



BUCS Head of the River Race 26/27 February 2022

INSTRUCTIONS FOR CREWS AND COACHES SUNDAY 27 FEBRUARY 2022

Beginners Categories (3k course)

Please ensure that all coxes, crews and coaches read and understand these instructions. Read the instructions in conjunction with Course Map, Start Marshalling and Start Area Plan and Finish Area Plan.

- Clubs will be allocated to boat from one of the three boat clubs at the finish, Newcastle University, Tyne United RC or Tyne ARC. Numbers and race information will be available at Registration at the venue to which you are allocated from 08:00 on race day.
- Division 1 race starts at 10:30 and Division 2 at 14:30
- Crews will be allocated boating times. Crews not ready to boat at their allocated time (this means having passed the safety inspection as well) risk not being allowed to boat and will miss their race – **so make sure your boat is safe before you go to boat – heel restraints, bow balls, numbers etc.**
- **There will be a briefing for all coxes and steers at each boating venue 40 min before first scheduled boating time from that venue – this is not mandatory but it is strongly recommended that you attend.**
- 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 and a waterproof bag to put spare kit into. Crews with insufficient clothing may be stopped from boating. The trailer parks can be very muddy - we recommend that you wear wellington boots in these areas as well.
- Ensure you have your oars/sculls 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 (and have them there for you when you return). Move away from the landing stage 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 marshals will assist in getting you in the right place.
- When proceeding to the start for the morning and afternoon divisions you should proceed along the north or south bank sides of the river but do not get too close to the bank as the water will be shallow and there may be posts and other obstructions close to the bank.



- Now the tricky bit – look at the Marshalling and Start Area Plan:

All crews must be in position 10 minutes before each division start time.

When marshalling all crews in the vicinity of the Blaydon (A1) Bridge must keep, for safety reasons, to the centre arch.

For the **morning division** crews 1-138 (group 1) marshal on the south side of the river with bows pointing away from the start (towards the city) with crew 1 closest to the start. Crews 139 to 164 (group 2) marshal on the north side of the river also with bows pointing away from the start.

Take care that you do not get too close to the banks and be careful you do not run aground whilst waiting for the start or get too close to the bridge piers on the A1 bridge downriver of the start. Keep an eye out for hazards close to the banks.

3 minutes before the race start the marshals will advise Group 1 “tops off” – you must be ready to race 1 min before race start time.

At race start time the marshal by crew 1 will move up between the line of marshalling crews and the bank instructing them to turn. You should turn out to the middle of the river and then proceed to the start where the starter will call “Go”.

As Group 1 gets close to all having started the marshals for Group 2 will advise “tops off” and the same process as for Group 1 is followed by Group 2.

Marshalling for the **afternoon division** is different to the morning with crews marshalling facing towards the start with the lowest number in each group closest to the start, crews 201 – 238 (Group 1) on the south side, crews 239 to 262 (Group 2) on the north side.

3 minutes before the race start the marshals will advise Group 1 “tops off” – you must be ready to race 1 min before race start time.

We may introduce some gaps in the start order so **please do what the marshals ask you to** and don't decide what to do yourselves!

- 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.
- 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 at your boathouse crews must obey the instructions of the marshals. You must continue rowing through and well past the finish.
 - Those crews returning to Newcastle University should keep close to the bank and line up facing upriver (the direction you raced) before going to the landing stage facing upriver. No Overtaking!
 - Crews going to Tyne United RC should proceed upstream through the south centre arch of Newburn Bridge and then proceed directly to the landing stage facing upriver.
 - Crews going to Tyne ARC should proceed upstream through the north centre arch of Newburn Bridge and then proceed directly towards the landing stage with bows facing upriver.

- Once crews have landed please clear the landing stages as quickly as possible.

COVID 19 MEASURES

The safety of students, volunteers and staff remains paramount as we move into the 2021-22 season, therefore for the time being we will still be implementing a series of COVID-19 Measures at our events. Although certain safety measures surrounding COVID-19 will be dictated by a venue or specific sport requirements we will be continuing to implement the following general measures across all of our events.

1. Event Disclaimer includes specifics around COVID-19.
2. Whist inside staff members and volunteers interacting with competitors will be wearing appropriate face coverings
3. Access to hand-washing facilities, or hand sanitiser

What's expected of competitors:

1. Event competitors should stay home if they have tested positive for COVID-19, or are suspected to have COVID-19
2. Event competitors are expected to test if they have any COVID-19 symptoms or live in the same household with someone with COVID-19 symptoms prior to attending an event
3. Competitors should stay home if they have been instructed to quarantine/self-isolate due to international travel restrictions or by relevant home nation test and trace systems



4. Competitors are encouraged to take a lateral flow test before attending indoor events regardless of symptoms
5. Competitors must follow direction from event staff, venue staff and volunteers.
6. Competitors should ensure they are following hand hygiene practices at all times
7. Competitors are strongly encouraged to wear a face covering when indoors and moving about the building
8. Competitors should follow the guidance and safety procedures outlined for the event you are attending. These can be found in the Event Guide
9. Competitors unable to attend event due to COVID-19 must contact the event lead

Adhere to Covid measure in place at the host clubs and when weighing in lightweights at Race Control. When weighing, in face coverings must be worn.

SPECTATORS: Could we ask please that all spectators and supporters watch the race and crews from the towpath or from the boathouses and **not** from the footpath crossing Newburn Bridge. Marshals will ask any spectators watching from here to move on. Thank you.

FIRST AID: Paramedics will be located at Newcastle University BC all day. Mobile First aid can be called at any time by asking race officials / marshals.

PARKING: Only trailers and towing vehicles can be parked at Newcastle University BC, Tyne RC and Tyne United RC (as allocated). Car parking for Tyne ARC is available further along Grange Rd across the road north of Newburn Activity Centre (10 minute walk to Tyne RC). For Newcastle University BC and Tyne United RC 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. See Coach (buses!) instructions for detail of bus drop off and parking.

Important telephone numbers:

Race Control (on day only):	Andy Crawford	07969 889 779
Entries and Registration	James Lee	07813 097 794
Welfare Officer	Katie Young	07856 908 539
Venue Specific matters	Luke Gallen	07791 690 926

For 999 call in relation to incidents on land ask for police, fire, ambulance, for incidents on water ask for Coastguard.