

# North West Junior Time Trial (Singles) Sunday 16<sup>th</sup> February 2025



## EVENT SAFETY PLAN

**The priority always is SAFETY.**

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## 1. Document Control

Version	Notes
Dec 2023/Jan 2024	Initial Safety Plan created from last Junior Head (North) @ Runcorn Safety Plan that had been shared with North West Rowing Safety Adviser and Canal & River Trust
Jan 2024	Updates based on feedback from NWRC Safety Adviser ref JHN24 comp at same venue.
Dec 2024	Updates based on Jan 2024
February 2025	Updates based on change in venue, date and location to Grange School

## 2. Defining the Event

This Race Safety Plan identifies the risks involved in the North West Junior Time Trial (Singles) Race and outlines the procedures to be adopted by the organisers and competitors to limit those risks.

The event is a Head Race (or time trial) for racing boats with sliding seats over one division,

- Division 1 – start time 10:45 – distance 1500m downstream, starting near ‘Saltersford lock’

Boats will start at short intervals approximately 10-15 seconds apart. The boat with the fastest time in each class is the winner.

Competitors, coaches, and spectators are specifically reminded that persons using the river or tow path do so at their own risk and are solely responsible for their own safety.

This event will be run according to the British Rowing Row Safe guidance. All competitors must make themselves aware of, and abide by, the British Rowing Rules and the Local Rules issued by North West Rowing.

The event is open to Junior rowers that their coaches feel are strong enough to potentially qualify for the North West region Junior team to compete in a national; British Rowing competition in April at Nottingham. All Junior rowers are assessed by their coaches to be competent (skill and fitness) to race the course.

Canal and River Trust are the navigation authority for the Weaver Navigation Canal. All boats are required to be registered with C&RT.

### 3. Club and Competitor Responsibilities

- a) **Equipment.** All clubs must ensure that the equipment used by their club is safe and satisfies British Rowing 'Row Safe' guidance and the Rules of Racing. The Race Committee reserve the right to refuse the use of unsafe equipment.
- b) **Course Plan.** All competitors must familiarise themselves with the course plan included with this safety document. The local hazards and river rules must be always observed. A full plan of the river is on display in the boathouse.
- c) **Lifejackets.** All coxswains must wear a lifejacket or buoyancy aid when afloat. Auto inflate life jackets or buoyancy aids must not be worn in bow loader boats.
- d) **Clothing.** This is a medium distance rowing event held in February and Crews and Marshalls must be properly dressed to protect them from the weather, particularly during marshalling periods.
- e) **Ability to swim.** Clubs must ensure that its rowing competitors are able to swim at least 50 metres clothed.
- f) **Capsize.** Clubs should ensure that their members are trained in capsize drill and that they must climb onto their boat (get out of the water as much as possible) in the event of capsize while waiting for assistance from safety launches. Only if able to do so and where the riverbanks are not steep, should crews attempt to reach the riverbank using the hull of the boat for buoyancy.
- g) **Fitness for competition.** It is the responsibility of the Captain, Coach or person making the entries to ensure that the competitors are competent to complete the course without putting themselves at risk. The Race Committee reserve the right to refuse to allow any competitor to race if they feel that a competitor is not competent.
- h) **Communication.** A representative of racing crews must make the officials aware of any communication problems that may occur during the event. This might be a foreign language issue, or it may take the form of a physical/mental disability.
- i) **Access.** Ensure that all roadways and access routes to the Grange School boathouse are always kept clear.
- j) **Report all accidents and 'near misses'** to the Water Safety Office at Race Control who will report all incidents to British Rowing at [British Rowing Incident Reporting](#)
- k) **Display Valid Boat identification numbers** in accordance with C&RT licensing.
- l) **Follow Canal and River Trust CLEAN-DRY-CHECK procedures** to help the control of invasive species in our waterways (see Appendix 6)
- m) **Be aware of Welfare Plan and Safeguarding Protocols** – see Appendix 1
- n) **Pre or Existing Health Conditions.** Clubs should advise the Organising Committee of any athlete with medical conditions that could put themselves and others at risk.

