from the landing. If not taking wellies with you, please have someone collect them for you. Move away from the landing promptly so as not to obstruct others behind.

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 course and start/finish maps. Copies of these will be given out with numbers and spares will be available at Race Control. Launch marshalls will assist in getting you in the right place.

You must be in position 10 mins before the start time. Any crew not below Blaydon Station by 10:00am for Div 1 and 1:45pm for Div 2 may be turned back and not be allowed to proceed to the start. Crews should assemble as shown on the maps. Launch marshalls will ask you to move towards the start in order. You will be started with the words "Number X, Club Y- GO" from the (south) bank. Your time will be taken at the start line about 20m further on.

During the race, crews being overtaken must avoid impeding those behind; allow faster crews the shortest line on corners. Crews in front loading boats must keep their cox informed if they are being overtaken. For safety reasons, crews when starting/racing **MUST** use the centre arches of Scotswood Rail Bridge (two), Blaydon Bridge A1 (one) and Newburn Bridge (two) as shown on the race maps. **Crews failing to do so may be disqualified.**

Marshalling and safety boats will be on 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 of the marshals. You must continue rowing through and well past the finish; **failure to do so may result in disqualification** if other crews coming up behind are seriously impeded or endangered. Turn around the finish launch and return along the south bank only. Those crews returning to TURC or NUBC on the south bank must only cross the racing line when advised by the launch marshall at the upstream yellow buoy below Newburn Bridge.

**FIRST AID:** Our first aid provider will be located at Tyne RC all day.

**PARKING:** Only trailers and towing vehicles can be parked at Tyne RC and Tyne United RC. Car parking for Tyne is available further along Grange Rd across the road north of Newburn Activity Centre (10 minute walk to Tyne RC). For TURC you can use Newburn Approach Road alongside the club (but do not block the entrance, please). There will be limited car parking at NUBC for crews boating there only.

**CATERING:** Hot and cold food and drink will be available for purchase at Tyne RC and Tyne United RC. The bar at Tyne RC will be open from 12 noon.

All documents will be on the club website at [www.tynerowingclub.org/pages/rutherford\\_head\\_180561.cfm](http://www.tynerowingclub.org/pages/rutherford_head_180561.cfm).

**Important telephone numbers:**

Race Control (on day only): tbc      Clubhouse: tbc      Enquiries before the day: tbc

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