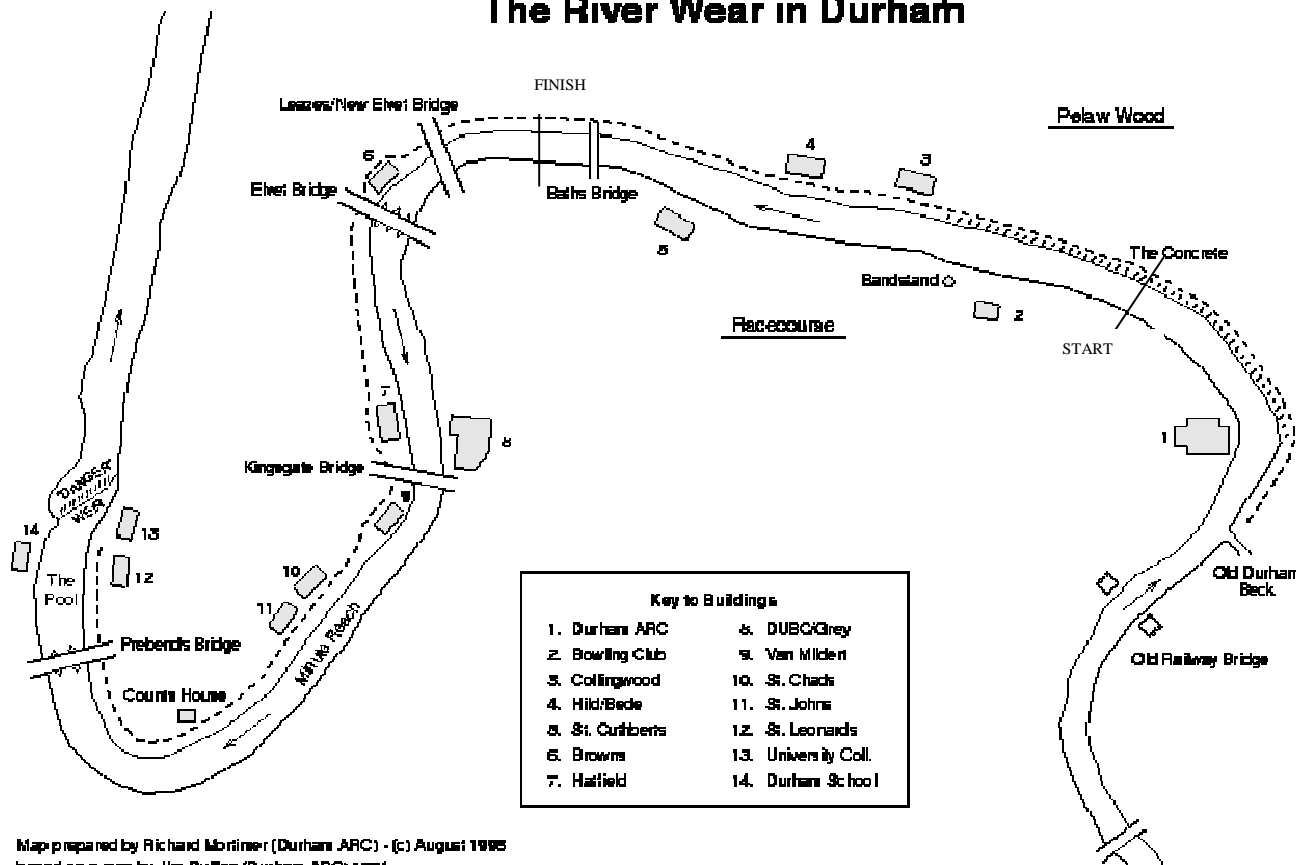


3.0 Competitors Instructions

It is the competing clubs' responsibility to ensure all of its crews and Scullers abide by the ARA Water Safety Code, ARA Rules of Racing and the specific local rules as presented in the Competitors Instructions. Specifically:

