



East Midlands Regional Rowing Council
Junior Inter-Regional Team Trials 2019

Safety Plan

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Introduction

This document contains information related to the running of the trials that will determine the team that will represent the East Midlands at the Junior Inter-Regional Regatta 2019 (the JIRR).

This year the JIRR will be held at Peterborough City Rowing Club's multi-lane course and the race distance will be 1,000m rather than the 1,500m used at Nottingham in previous years. The distance of the East Midlands trials this year will also therefore be 1,000m.

Venue and Date

Date of event: Saturday 9th February 2019.

Venue: National Water Sports Centre, Adbolton Lane, Holme Pierrepont, Nottingham, NG12 2LU.

Policy Statement

This safety plan complies with the British Rowing Rules of Racing and 'Row Safe: A Guide to Safe Practice in Rowing'. The Safety Plan explains safety measures that have been introduced as a result of the Event Risk Assessment. Competitors who do not comply with these instructions or the instructions of race could be penalised or even disqualified from racing.

Each Club should Distribute instructions to competitors and provide a representative to attend the event briefing.

Competitors - Read and understand the instructions to competitors.

Coach - Read and understand the instructions to competitors and discuss with your crews and check their understanding

Competition Safety Adviser - will implement and oversee the Competition Safety Plan

Please ask the organising committee if you do not understand any of the competition instructions

Weather Conditions

Coaches are required to ensure crews, in particular coxes, have adequate clothing for the weather conditions.

In the event of an adverse weather forecast the event organisers will assess conditions on Friday 8th February and if necessary, the event may be postponed to Sunday February 10th or moved to another date.

Air and water temperatures will almost certainly be low at this time of year and we aim to minimise the time that crews wait at the start under marshalling instructions. Crews are expected to help this situation by boating on time and as close as possible to number order. Boating instructions will be given at the coaches briefing on the morning of the event.

If the weather deteriorates on the day (ie air temperatures dropping to 3 degrees or below, freezing rain, sleet, snow, or gusty winds) to the level where it is impairing the ability of juniors to row or causing concern for their safety, then there will be a progressive withdrawal of the more vulnerable crews in the following order: 1x) 2x) 4x+) Complete cancellation of rowing.



Organising Committee

This event is organised through the East Midlands Regional Rowing Council.

The Event Committee includes the following personnel:

- Event Chairman: Trevor Rainbow 07860 928694
- Event Coordinator: Paul Stevens 07779 232051
- Event Water Safety Advisor: Charlie Adams 07795 565611
- Event Welfare Officer: Carolyn Thackstone 07917 391973
- Race Committee Chairman: Barbara Delaney 07484 614288

Communications

Competitors, umpires, marshals and organisers will be made aware of the safety arrangements before and during the event in order to prevent incidents and to enable incidents to be dealt with efficiently if they do occur.

The following actions will be undertaken to ensure effective communication between all parties:

1. **Prior to the event**, Circulation Patterns, Welfare and Safety Plans will be sent to all participating clubs and coaches.
2. **At the start of the event**, The Circulation Pattern, the Safety Plan and Emergency contact details will be on display on the day of the event.
3. **The event and safety briefing**, will be given in the morning prior to the first race and **MUST** be attended by all coaches and coxes. Failure to attend the briefing will put the crew at risk of penalties described in this document.
4. **During the event**, Race Marshals and timing teams will have loudhailers to communicate with crews. Crew should carefully follow the Marshal's instructions when making their way to the start. Officials, Safety and Race Marshalls will carry mobile phones with the numbers being held by the Event Coordinator so contact can be made easily.
5. **All safety concerns on the day**, should be communicated to the Event Water Safety Advisor, Charlie Adams on 07795 565611
6. **Post event**, feedback or comments on the event should be sent to Paul Stevens paulstevens@mac.com These comments are welcomed and will be brought forward to the event debriefing.



The Time Trial

The race will be held over a course of 1000 metres – Starting at the 1000m mark and finishing at the Finish Tower. In general, the race will be conducted in accordance with the BR Rules of Racing, in particular Sect 6- Head & Processional Races.

- 1) **Boating**, Crews will boat using the designated landing stages for the day. The Stage Marshal, in conjunction with the Chief Umpire, may refuse to allow a crew or a competitor to compete if it is judged that it is not competent to complete the course safely or if the crew is not wearing suitable kit for the conditions.
- 2) **Race Marshals, and Umpires** - Race Marshals and Umpires will be located along the course to provide visual surveillance for safety and racing infringements to ensure a safe and fair event. All instructions given must be carried out or the crew may receive penalties.
- 3) **Travelling up to the start** - crews will proceed up the course, as per the circulation pattern, where they will be directed by the Marshalls on the bank to the warm up area and then to form a line of crews in number order above the start line with bows pointed up the course
- 4) **Warm up**, Crew are encouraged to start a full-crew warm up as soon as possible after boating. Some areas above the start will be designated as warm up areas, as per the circulation pattern
- 5) **During the race** –
 - a. Crews should be aware of the position of the crew directly behind and in front, staying in the racing lane at all times unless being overtaken. If being overtaken the slower crew must give way by moving temporarily out of the racing lane, as per the circulation pattern.
 - b. If an incident occurs, such as a capsize, where a competitor may be at risk, the first responsibility of any following crew is to stop and render assistance to any competitor in danger.
 - c. If the following crew is satisfied that assistance is present, or has been summoned, it should carry on to avoid congestion. The race will be monitored by race marshals who can summon assistance.
- 6) **The Finish** –
 - a. Will be at the Finish tower
 - b. There will be no area for cool down on the water.
 - c. Crews should disembark as soon as possible after finishing the race from the landing stages designated on the day



Safety Launch

Where an accident occurs on the water the safety launch (and any other assistance) will attend. The safety launches' priority will be to retrieve the people from the water and if injured, return them to the boating area where the First Aid assistance will take over.

The second priority is to retrieve the boat. The Event Water Safety Advisor should be informed of the incident and coordinate the incident response. The Event Chairman will decide when hazards have been adequately removed so racing can commence. In the event of a potentially serious incident, the race will be delayed or abandoned if necessary.

Incident, Accident and Emergency

- 1) **Water Quality** - Water users should check the NWSC website (www.nwscnotts.com) for up-to-date information on the water quality of the lake. Remember that there is a potential health risk in any open water. Avoid swallowing water; cover cuts with a waterproof plaster; wash or shower when you come ashore and before eating or drinking
- 2) **First Aid Cover** - First Aid kits are situated in the main reception, at Event Control and in the Boathouse area. A capsize pack consisting of warm blankets, towels, foil sheets will be kept close to the boating stages. All coaches will have up-to-date certificates in Emergency First Aid
 - i. Anyone requiring further medical assistance will be transferred to the Queen's Medical Centre, Nottingham.
 - ii. All marshalls and organisers are in mobile contact and are positioned to be able to assist in any incident
 - iii. Emergency numbers, 999 or 112
 - iv. Police, West Bridgford 0115 940 0999
 - v. Medical Practice, 214 Musters Road 0115 981 4124
 - vi. Hospital, Queens Medical Centre 0115 924 9924
 - vii. NHS Direct 0845 4647
- 3) **Accident & Emergency** - The nearest hospital facilities for accident and emergency is the Queens Medical Centre. Travel time to the hospital by personal car is approximately 20 minutes.



- 4) **Incident Reporting-** Any incident or accident must be reported to race control and the Event Safety Advisor. The Safety Advisor will record any incidents and submit them online to British Rowing. Any competitor, official, coach or spectator is encouraged to log any incidents on the BR website.

JIRR EM TRIAL CIRCULATION PATTERN