## 4. Rules applying to the Event

- a) The event is a head race run under British Rowing Rules of Racing and the associated British Rowing `Rowsafe' code, timed over 1500m between start point (see section 1 of this plan) and the Finish Line ~100m upstream of The Grange School Rowing Club.
- b) See Event poster for all available race categories and NW JIRR selection policy for expected skills of rowers.
- c) There will be just one race, starting at 10:45 hrs.
- d) Boats will be grouped into classes, based on size of boat, age, experience etc. and started at short intervals in single file.
- e) All crews must carry their number plainly visible on the back of the bowman or by empacher slot.
- f) Crews should boat in good time, to be ready at the start for their race.  
Note: Crews may have about 2000m to reach the start marshalling position.
- g) This is not expected to be a race with large number of entries and undue wait at the start, however competitors must be dressed appropriately for the weather. Please spend a moment to read the following British Rowing Guidance ("Not Getting Cold at Heads"): <https://www.britishrowing.org/wp-content/uploads/2016/11/Safety-Alert-Not-getting-cold-at-heads.pdf?5da348&85af17>
- h) Crews must obey the directions of the start marshals and umpires. Crews not obeying rules as laid down by the race committee, the umpires or marshals may be given a time penalty or disqualified.
- i) Muster locations at the start will be clearly briefed at the crew briefing.
- j) Competitors must be UK residents who are resident in this country for more than six months in a year (This is a condition of British Rowing Insurance).

## 5. Rules of Navigation

**IMPORTANT: Crews shall proceed to the start on the starboard side of the river (the cox's right, or scullers left), and race downstream on the starboard side (the cox's right, or scullers left) except when overtaking a slower crew. NORMAL COLLISION AVOIDANCE REGULATIONS WILL APPLY.**

- a) At the Finish, crews must proceed past the finish line under guidance from the Race Marshalls, proceed towards the acton bridge and into the landing stage.
- b) Returning at the landing stage, crews must disembark and remove their equipment expediently to allow a safe area for following crews.

## 6. Weather Conditions

- a) The course in some locations is subject to the effects of wind. Conditions on the day will be assessed by the Race Committee, in consultation with the Safety Adviser who will determine appropriate action:
  - To run the event in full.
  - To cancel the whole event.
  - To tolerate additional warm clothing in preference to normal club race attire.
- b) Should any cancellations be made, competitors will be notified as soon as practicable. Race numbers of crews affected will not be issued and Stage Marshals will prevent embarkation.

## 7. Communications

- a) **Mobile Radios** Radio communication will be between Race Control, Race Umpires, Starter, Start Marshals, Stage Marshals, and the Finish Marshal who will be assigned a specific call sign. Where necessary, radios may be supplemented using mobile phones. In the event of an emergency the nearest official will call 'Pan, Pan' and all other stations will observe radio silence.
- b) **Megaphones** These will be in use by race officials and safety launches as required.
- c) **Telephones.** Race Control will summon Emergency Services if required.
- d) **Emergency Telephone Numbers.** A list is included at the end of this document. A copy is also held at Race Control.
- e) Detailed summary Appendix 2 applies

## 8. Medical and First Aid

- a) The **Safety Adviser** for the event is **Leon Langmead**.
- b) Any **Safety Incident** occurring during the competition must be reported immediately to the Safety Advisor. Full details of the incident will be recorded and reviewed by the organising committee following the event and reported to British Rowing at [British Rowing Incident Reporting](#)
- c) Any crew member that takes medication (e.g., inhaler) must take this with them in the boat should they need it during the division.
- d) **First Aid** cover will be provided by First-Aiders who will be situated at the finish and at the club house.
- e) **Accidents and Emergencies** will be taken to Warrington General Hospital, Lovely Lane, Warrington, WA5 1QG

## 9. Emergency Action Plans

All life-threatening incidents must be announced MayDay MayDay Mayday and then the incident description.

This is a call to action and radio silence for those not directly involved.

Race Control will coordinate the rescue and stop the race.

- a) **Accidents on the water.** In the event of a competitor being injured, capsizing, or becoming ill whilst rowing, the quickest means of rescue and access to the emergency services will be achieved by safety launch. There will be four launches positioned along the course, and one in reserve at the landing stage. The Emergency Extraction Points are at the finish and landing stage, which will be cleared by the Stage Marshals.

- b) **Emergencies.** In an emergency, the safety launches will have priority over all other traffic.

In the event of an athlete being incapacitated while on the water and needing CPR and shock treatment from an AED. The first responder shall call 999 for the ambulance service. The athlete should be promptly moved to the nearest surface, such as the river bank and deep CPR applied promptly. A mobilised AED should attend the incident as safely and quickly as possible, following the AED and Ambulance Service guidelines.

Race Control will confirm the responder has called 999 and receiving guidance via the radio. Then coordinate the extraction with the ambulance service.

