

CHAMPION OF THE THAMES RC, CAMBRIDGE

Race Safety Plan: Junior Sculling Head

Saturday 18th March 2023

We have produced this safety plan to incorporate key points of the BR Water Safety Code and would ask that each cox and crew member take 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:

Control	Collect numbers/make final payments – CRA Boathouse, Logan's Way Cambridge CB4 1EQ Crews to collect numbers from 0830
Start	Plough Reach (see map)
Finish	1400 metres at site of old Penny Ferry pub
Marshals	As marked on map (wearing yellow/orange tabards) All equipped with throw lines/thermal blankets/megaphones/mobile phones Key marshal positions equipped with two-way radios in contact with Control Desk, Chief Marshal, and First Aid provider.
Hospital	Accident and Emergency at Addenbrooke's Hospital, Hill's Road, Cambridge t: 01223 217118
Emergency	Fire, Police, Ambulance 999

Key Personnel:

Event Secretary	Geraint Wyn Story (07970 6117424)
Control Desk	Geraint Wyn Story (07970 6117424)
Chief Marshal	Trish Reed (07979 868676)
Event first-aid	RTC Medical Solutions Ltd Rachel Lawless (07717 168162) or via Race Control or any Marshal with two-way radio
Welfare Officer	Katie Abbs (07979 621537)

All of the above personnel may also be contacted via the Control Desk.

Competitors' Responsibilities

Champion of the Thames rowing club personnel will endeavour at all times to ensure a safe event, but all competitors must follow marshals' instructions and be alert at all times to the safety of themselves and others.

All competing Clubs have the responsibility to ensure that their crews and scullers abide by the *Row Safe: A Guide to Good Practice in Rowing*. In particular, all Clubs must ensure that:

- Inexperienced crews have experienced coxswains.
- Coaches of novice/junior crews evaluate the ability of these crews and consider whether they require an individual bank party on a bicycle, carrying a throwline, to escort them before, during and after the race.
- We highly recommend that all boats are accompanied by a bank party on a bicycle, carrying a throwline. All junior 15s & under in small boats must have a bank party on a bicycle, carrying a throwline, and will be prevented from racing if this condition is not abided by.
- Competitors are aware of the BR Rowsafe Code, the event safety plan & guide 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.
- The row safe guide can be found at www.britishrowing.org/publication/rowsafeleaflet

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 BR Rules of Racing and *Row Safe: A Guide to Good Practice in Rowing*. In particular, spot checks will be made to check on bow balls, heel quick-release mechanisms, rudder lines and coxes' lifejackets. Boats with coxes without a suitable lifejacket or buoyancy aid will be disqualified. Boats without bow balls will also be disqualified. Random checks will be carried out on boats throughout the day, and any boat deemed unsafe will be disqualified and asked to return to its boat house with its crew.

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. Please note there is restricted access to the river, and a number of moored narrow boats between the Combined 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.

Long Hair

All competitors with hair longer than shoulder length are required to tie it up to prevent it from hanging loose to reduce risk of it getting caught whilst rowing or during a capsize.

Juniors

Coaches of novice/junior crews must evaluate the ability of these crews and consider whether they require an individual bank party on a bicycle to escort them before, during and after the race.

All junior 15s & under in small boats MUST have a bank party on a bicycle.

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 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 the Cam water is likely to contain 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 (showers for visiting crews are available at the Combined Boathouse).

It is recommended that water bottles (including those with a "sports top") are placed in a waterproof plastic bag, rather than loose in the bottom of the boat, to reduce the risk of infection from drinking from a bottle which has been in contact with river water.

Marshals

The BR Rules of Racing (<https://www.britishrowing.org/events/entering-events/rules-of-racing/>) will apply. The marshals will stop the race if an unsafe situation arises.

Allow plenty of time to boat before the scheduled start time. All boats must be downstream of the Green Dragon footbridge 20 mins before the advertised start time; crews that are late will be turned back.

