

Champs Eights Head Safety Plan

Welcome to Champs Eights Head - Sunday 12th May 2013

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

Event Secretary	Lesley Corbett	07769 651218
Safety Adviser	Ruth Howlett	07787 530965
Race Chairman	Pete Twitchett	07990 572848
Race Control	Tricia Laurensen	07895 262067
Event First Aid	Ruth Howlett	07787 530965

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 their equipment.

Equipment

It is the responsibility of each crew to ensure that the equipment that they are using is safe and compliant with the requirements of the **BR Rules of Racing** and **Water Safety Code**. In particular spot checks will be made of the bow ball, heel quick-release mechanisms, rudder lines, buoyancy compartments/canvasses and coxes' lifejackets. Coxes arriving at the start 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 as there will be a large number of eights manoeuvring, and there is a significant distance from the turning point just past the A14 Bridge to the start of the race.

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, and crews will be encouraged to do a trial start as they go past the Plough on the way down river.

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 capsizing 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.

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