

TEES REGATTA

SAFETY INSTRUCTIONS FOR ALL COMPETITORS

See attached map

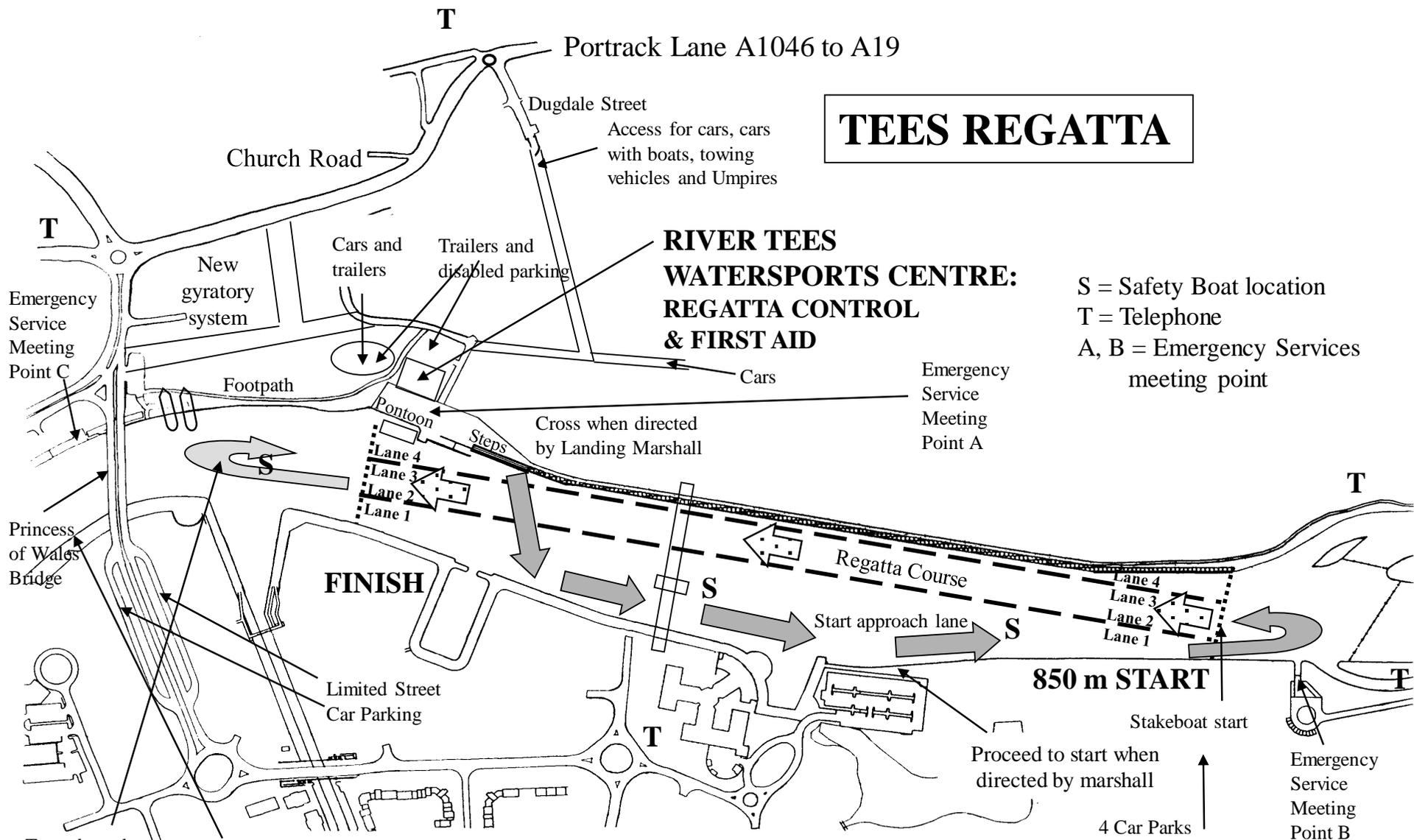
It is the competing clubs' responsibility to ensure all of its crews and scullers abide by the BR Rules of Racing and follow the guidance of BR RowSafe and the specific local rules as presented in the Competitors Instructions. Specifically:

1. **Clubs must ensure that all their boats competing in the Regatta comply with the BR RowSafe.** Any boat may be inspected.
2. **All coxswains must wear lifejackets of an approved type** and be adequately dressed for the prevailing weather conditions. Please ensure that inexperienced crews have experienced coxes and that inexperienced coxes are only used with experienced crews.
3. Crews must depart from the steps and land at the pontoon. For the **Circulation Pattern**, see the attached map.
4. **Crews must only leave the steps when it is safe to do so under the direction of the marshal and must cross and clear the course quickly.**
5. Crews must stop and report to the **mid-course marshal** before being directed to continue to the start. Crews must be in the start marshalling area at least 5 minutes before they are due to race.
6. Warming up is not allowed on or adjacent to the course. Please proceed upstream of the Princess of Wales Bridge to warm up. This section of the river is not closed so the normal rules apply and other craft may be using the river. The normal navigation rules are displayed in the boathouse. There is no safety cover on this part of the river.
7. Crews should approach the start via the south side of the course. When they pass the bridge pier, keep clear of the racing lanes. Follow the instructions of the launch marshals. They should wait adjacent to the mid-course marshal (near the large white buildings) who will direct them to the start when the course is clear.
8. Crews should stay clear of the booms downstream of the start area.
9. **After racing, crews should proceed past the buoys upstream of the finish before turning towards the north bank and return to the landing when the course is clear. Follow the instructions of the launch marshal.**
10. Every attempt is made to keep the course clear of obstructions. Any obstruction noted should be reported to an Umpire or Marshal.
11. **Safety decisions** such as cancelling the event, termination or suspension of some or all races, may be taken by the Race Committee. All competing clubs should provide Regatta Control with a contact number for use during the event in case of an incident involving their club.
12. **Regatta Control (at RTWC) is the co-ordination point for any emergency.** Radio contact can be made with regatta control by any Umpire and/or from the Safety launches. Regatta Control also has access to a mobile telephone for use by regatta officials in the case of an emergency. If emergency services are called directly, please inform Regatta Control.
13. **Safety Launches** will be stationed at the positions shown in radio contact, and the Umpire's Launch will follow some races. 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 a race is in progress, an umpire will (if necessary) stop the race.
14. **First Aid Kits and Emergency Equipment** are available via Regatta Control and in the Safety Launches. In addition, there is a First Aid station upstairs at RTWC, in the gym.
15. To take precautions against water borne diseases: 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 before eating and to shower after capsize. Do not throw coxswains in the river.
16. Note that the roads around RTWC are open to the public. The Riverside Promenade is a public footpath and cycle way: crews should be vigilant when carrying boats and oars, and leave room for others to pass.
17. If any External Emergency services are called to provide assistance the recognised **meeting locations** are:-
 - A. River Tees Watersports Centre (access via Dugdale Street and North Shore Road).
 - B. Tees Barrage Slipway (access via A66 - Teesside Retail Park Intersection).
 - C. Stockton Corporation Slipway (access from Riverside Road).

CONTACT INFO

Regatta Secretary	Dilwyn Jones	} Via Regatta	Police (Stockton)	101 (non-emergency)
Safety Adviser	Alan Puddick	} Control		or 999
Chief Umpire	Peter Hoare	07805 678348	Barrage Control Room	01642 633273
Regatta Secretary	07970 269575		Ambulance / Fire	999
RTWC	01642 628940		Hospital	01642 617617

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S = Safety Boat location
 T = Telephone
 A, B = Emergency Services meeting point

No warming up adjacent to the course –
 Please go upstream of Princess of Wales Bridge to warm up/cool down
 There is no safety cover on this part of the river

Turn above buoys beyond finish and return to pontoon if clear

4 Car Parks located off Navigation Way