Once recovered the casualty should be kept warm and taken to the Emergency Extraction Point, ideally in the recovery position.

The casualty should be made comfortable while waiting for an ambulance.

A victims chance of survival reduces by 7-10% for every minute the AED is delayed. If it's not time to ground the casualty without placing their chances of recovery and life at risk. CPR and Shock Recovery should be applied in the boat as a last resort.

- c) **Evacuation Procedure.** In the event of the boathouse area being evacuated due to fire or other major incident, all competitors, spectators, and members will make way to the Assembly Point under the direction of Club members. The Safety Advisor or Senior Committee Member will give clearance once it is safe to do so. NW Rowing members will ensure the access road is clear for emergency vehicles and guide them to the site. Crews on the water will proceed downstream to the clubhouse to disembark at the landing stage unless instructed to do otherwise.
- d) **Accidents on land.** Most competitors and supporters congregate around the landing stage and clubhouse area. This area will be monitored by the Stage Marshals. Any further help can be summoned via Race Control. Spectators can view the finish of the race from the Bank, but Race Officials or the Organising Committee will not be able to aid during racing (Section 1, Para 2 refers).
- e) **Accidents in the Start Marshalling Area.** In the event of an incident all recovery is to be made using safety launches.

## 10. Safety Launches

- a) All safety launch crew members and passengers will wear Lifejackets or Buoyancy Aids.
- b) The launch drivers will hold a minimum of RYA Level II Certificate and a complete rescue kit, in accordance with British Rowing 'Row Safe' guidance.
- c) There will be four launches. All launches will be in contact with each other, Umpires and Race Control.
- d) Launch drivers shall ensure that competitors are not put at risk by their actions. In the event of an emergency on the river, launches have right of way over all other traffic, including the race in progress. If a race is in progress the competitors shall be warned using an audible sound, to give them chance to provide clear passage to the safety launch.
- e) Launches should be prepared and alert with engines running during the competition. This is to facilitate a timely rescue in the event of capsize.
- f) All safety launches will be equipped with a radio, first aid kit, thermal blankets, throw lines/bags, and a bailer.
- g) The launches will carry out the following duties:
  - Patrol river prior to racing to clear debris and look out for unforeseen hazards.
  - Warn officials and crews of any dangers that arise before or during the race.
  - Carry out rescue in the case of competitors getting into difficulty.

## 11. Marshalls

- a) Stage Marshals will be on duty to control the embarkation and landing of competitors boats. They will also carry out a safety inspection of the equipment of embarking crews, **looking at:**
  - heel restraints,
  - bow balls,
  - buoyancy compartments,
  - canvasses,
  - rudder lines,
  - general fixings and
  - adequacy of warm clothing
- a) Boats that are unsafe or improperly equipped will not be allowed to race. Stage marshals will also ensure that all coxes are wearing lifejackets or buoyancy aids.
- b) Race Marshals/Monitors, with radios will be positioned to provide line-of-sight coverage along the course (see plan). Prior to racing the race marshals will assess the condition of the course and advise race control of any unsuitable racing conditions. Any deterioration in the weather or stream conditions during the race will also be reported.

## NORTH-WEST JUNIOR TIME TRIAL (SINGLES)

### Emergency Telephone Numbers

Chair of Organising Committee (Stuart Murray)	07907 901760
Head Safety Advisor (Leon Langmead) Chair of Race Committee (Paul Jackson) First Aider (Charlie Ford)	contact via Race Control or Safety Advisor
Welfare Advisor (Kayte Parlevliet)	07746 739562 (also contactable via Race Control or Safety Advisor, or email <a href="mailto:NWrowing.welfare@outlook.com">NWrowing.welfare@outlook.com</a> if you do not need a response on race day)

(All the above will have radio contact with race marshals and officials)

### EMERGENCY SERVICES

#### FIRE

#### AMBULANCE

999 or 112

#### POLICE

Police - Non-emergency

101

Warrington General Hospital (WGH)  
Lovely Lane, Warrington

01925 635911

United Utilities (water supply)

0845 746 2200

Scottish Power – Manweb (electricity)

0845 272 24 24

Environmental Agency (river pollution)

0800 80 70 60 (24hr)

Canal and River Trust - Floodline

<https://canalrivertrust.org.uk/enjoy-the-waterways/boating/go-boating/planning-your-boat-trip/water-level-and-strong-stream-warnings>



