RIVER WANSBECK EVENT

SAFETY INSTRUCTIONS FOR ALL COMPETITORS

It is the competing clubs' responsibility to ensure all of its crews and scullers abide by the British Rowing RowSafe Guide, British Rowing Rules of Racing and the specific local rules as presented in the Competitors Instructions. Specifically:

- Club trailers should where possible, approach via the A189, turn off for Stakeford B1334. After the level crossing and the traffic lights for Jubilee Trading Estate turn left to access the trailer park. This approach avoids a sharp turn and high curb if approaching from the west via Stakeford road bridge

- Boat trailers must be parked as directed by marshals on the grassed area adjacent to the rowing club. Care must be taken, especially at the trailer park, throughout the day as the riverside path is open to the public for the full length of the course.

- **Clubs must ensure that all their boats competing in the Regatta follow the British Rowing RowSafe Guide/ Water safety code.** Any boat may be inspected.

- **All coxswains must wear lifejackets of an approved type** and be adequately dressed for the prevailing weather conditions. Clubs must ensure that inexperienced crews have experienced coxes and that inexperienced coxes are only used with experienced crews.

- **Circulation Pattern**: See published map.

- Crews must depart from the pontoon and land at the pontoon.

- Crews must be at the mid-course marshal at least 5 minutes before they are due to race.

- **Crews must only leave the landing when it is safe to do so under the direction of the marshal**, **and should stay to the North side of the course within the buoyed area.**

- Warming up is not allowed on or adjacent to the course. Please proceed upstream of the start area to warm up. This section of the river is not closed so the normal rules apply and other craft, particularly canoes and paddle boaders, may be using the river. There is no safety cover on this part of the river.

- Crews should approach the start via the north side of the course. When they pass the bridge keep clear of the racing lanes. Follow the instructions of the launch marshals. They should wait adjacent to the mid-course marshal (near the bridge) who will direct them to the start when the course is clear.

- Do not go past the black rail bridge at the end of the race course.

- **After racing, crews should proceed past the single RED buoy downstream of the finish before turning towards the north bank and return to the landing when the course is clear. Follow the instructions of the launch marshal.**

- Every attempt is made to keep the course clear of obstructions. Any obstruction noted should be reported to an Umpire or Marshal.

- **Safety decisions** such as cancelling the event, termination or suspension of some or all races, may be taken by the Race Committee. All competing clubs should provide Regatta Control with a contact number for use during the event in case of an incident involving their club.

- **Regatta Control Tent (near landing) is the co-ordination point for any emergency.** Radio contact can be made with regatta control by any Umpire and/or from the Safety launches. Regatta Control also has access to a mobile telephone for use by regatta officials in the case of an emergency. If emergency services are called directly, please inform Regatta Control.

- **Safety Launches** will be stationed on the course and in radio contact with the Umpire's and race control. If there is a need for any launch to attend an emergency, then the Helmsman in charge will immediately stop any other activity and proceed rapidly to the incident. If a race is in progress, an umpire will (if necessary) stop the race.

- For Safety Purposes No biking/cycling along the river side is permitted for spectators or coaches…etc

- **Weighing of Coxes** will take place in the boathouse, on the first floor in the race control room.

- **Do not behave aggressively towards other crews at any time**, particularly during overtaking situations when your crew must comply with the rules of the event.

- Boats being overtaken must give way in good time to those overtaking so that overtaking boats are not impeded in following their proper course

Event First Aid will be on standby all day and can be contacted via Race Control.

If any External Emergency services are called to provide assistance the recognised **meeting locations** are:- Rowing club via A196 OR Riverside Park via Wellhead Dene Road (Riverside Park car park)

CONTACT INFO Police /Ambulance / Fire 999 or

Regatta Secretary	Ruth Scott	} Via		101 **for non emergency only**
Safety Adviser	Andy Appleby	} Race	First aid	Lifeline Medical Services,
Race Committee Chair	Charly Curtis	} Control	Hospital	08448118111
Welfare Officer – Sarah Ludbrook		) Race control		