

TEES LDS & TEES SBH 2016

RACE INSTRUCTIONS FOR ALL COMPETITORS

See attached map

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. For clarification, consult the Race Secretary.

1. The race will be rowed in accordance with the British Rowing Rules of Racing and follow the guidance of British Rowing RowSafe.
2. All inexperienced crews should have experienced coxswains.
3. 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', these crews should bring Wellington boots to assist with wading out. Care must be taken to avoid grounding fins and rudders on the steps.
4. The LDS Race will start at 10.45 - all competitors are requested to boat no later than 9.45. **IMPORTANT NOTE - ALL COMPETITORS MUST BE UPSTREAM OF A66 BRIDGE BEFORE 10.15 - OTHERWISE THEY WILL BE STOPPED AND NOT ALLOWED TO RACE**
5. The SBH Race will start at 14.30 - all competitors are requested to boat no later than 13.30. **IMPORTANT NOTE - ALL COMPETITORS MUST BE UPSTREAM OF A66 BRIDGE BEFORE 14.00 - OTHERWISE THEY WILL BE STOPPED AND NOT ALLOWED TO RACE**
6. Crews stopped at the A66 Bridge will not be entitled to a refund.
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 lettered signs. Crews 1-30 should marshal upstream of 'A', crews 31-60 upstream of 'B', 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. 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 15 seconds.)
13. The river is narrow in places, particularly at the start; Crews MUST obey instructions from marshals.
14. Crews being overtaken must give way to faster crews by moving to the side of the river.
15. To ensure the course is kept clear for competitors still racing competitors should continue downstream 100m beyond the Finish before stopping. Crews will not be allowed to return upstream until all crews have finished racing.
16. To take precautions against Leptospirosis (Weil's Disease): 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 capsizing.
17. 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.