## Appendix 1 - Welfare Plan.

This Welfare Plan is based on British Rowing's 'Safeguarding and Protecting Children' Guidance Document WG3.4 'Guidance for Rowing Competitions'. It is available, with a library of other 'safeguarding' guidance documents on [www.britishrowing.org/about-us/safeguarding](http://www.britishrowing.org/about-us/safeguarding)

With the race also being on Canal & River Trust water the following should also be read and understood: **Canal and River Trusts safeguarding policy.**

<https://canalrivertrust.org.uk/media/original/43701-safeguarding-policy-april-2021.pdf?v=989010>

- The Organising Committee of this Head believe the welfare and well-being of all children is paramount.
- All children, regardless of age, gender, ethnicity, religion, or ability, have equal rights to safety and protection.
- All suspicions, concerns and allegations of harm will be taken seriously, and responded to swiftly and appropriately.

This 'Welfare Plan' is related to the risks, to the type of event (i.e., a 1-division Head Race in late January / early February), to the size of the event, and to the age profile of the competitors (Juniors - J14 to J16 – of any gender).

This head race is not offered to children in age categories younger than Open J14 / Women J14, and only to those crews that coaches feel can compete to represent the North West region. The whole course will be supervised by safety boats, umpires, and marshals. This plan will take all reasonable steps to address aspects listed below.

### 1. Welfare Reporting Structure

- The first point of contact for any concerns or allegations should be the **Competition Welfare Officer (CWO) – Kayte Parlevliet** - who will be the welfare officer/coordinator for this event. They will be on site all day and can be contacted via any official, via 'Control' or via the Event Registration Desk in the clubhouse. Or email [NWrowing.welfare@outlook.com](mailto:NWrowing.welfare@outlook.com) if you do not need a response on race day.
- Notices on how to contact the CWO will be displayed in the boating area all day.
- The overall responsibility for decisions and disciplinary procedures lies with the Chair of North West Rowing, ([NWrowing.chair@outlook.com](mailto:NWrowing.chair@outlook.com)) or contact via Race Control.
- The Chair of the Organising Committee can be contacted as shown in Section 1. above, or via Race Control in person, or by radio, regarding a welfare issue.
- A matter may be reported to police as recommended in BR Safeguarding policy.
- The Chair of North West Rowing is responsible for passing a concern to the British Rowing Child Protection Officer (CPO).

### 2. Code of conduct.

- All participants and coaches abide by the Rules of the competition and by good sportsmanship, as required in the British Rowing Rules of Racing. There are penalties for such matters as foul language and conduct that is unfair to other competitors.
- All competitors, coaches and supporters are required to bear in mind that this is an amateur event with no significant prizes, and that participants must show respect for others in the Event, whether competitors, officials, or spectators.

### **3. Medical cover**

- Medical cover is provided for the whole of the event between 9.00 and 12.00 by the First Aid team, not just when races are taking place. All competitors and officials will have departed by 12:00.
- The First Aid team (and Race Control) will have contact numbers for the local hospital (as shown above in the Event Safety Plan) or doctors' clinic. In an emergency, participants can always contact **999**. This information will be made available on the same poster as the Competition Welfare Officer details.

### **4. Appropriate Level of Security**

An appropriate level of security should be provided to ensure people are not given free access to young people. Appropriate volunteers will be briefed to be vigilant, including the Crew Call team who work with crews and coaches in the boat assembly areas, and the registration team who are located close to changing rooms. The volunteers will be asked to report anything suspicious, such as someone taking photos in the changing area, or someone unknown to crews hanging around or tampering with equipment.

### **5. Procedure for Missing Participants**

- Any missing participants should be reported to Race Control, or the Club Welfare Officer if under 18 or a vulnerable person. If urgent, contact any official, such as Crew Call or Control Commission.
- The Chair of the Organising Committee will be kept informed through Race Control.
- Race Control, who hold emergency mobile numbers for the person responsible for each crew, will use that mobile phone number (ex-BROE) (or if not responding, send a marshal to the club's trailer or crew bus) to contact team manager/crew coach, if an athlete has had an accident.
- Further action on missing persons will be considered jointly between Race Control, the person's team manager/crew coach (and the CWO if appropriate) on a case-by-case basis. If necessary, missing persons will be reported to the police.
- This Welfare Plan recognises that with a Race Start over one mile upstream, it may be difficult for clubs to keep track of all participants while racing is under way. But there are almost no facilities within a mile of the course that might attract a participant away from their fellow crew members, the river and The Grange School RC.

