

BERWICK ARC LDS.

INSTRUCTIONS FOR CREWS, INCLUDING LOCAL RULES

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.

BOATING ARRANGEMENTS

The plastic bow numbers for your crews, boating times and boating location will be shown in the final start order. Boating at club will be in race number order (i.e. low numbers first). Collect your numbers in good time from Race Control at Tweed Green. Ensure that before you embark the 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. Boats may be checked for safety and crews of those failing will not be allowed to row until the faults are rectified.

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. 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.

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 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.**

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.

Finish plan

At the finish crews should paddle clear of the finish line downstream and head to the boating area under the direction of marshals. Crews waiting to disembark **MUST** keep bows facing downstream and be mindful to hold their position on the river. **DO NOT** go downstream below either of the road bridges. There will be no safety cover downstream of the bridges.

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 marshal 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 Tweed Green boating area by **CPR Healthcare**.

WELFARE

A welfare officer will be available at Tweed Green and following the race at Berwick ARC Boathouse. Changing rooms are available at the clubhouse.

TRAILER AND CAR PARKING

Trailers must be parked on Tweed Green indicated for boating on the final start order.

Cars for crews boating at Berwick ARC should take note of any local parking restrictions.

Issued by Berwick ARC for the Northern Regional Rowing Council (LDS)