- 09:15 Division 1 – Begin boating
- 09:50 Division 1 – All boats must be afloat
- 10:20 Division 1 – All boats must be beyond Green Dragon Footbridge
- 10:30 Division 1 – Race starts

- 11:00 Division 2 – Begin boating (There may be crews from division 1 returning – prioritise their landing if boat sharing)
- 11:35 Division 2 – All boats must be afloat
- 11:55 Division 2 – All boats must be beyond Green Dragon Footbridge
- 12:15 Division 2 – Race starts

- 12:45 Division 3 – Begin boating There may be crews from division 1 returning – prioritise their landing if boat sharing)
- 13:20 Division 3 – All boats must be afloat
- 13:40 Division 3 – All boats must be beyond the Green Dragon Footbridge
- 14:00 Division 3 – Race starts

Marshals will be posted at regular intervals (see map) throughout the course, on both banks of the river wherever possible. A rescue launch will be available (this will be based at Ditton Corner and is marked on the map); this will be directed to any incident as needed. Marshals will be wearing high-visibility tops, and will be equipped with radios, mobile phones, loud hailer, throw lines, and emergency foil blankets. Marshals in the pre-start marshalling area will, in addition, have a supply of dry clothing in case of capsize, and will also have a supply of hats that can be loaned to athletes waiting to race.

RTC Medical Solutions Ltd are the primary provider of first aid. They will be based at the Race Finish at the site of the old Penny Ferry pub, which is roughly halfway through the rowing area between the boat houses and the race waiting area for competitors. They can be contacted via any marshal, via the control

desk, or by calling directly to 07717 168162. The first aid provider will be on a bicycle and able to access locations on the tow path and cross foot bridges quickly. In addition, many of the marshals are trained in administering first aid.

Adverse Weather

Before each division, weather conditions on course will be announced by marshals stationed at (i) the Combined Boathouse, (ii) at Clare/Emmanuel Colleges' Boathouses, and (iii) outside City/99s boathouses.

I: FOG OR OTHERWISE REDUCED VISIBILITY

In the event of fog or otherwise reduced visibility making racing unsafe, the organisers may delay, suspend, or cancel racing. This will be clearly communicated to crews at the boathouse areas.

II: HIGH WIND, SNOW, HEAVY RAIN etc.

In the event of adverse weather such as High Wind, Snow, Heavy Rain, the organisers may delay, suspend, or cancel racing. This will be clearly communicated to crews at the boathouse areas. In the event of racing going ahead in less-than-ideal conditions (e.g.: moderate winds), it is up to coaches to assess whether any particular crew is capable of coping with conditions. Crews not deemed capable of safely competing in such conditions may withdraw and will receive a full refund.

III: 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 into 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.

In which case, or if the event has to be cancelled, information will be posted on the Champs website and will be announced at (i) the Combined Boathouse, (ii) at Clare/Emmanuel Colleges' Boathouses, and (iii) outside City/99s Boathouses.

Map of Combined Boathouse (principal boating area for visiting crews)

All non-Cambridge clubs should boat from the Combined Colleges Boathouse compound at Logan's Way and MUST get permission to boat from the Events Secretary (email - champsjuniorhead@gmail.com). Please park cars in Logan's Way (giving due consideration to neighbouring establishments) - do not park in the compound (this is to allow space for trailers and boats). The compound will be open from 08:30 on race day.

To find Combined Colleges Boathouse (post code - CB4 1BL) At the Elizabeth Way roundabout (at the end of Chesterton Road on the north side of the River Cam) take the 2nd exit past Elizabeth House (GE company building) heading to Chesterton High Street. Take the first right into Church Street, follow the road (flows into St Andrews Road) and go past St Andrews Church on your right, pass the large white office building (St. Andrew's House) and the Sepura offices (wavy roof). Take the next left into Logan's Way, passing an office car park on your left, and continue to the end of the road - the combined Colleges boathouse compound is through the gates. For visiting cars please park outside the compound to allow vehicles with trailers to park.