### **6. DBS (Disclosure and Barring Services) Checks.**

- These were previously known as 'CRB Checks'.
- The event will not have any volunteers working:
  - i. on the competition's behalf, with 'at-risk' supervisory roles over children, or
  - ii. unsupervised in changing rooms when junior crews are present, so DBS checking of volunteers will not be required.
- **Personal contact details** of children, whether competitors or volunteers (there are no roles for children as stake-boat boys/girls), are only held by Race Control and the Volunteer Coordinator (respectively) who are DBS-checked people.

### **7. Basic Training for those with unsupervised contact with children.**

- Not appropriate for this event. See Section 4.6. above.

## 8. Photography

British Rowing is concerned that child photography is a difficult issue for rowing events, as the events generally take place on open public land and may cover considerable distances.

- This event takes place along publicly accessible river, and both The Grange School RC and all the car / trailer parking areas are accessible to the public. It is not possible to ban photography of the event.
- However, the car and trailer parking areas are in a predominantly countryside area separated from most local housing by expressways, motorway and rivers, and 2 miles from the nearest town.
- The course for the Head races is through isolated land, with very limited access (with no roads close to the river).
- The Organising Committee will consider the advice given in BR Welfare Guidance document WG 5.1 and will brief volunteers on how to respond to any 'inappropriate photography' they may witness.

## Appendix 2 - Emergency Response Plan / Incident Response Plan

- The key to a successful response to an incident or an emergency is to have effective communication.
- All race officials and land-based team leaders who need to respond to incidents or emergencies have 2-way radios on the same safety channel (Channel 1) as Race Control and the safety boats. Land based team leaders may need to switch from (land admin.) Channel 2 to (safety) Channel 1.
- Officials should be **clear** and **concise** in radio messages. Full details can be recorded, then passed on later for Incident Report logging. The essentials of radio communication are shown on the 'Aide Memoire' (aka Reminder Tag) available to all radio users when a radio is issued:

### BASIC 2-WAY RADIO PROTOCOL

1. **LISTEN** – *Make sure no-one else is transmitting before you press your 'transmit' button.*
2. *Try not to use people's names on the radio, e.g., ask for 'Starter' rather than Fred Bloggs, start with: -*  
**"(their position) (their position) this is (your position) ....."** (e.g.: "Finish, Finish, this is Start; ....."")
3. *Then carry on with your message, as briefly as possible, and at the end of your message use:*  
**OVER** - *for I require a reply/response*  
**OUT** - *for I don't require a reply/response*
4. *If someone calls you without a message, then respond with:*  
**"(their position) this is (your position); receiving, over."** (e.g., "Start this is Pomona, receiving, over")
5. *If there is an emergency, e.g., a crew in the water, then announce "**PAN, PAN; Safety boat wanted at (location)**"*  
*and then everyone else (except a safety boat confirming they are on the way) should keep silent till the originator of the 'PAN. PAN' emergency message declares the emergency is finished.*

- In the event of an accident, the first duty is to the safety of the competitor, or anyone in difficulty.
- If Race Monitors can do so, they should help at an incident directly (e., using megaphone and throwlines), abandoning the supervision of racing.
- Race Monitors or Umpires should warn passing crews of any new hazards or problems further along the course, using their loudhailers.
- If a race is being started and an incident is declared further down the course, then Start team should hold any further crews back, in the start marshalling area, till the course is clear.
- People who have been rescued should be taken by safety launch to the First Aid team at The Grange School RC.
- If they need attention quickly, safety launches have First Aid kits, or the First Aider at the Start or Finish may be able to help. If an ambulance is required, Race Control can phone for one to meet the safety launch at The Grange School boathouse.

- **Land-based Incidents** should be controlled initially by those finding the incident, until the Safety Adviser and/or the First Aid team take over responsibility. Team leaders on land can:
  - use 2-way radios (Channel 1),  
or, use mobile phone to Safety on **08401 41329**  
or, call Chair of Organising Committee **07907 901760**
  - send a runner to Race Control.
- The public address system and land-based marshals will be used to assist in controlling competitors in the event of any land-based emergency.
- There are further details for various emergencies during the different phases of the event, and considerations of the risks and appropriate response, in the **Event Risk Assessment**.
- Full details of the incident or emergency should be recorded and input to British Rowing's online incident system, or communicated to the Race Committee (umpires), so they can log the incident.