1. All equipment is safe and secure. Bow balls, heel restraints, boat buoyancy and all other safety measures as outlined in the ARA Water Safety Code must be in place. Random boat checks may be conducted throughout the event.
2. Coxswains should be adequately dressed for the prevalent weather conditions and any possible changes. All competitors must be suitably dressed and may not be allowed to boat if the marshals judge they are inappropriately dressed. All coxswains must wear life jackets. Solid foam life jackets are not allowed in bow-coxed boats, only manually inflated life jackets are allowed.
3. Inexperienced crews must have an experienced coxswain.
4. Competitors are aware of the safety rules and competitors instructions and have been instructed in a capsized drill.
5. Any competitor found by Umpires, marshals, launch crew or other officials without safety equipment will be returned to the nearest landing stage immediately and will be subject to possible disqualification as per the disciplinary procedures as outlined in the ARA Rules of Racing.
6. Competitors are responsible for proceeding safely, especially to the start and finish of their race. Competitors proceeding to the start or to their boat house must do so in single file, on the starboard side of the river. Competitors may only cross the racing course on instruction of local marshals/umpires. Competitors must wait below the Bandstand for permission from the Umpire to row past the start. This must be done quickly, with ALL crew members rowing, although race pace rowing at any time apart from during racing is NOT allowed. NO practice starts etc can be carried out in the start marshalling area.
7. Competitors are responsible for bringing to the attention of umpires, marshals, launch crew or other officials, any incident occurring during the event.
8. Competitors should stop and give assistance to any crew or competitor that is in danger in the water if a launch is not present.
9. Random checks of competitors racing licences will be carried out throughout the event and it is the competitors responsibility that s/he can provide evidence of his/her eligibility to race. Spot checks will be made on coxes weights. All prize winning crews MUST present their racing licence prior to the prize giving in order to receive their prize.
10. Boating. Boat when called for by the landing stage official. All competitors are reminded that they must be at the start ready to race at least two minutes before their scheduled race time, in accordance with the ARA rules of racing.
11. Course and Obstacles. Figures 1 and 2 show maps of the course. Ensure you and your crew are familiar with the course. Ensure your coxswain/steersperson is familiar with the course. Competitors are responsible for their own steering, any outside assistance in steering may result in the competitor being disqualified. See the ARA Rules of Racing for more detail.
12. Conduct of the Race. The use of foul or abusive language to competitors and officials will be penalised. Competitors are reminded of the ARA Rules of Racing relating to dress code.
13. In accordance with the ARA Rules of Racing, all crews must obey instructions of Umpires, marshals and safety launch crew. Launches have priority on the river at all times and competitors must note that they may have to travel to incidents with haste, but all effort will be made to prevent impeding racing crews. Racing may be stopped at any point due to an incident.

The River Wear in Durham



Map prepared by Richard Mortimer (Durham ARC) - (c) August 1995 based on a map by Jim Dullin (Durham ARC) 1994.

Figure 1: Map of the Wear

Umpires located at:

- The start
- Opposite Collingwood landing
- Opposite Hild Bede landing
- St Cuthbert's landing
- The finish

Marshals located at:

- City boathouse
- Above the start
- Below the finish

Regatta Control is located at Durham ARC Boathouse.

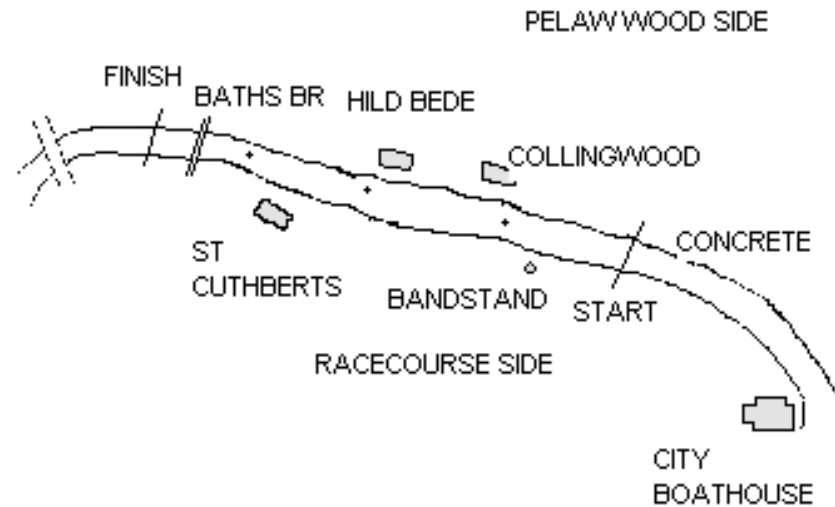


Figure 2: Racing Course Plan

- First named crew takes the Racecourse station
- Crews returning upstream must do so in the access lane (between the Racecourse racing lane and the bank)
- Crews must wait below Baths Bridge for permission to travel above St Cuthbert's landing stage
- Crews must wait downstream of the bandstand for the Umpire opposite Collingwood landing stage to give permission to travel above the start.

Crews must move through these two narrowest parts of the river as quickly as possible rowing with ALL crew members, however racing pace is not permitted.

3.1 Cycling

Durham ARC would like to remind competitors, spectators and officials that cycling is not permitted AT ANY TIME on the Racecourse side of the River. Cycling on the bank above Brown's Boathouse (Chase) can only be on the Pelaw Wood side cycle path. Durham ARC Regatta Committee accept no liability for any competitors, spectators or members of the public injured as a result of a cycling.

3.2 Club Contact

All competing clubs must provide Race Control with a contact number for use during the event in case of an incident involving their club.

3.3 Car Parking

No cars are to be parked in the Durham ARC car park. This area is for boat trailers only.

3.4 Contact Details

Race Control:

DARC BOATHOUSE

0191 386 6431