Elizabeth Way Roundabout

Combined Boathouse, Logan's Way

Trailer parking is in the designated location at Combined Boathouse (there are trailer bays) and on level tarmac/concreted ground at other host clubs (Emma/Clare/Pembroke)

Boats are to be racked safely on slings or tied onto trailers when not in use. No boat is to be left unsecured.

Launching

In contrast to many other rivers and rowing areas, Launching at all locations should be done with bows facing downstream and boats should cross over onto the correct side for navigation downstream immediately after launching. Caution should be taken when launching for crews coming from upstream who have priority over launching crews.

Landing

Landing should be done slowly with bows facing upstream with care taken for crews that may be launching downstream and crossing the path of upstream facing crews.

Map of Course (including circulation patterns, location of Marshals etc).

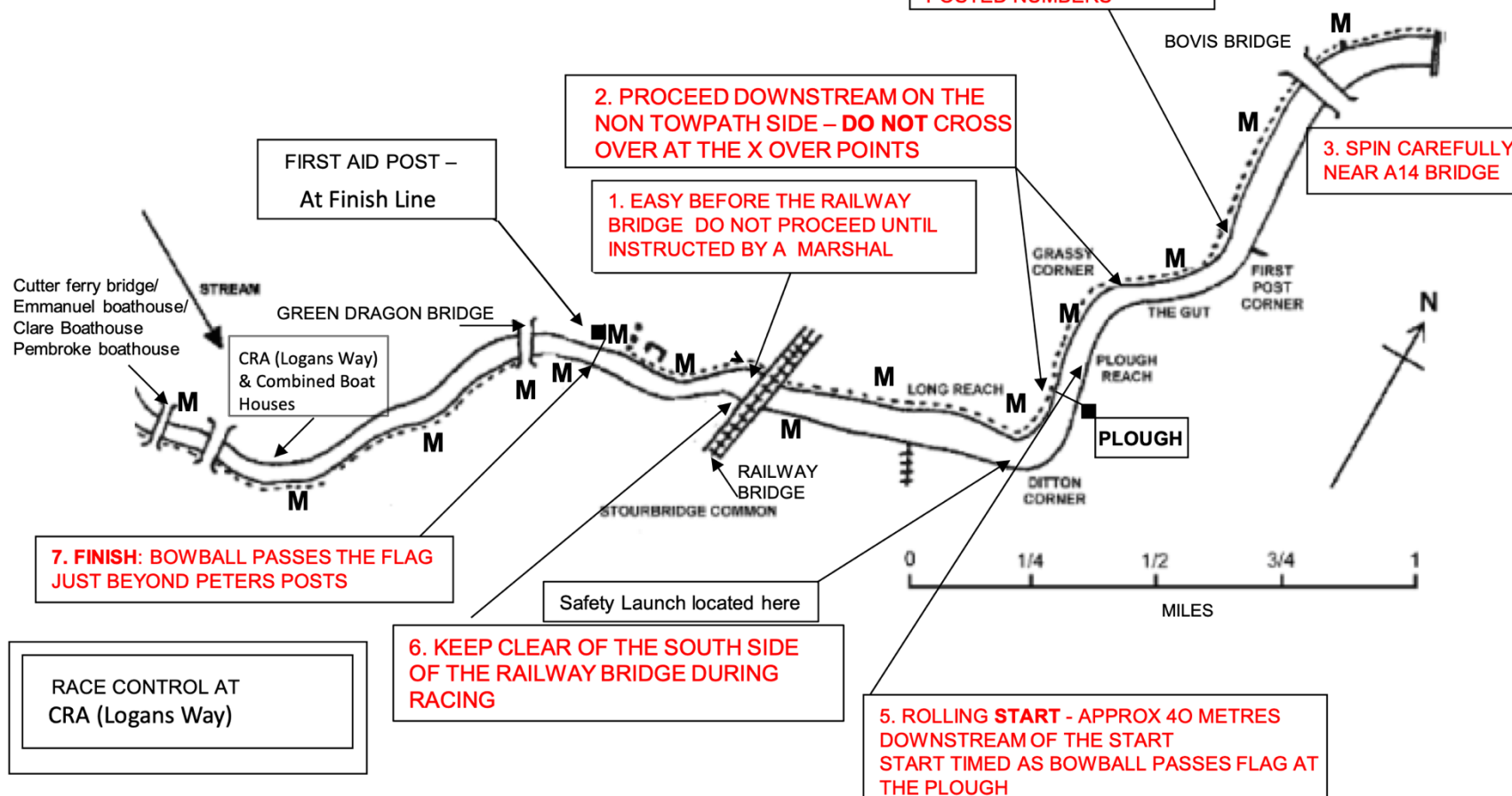
CAMBRIDGE CHAMPS JUNIOR SCULLING HEAD

Map of Course

MARSHAL POSITIONS = M

Marshals at these positions will be wearing yellow tabards and will all be equipped with radios, throwlines, thermal blankets and mobile phones

CIRCULATION / RACING PATTERN IN RED



Much of the river is relatively narrow and the majority of the river is easily accessible from the towpath. Marshals can see all parts of the river and will be stationed at regular intervals throughout the course. Nevertheless, potentially dangerous areas on the river include:

- Stretch of river between Cutter Ferry Bridge and the Cantabrigian boathouse (no access to river from bank, high wall at side of river). All scullers must be competent and must have completed a capsize drill. Marshals will be in place in this stretch of river to assist as needed with navigation.
- Sharp corner at the Green Dragon footbridge (Marshals will be in place in this stretch of river to assist as needed with navigation).

Postcodes and GPS locations:

All GPS positions in Degrees East and North. In general the tow path is not suitable for rapid vehicle access.

A: Combined Boathouse, Logan's Way. CB4 1EQ
E: 0.14009; N: 52.21190

