

# 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 lifejackets 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. The Race Control is the co-ordination point for any emergency. Phone 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 capsized.
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)
  - New road off Queen Elizabeth Way, opposite Concorde Way (E)
  - Former Tees Rowing Club boathouse steps (access via Boathouse Lane) (D)
  - Stockton Corporation Slipway (access from Riverside Road) (C)
  - River Tees Watersports Centre landing steps (access via Dugdale Street) (A)

## CONTACT INFO

Race Control/Secretary	A Puddick	07739 095285	Police (Stockton)	999 or 101(non-urgent)
Safety Adviser	A Puddick	07739 095285	Barrage Control Room	01642 633273
Chair of Race Committee :	LDS	C. Curtis	Hospital	01642 617617
	: SBH	D Jones	Ambulance / Fire	999

P.T.O.

## **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 entrance hall 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. To speed up the boating of crews, singles, pairs and doubles will be directed towards the Pontoon. Quads and fours will be directed to the 'Steps'. Care must be taken to avoid grounding fins and rudders on the steps.
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 14.30 - all competitors are requested to boat no later than 13.45. **IMPORTANT NOTE - ALL COMPETITORS MUST BE UPSTREAM OF A66 BRIDGE BEFORE 14.00 - 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 approx. 6200m 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 (1-30, 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 avoid 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 riverboat, the Teesside Princess, may travel through the start area just prior to each race. Do not perform any turning manoeuvres whilst she moves through the start area.
11. A klaxon will be sounded 5 minutes before the start of the race. Crews must remove their outer clothing at this time.
12. The course has a number of permanent obstructions over the final 2200m, including bridge piers, moored boats and buoys used to mark lanes over the final section. 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.
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 100m beyond the Finish before stopping, if necessary, then progressing to the landing stages at RTWC. 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.