



BUCS Head of the River Race 24-25 February 2024

INSTRUCTIONS FOR CREWS AND COACHES **SUNDAY** 25 FEBRUARY 2024

Please ensure that all crews (especially coxes and steers) and coaches read and understand these instructions. Clubs will be allocated to boat from one of the three boat clubs at the finish, Newcastle University BC, Tyne United RC or Tyne ARC. Registration, race numbers and race information will be available at Newcastle University Boat Club from 08:00 on race day.

- Division 1 race starts at 10:45 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 virtual briefing for coxes and steers, details will be put on the BUCS Rowing Information WhatsApp group.**
- 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 strongly recommended 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 to the start and for taking up position within the marshalling area as shown on the **course and start/finish maps**. Launch marshals will assist in getting you in the right place.

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.
- Crew numbers for each group will be published beforehand.
- For both divisions Group 1 marshal on the south side of the river and Group 2 on the north side. The lowest number of each group nearest the start.
- Crews should follow instructions and marshal bows into the stream.
- 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.
- 3 minutes before the race start the marshals will advise Group 1 to get ready – you must be ready to race 1 min before race start time.
- At race start time the marshal by the first crew will move up between the line of marshalling crews and the bank instructing them to move out into the river. You should move 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 to get ready to race and the same process as for Group 1 is followed by Group 2.
- 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!

Note that should the prevailing wind and tide at the start require it, for safety reasons the Race Committee may agree variations on these instructions. Any changes will be communicated by the marshals and umpires.

- During the race, crews being overtaken must avoid impeding those behind; allow faster crews the shortest line on corners. Crews in front leading 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 BC should keep close to the bank and line up facing the direction you raced before going to the landing stage. No Overtaking!
 - Crews going to Tyne United RC should proceed through the south centre arch of Newburn Bridge and then proceed directly to the landing stage.
 - Crews going to Tyne ARC should proceed through the north centre arch of Newburn Bridge and then proceed directly towards the landing stage.
- Once crews have landed please clear the landing stages as quickly as possible.

WELFARE: The Event Welfare Officer will be on duty throughout both days of racing and contactable via Race Control at Newcastle University Boat Club or on 07856 908 539.

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.

FIRST AID: Medical cover will be located on site on both sides of the river all day. Mobile First aid can be called at any time by asking race officials / marshals.

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

We would ask that you notify Race Control as soon as safely possible after making a call to the Emergency Services regarding the event/venues.