B. Green Dragon Foot Bridge (North side). Pedestrian access to race finish only. Water Street. CB4 1NZ
E: 0.14546; N: 52.21771

C. Vehicle access to finish on common, South side of river via key locked gate at Riverside (key access from Cambridge City Council) CB5 8EY Locked gate:
E: 0.14489; N: 52.21495

D. Vehicle access to western (nearest to Cambridge) tow path (code locked, vehicular access); Also coordinates for Penny Ferry (formerly Pike & Eel Public House) CB4 1PA
E: 0.15052; N: 52.21885

E. Vehicle tow path access on Fen Road, Chesterton, near rail way bridge. Gated, code locked, vehicular access to tow path near railway crossing over river Cam. Pedestrian access. CB4 1TX
E: 0.15523; N: 52.22034

F. Vehicular access to tow path from Grassy Corner, Fen Road. Code locked, vehicular access (rough, wet terrain for 100 m). CB4 1TU Fen Road access:
E: 0.16457; N: 52.22698 Tow path joining point: E: 0.16647; N: 52.22654

G. Car park at Towpath for access to Baite's lock & weir, (code locked) eastern section of Tow path and start point. CB24 6AF Car Park
E: 0.17803; N: 52.23757

H. Vehicle access to Ditton Corner (south, non-tow path side) at end of Long Reach, via Fen Ditton High Street CB5 8ST
E: 0.16779; N: 52.22271

I. Vehicle access to First post corner (east, non-towpath side) from Green End, Fen Ditton. CB5 8SZ
E: 0.17068; N: 52.22795

Incidents:

Report any incidents immediately to any marshal or to the control desk. In the event of an incident needing reporting to British Rowing, the Chief Marshal will liaise with the club(s) concerned and report(s) filed with British Rowing accordingly.

Failure to abide by safety instructions

Champion of the Thames want to run a safe event that can be enjoyed by all concerned. It is imperative that all competitors abide by instructions given to them for their safety. Failure to abide by the instructions in this document, other instructions given to competitors, or instructions given by marshals or umpires on the day, may lead to disqualification from the event.

Covid-19

Event held largely outside which is less of a risk. Anyone who should be isolating with covid-19 (e.g.: after a positive test), or who is displaying symptoms of covid-19 should not attend the event.