

# ST NEOTS ROWING CLUB

## Regatta 24<sup>th</sup> and 25<sup>th</sup> July 2010 - Competitors' Safety Plan

The Regatta is operated under the British Rowing (BR) Row Safe Guide. This Safety Plan outlines for competitors the water safety related procedures for the regatta. We have also included other race related information that competitors will need. We ask that each coxswain, sculler and crew member takes the time to read and note the contents.

**We reserve the right to amend this plan during the event, if circumstances dictate**

All boats must have secure bow balls, correctly adjusted heel restraints and watertight buoyancy compartments. Each coxswain must wear an approved lifejacket / buoyancy aid, and know how to use it. Self inflating lifejackets / buoyancy aids are not allowed in front-loading boats. Umpires' inspections will be conducted and omissions may lead to disqualification. Note, however: the prevention of rowing equipment malfunction is a competitor responsibility.

A diagram of the course is provided at the end of this plan

**Race Control/ Registration:** Marquee adjacent to the finish on the Regatta Field. Collect numbers from here and re-schedule race times. Crews to note that race changes must be agreed with their opponents and with RaceControl.

**Trailer Park:** The Regatta Field is a public amenity space and the area set aside for the Trailer Park has footpaths running through it. Competitors should be aware when taking boats to and from the boating area that members of the public unfamiliar with rowing may be in the vicinity, and take appropriate care.

**Boating:** During racing, boating is only to take place from the landing stages on the Regatta Field, upstream of the finish. (The club does not have permission to use the grassed area adjacent to the clubhouse).

Scullers, bowmen of crews and coxswains are to carry the correct number for their race.

Entry to the Boating Area will be controlled by regatta officials, who will ensure that crews are paired up before boating. Crews should be ready to boat 40 minutes before the race time on Saturday, and 30 minutes prior on Sunday. Competitors should allow at least 15 minutes to reach the start and should row 'light' all the way. A crew not at the start on time will be liable to be disqualified.

Crews and scullers must leave the landing stages as soon as they are seated in their boats. Adjustments should be made after leaving the landing stage.

**Proceeding To the Start:** The route to the start is by way of the narrow Navigation Lane along the edge of the Regatta Field and is marked by green buoys. Waiting crews in the Navigation Lane must on no account encroach on the course and must keep clear of all racing boats at all times.

Note that through the regatta area the rules of navigation of the river are changed and normal river traffic proceeding downstream has to use the Navigation Lane. Crews must therefore be alert to all river users and ensure that before they undertake any manoeuvres they check ahead.

**Start Marshalling Area:** The start marshals are positioned on the Rowing Club side of the river.

On arrival at the start area, crews must identify themselves to the start marshal, located approximately 100m downstream of the start, who will tell them of any necessary arrangements prior to their race start.

Racing stations are: the Rowing Club and Regatta Field. First named crew rows on Rowing Club side.

Practice outings on the course are strictly prohibited once racing has started. Practice and warming up must be carried out at least 200m downstream of the start beyond the crews waiting to race, where there is ample space. Crews should, however, ensure that they are available in the marshalling area in time for their race start, and be aware that safety cover is not provided beyond the marshalling area. Captains/coaches should consider whether it is appropriate to instruct less experienced competitors (particularly juniors) not to proceed beyond the start marshalling area.

Crews should note that downstream of the start area the normal rules of river navigation apply - crews must keep to the right. Care is to be taken by crews when crossing the stream within the marshalling area.

**The Start:** The start is from stake boats. Care should be taken in backing onto the stake boats; the juniors manning the stake boats are instructed to hold competitors' boats only when they are stationary, not to catch them.

**The Course:** Saturday course: 1000m upstream. Sunday course: 500m upstream. The racing lanes are separated by white buoys. In Saturday races, scullers and coxless crews should be aware that the curvature of the bank on the inside bend is greater than that of the course and that there is a risk, for the unaware, of steering towards the boats moored in the marina on the clubhouse side of the river. A line of red buoys is positioned to indicate the lane where the divergence of the bank is severe. Yellow buoys replace the

white centre lane buoys to mark the approach to, and extent of, the bend. To avoid being seduced into hazardous situations, crews should follow the line of the buoys separating the 2 racing lanes.

In the interests of the safety of competitors, any sculler or coxless crew having difficulty in steering round the bend on the 1000m course will be assisted by the umpire(s) to negotiate the bend; in addition, the finish safety boat will warn crews on the Rowing Club side if they are veering towards the moored cruisers. This is only assistance, and it does not replace the competitors' responsibility for steering the course, nor visiting clubs' captains'/coaches' responsibilities for entering competent crews.

**The Finish:** The finish is at Race Control (opposite the club house). Having crossed the Finish Line, crews should continue well clear of the finish area before returning to the landing stage.

**Safety Boats:** Safety boats will be positioned to provide safety and rescue cover from the marshalling area upstream to the town bridge. Safety boats will be in position 30 minutes before the start of racing until 10 minutes after the last race of each day.

**First Aid:** A Red Cross First Aid tent is located on the Regatta Field, downstream from Race Control. Any junior requiring first aid treatment should be escorted to the First Aid tent by a responsible adult, who will be expected to remain with the junior throughout his/her stay.

**Safety Adviser:** Contact through Race Control.

<b>Telephone Numbers:</b>	St Neots Rowing Club:	01480 472302
	Emergency: Fire, Police, Ambulance	999
	Hinchingbrooke Hospital:	01480 416416
	Police:	01480 456111 / 0845 456 4564
	Fire:	01480 474601

Telephones are situated: in the clubhouse, in the market square and a mobile telephone will be available in Race Control.

## Competitors' Responsibility

- Whilst we endeavour to provide a safe system at this event, each competitor and competing club also has a duty of care to themselves and others.
- Competitors are responsible for ensuring that their boats are safe and prepared to the standards required by the BR's Row Safe and the BR Rules of Racing.
- Competitors are responsible for complying with this Safety Plan.
- Every competitor is expected to be in good health and to be able to swim for a minimum of 50m in kit.

## Accidents and Emergencies

The whole of the course is visible to marshals and/or race control. Umpiring and marshalling positions are equipped with throwing lines and safety boats are positioned on the course and course officials are connected by radio. In the event of capsize crews should stay with their boat until assistance arrives and if possible make for the bank. The First Aid Post, on the Regatta field, can give immediate medical aid and are in touch with the Emergency Services.

A BR Incident Report form must be completed for all water-based accidents, collisions or capsizes; forms are available at Race Control. First Aid staff will complete BR Rowing Competition Medical Return forms for all incidents they action.

Race Control may suspend (totally or partially) racing should river or weather conditions necessitate.

## Swimming

Swimming in the river is discouraged. In addition to the risk from water-borne diseases, there is the possibility of underwater obstructions, entanglement by weeds and the presence of glass and other sharp objects on the riverbed. The Regatta Committee cannot take responsibility for incidents that may occur due to competitors failing to heed this advice.

## Training

Crews who train, or go out on the river, more than 30 minutes prior to the first race or after the last race on either day will not be under the protection of safety launches or any other arrangements that the Regatta Committee may have in place. Ensure that you know the rules of navigation: they revert to normal outside racing hours.