

Champs Eights Head Safety Plan

Welcome to Champs Eights Head - Sunday 22nd May 2016

We hope you have an enjoyable and successful race on the Cam

We have produced this safety plan to incorporate key points of the **British Rowing Water Safety Code** and would ask that each cox and crew member takes the time to read it and note its details. If you have any comments that may help us improve the plan for future events then please let us know.

Key Positions

Registration	City Boathouse (from 10:30) Collect numbers/make final payments (£64 per boat on the day) Results will be posted here
Start	Plough Reach (see map)
Finish	1450 metres upstream at the Penny Ferry
Marshals	As marked on map (wearing yellow tabards) All equipped with throw lines/radios/thermal blankets/megaphones/mobile phones
Hospital	Accident and Emergency: Addenbrooke's Hospital, Hills Road, Cambridge CB2 0QQ t: 01223 245151
Emergency	Fire, Police, Ambulance 999

Key Personnel on race day

Event Secretary	Jen Bromley	07973 123338
Safety Adviser	Sam Venn	07793 142278
Race Chairman	Pete Twitchett	07790 572848
Race Control	Jen Bromley	07973 123338
Event First Aid	Rowan Burnstein	07966 807436

Competitors' Responsibilities

Champion of the Thames RC personnel will endeavour at all times to ensure a safe event, but all competitors must follow marshals' instructions and take good care of themselves, others and equipment.

Equipment

It is the responsibility of each crew to ensure that the equipment they are using is safe and compliant with the requirements of the **British Rowing (BR) Rules of Racing** and **Water Safety Code**. Crews arriving at the Start with unsafe equipment such as missing bow balls or coxes without lifejackets will be disqualified.

Swimming ability

Every competitor is expected to be in good health and must be able to swim a minimum of 100 metres in their kit. The river is relatively narrow and shallow in most places, and there is good access from the bank along the majority of the river, however all crews should make due allowance for the stream and for points of the river which have increased depth or where navigation is more difficult.

Know the rules

The **BR Rules of Racing** will apply. The marshalling rules are straightforward and marshals will stop the race if an unsafe situation arises. Allow plenty of time to boat before the scheduled start time.

Marshals will provide clear instructions to crews and will endeavour to send boats along on their racing order at the earliest opportunity. There will be plenty of time to warm up on the way to the start.

Accidents

If you see an accident give assistance if required. A marshal will take action or alert the rescue services by radio or phone as necessary. The whole course is visible to umpires and marshals, and there will be marshals with throw lines along the course. In the event of capsize please stay with your boat, check for the safety of all members of your crew and await assistance from marshals.

Insurance

All crews must have adequate third party insurance.

Health Information

Competitors are reminded that Cam water is prone to contain bacteria that cause water-borne diseases, including the Leptospirosis (Weil's Disease) bacterium, and should ensure that pre-existing cuts, blisters etc. are covered with a suitable waterproof dressing before going afloat. Cuts, blisters etc. sustained during the race should be thoroughly washed immediately upon return to the boathouse. Should you be unlucky enough to fall in please ensure you shower at the earliest possible opportunity.

PLEASE NOTE – there is restricted access to the river, and a number of moored houseboats between Combined Colleges Boathouse and the edge of Stourbridge Common (adjacent to Riverside – there is a high concrete wall abutting the roadside). Please take extra care when rowing through this section (approximately 300 metres) until clear of the Green Dragon Bridge.

All competing Clubs have the responsibility to ensure that their crews abide by the BR Code of Water Safety. In particular, all Clubs must ensure that:

- Inexperienced crews have experienced coxswains.
- Competitors are aware of the water safety code, the race instructions and have been instructed in capsize drill.
- Competitors are competent to take part in the event without putting other people at risk.
- Competitors are responsible for proceeding safely at all times, especially to the start and after the finish.

LIGHTNING PLAN

The Met Office forecast will be consulted prior to the event to check if thunderstorms are at all likely. The Event Safety Adviser will watch the weather for the (unlikely) event that thunderstorms affect one or more of the divisions.

In the unlikely event that a thunderstorm occurs during the event, the provisions laid down in the document "Recommendations for Lightning Protection in Sport" (available from British Rowing) shall be followed if feasible:

"Suspension and resumption of rowing shall follow the 30/30 rule: rowing shall stop when the flash-to-bang count is 30 seconds, and shall not resume until 30 minutes after the last lightning"

Ideally crews shall be cleared from the water and shepherded back to the landing stages by safety and Race marshals as rapidly as possible.

Marshals will instruct all athletes, officials and spectators to move into their vehicles or into a suitable building.

The 30-30 rule should give sufficient time to clear all crews from the river safely.

Any Race Monitor observing lightning, shall inform the Event Safety Advisor and Race Control immediately; umpires and race marshals will instruct crews to return to landing stages as quickly and as safely as possible.

However, it is recognised that there is negligible safe shelter adjacent to the further reaches of the Cam Head course and that crews may well be safer staying in their boats than standing exposed on the (higher) bank.

Whether they are directed to stay stationary in their boats, drawn in to the bank, or to return to the landing stages, will depend on their distance from the landing stages when lightning is first observed.

THE SAFETY ADVISORS RESERVE THE RIGHT TO AMEND THIS PLAN ON THE DAY IF WEATHER OR CONDITIONS ON THE DAY MAKE THIS NECESSARY