## Appendix 3 - Abandonment Plan for the Event

- The Event plans to provide a safe environment, in accordance with British Rowing's "Row Safe" code and the Rules of Racing.
- Competitors, coaches, and clubs are specifically reminded that every person attending the event, including those competing, officiating, or spectating is personally responsible for:
  - their own safety.
  - the strict observance of any circulation pattern and British Rowing's "Row Safe"
  - deciding, together with their coaches, whether they are competent to compete in the weather, stream, or surface conditions as they find them on the day; and reviewing if their clothing will be suitable for the conditions.
  - ensuring 'a responsible adult' accompanies juniors competing in the event to assist them in the absence of their parents and assumes responsibility for the juniors' safety and welfare.
- The measures taken to abandon the event will differ, depending on the stage the event has reached at the time an abandonment is being considered.
- If **several days before** the event, emails, phone calls to club contacts, tweets, text messages and notices on [www.nwrowing.com](http://www.nwrowing.com) website will be used to cancel the event.
- If **hours before** the event, the same methods will be used, but the emphasis will be on phone calls.
- If **before the boats are on the water** (e.g., following the Event Water Safety Advisor's course inspection) then the abandonment will be notified either at the coxes & steerer's safety meeting, or by Public Address announcement and land marshals' loudhailers. Note that 'Plan B' may be implemented as an alternative, following consultation by the Race Committee with club coaches, or a reduction in scope of the event (excluding smaller boats, smaller or younger people, less experienced people, or shortening the course) may still be an option, as outlined in the Risk Assessment.
- If **after the boats are put on the water**, Race Control will contact race officials' radios to abandon the event, and Race Monitors' loudhailers to communicate the decision to the crews. If the cause of abandonment is rough water or windy conditions on certain parts of the course, race monitors will hold crews back in sheltered parts of the course (e.g., near the waterfall at Catton Hall) and safety boats will escort crews in small batches, through the bad water, back to the landing stages.
- The Water Safety Advisor and the Race Committee will make their assessment, with Race Control and the Chair of the Organising Committee (as appropriate). The assessment will be based on fixed and variable aspects of the event, such as Age, Experience / Category, coxed or coxless, Front-Loader or rear-coxed, wind strength, direction, and consistency (steady or gusts? increasing or reducing?), short term local weather forecasts, temperature, precipitation (hail? lightning?), shelter on the course, water conditions and flow, and other external factors.
- Some of the factors leading to abandonment are considered in more detail in the **Risk Assessment**.

## Appendix 4 - 'Plan B' (i.e., an Alternative Plan to run the Event).

### 1. Cancellation.

If there is a failure in any part of the planned safety arrangements, then the event may be abandoned, postponed to a later date, or altered, depending on what aspect has failed.

- In the event of the **large-scale** loss of
  - safety boat cover,
  - RMMU support (such as insufficient umpires, or marshals / monitors),
  - medical cover, or
  - communications breakdown (radios),then racing will be cancelled or shortened to reduce risks unless alternative cover can be arranged at short notice.
- See Appendix 3, Abandonment Plan, above.

### 2. Reduced Scope, Normal Course.

If the failure of safety provisions is only a **small reduction in the resources** needed to run the full event, then appropriate measures may be:

- shortening the course
  - or, providing more volunteer bank marshals with throwlines,
  - or, reducing the number of crews permitted,
- The Water Safety Advisor and Race Committee will consider what options are available for running a safe event with slightly reduced resources on all or part of the original course.

The Water Safety Advisor and Race Committee will consider if this option is viable in the circumstances, and communicate, as appropriate, with competitors, volunteers, and officials.

# Appendix 5 - Prevention of Road, & Road-v-Boat Traffic Accidents

## 1. Introduction

The NW trials site will occupy:

- the Leigh arms car park and on road parking on Willow Green Lane.
- The Grange School Boathouse and surrounding space

Traffic Marshals will control the parking and traffic movements around the Regatta site. Traffic Marshals will wear **YELLOW** high visibility jackets.

Boat movements between trailers, boat assembly areas and landing stages will be controlled by Crew Call Team. Crew Call Team will wear **PINK** high visibility jackets.

## 2. Procedures

### 2.1 Parking for

- boat trailers and First Aid team only will be permitted on the Grange School site.
- 4x4s & trailer towing vehicles will use the Leigh arms car park.
- Cars and other vehicles will use the Leigh arms car park
- Traffic Marshals with 2-way radios will control this parking.

### 2.1 If the car parking areas become full,

- Traffic Marshals will direct vehicle drivers to the turning point on Willow Green Lane and ask them to leave the site and find alternative parking.



## Appendix 6 - Information for Head Race Competitors.

### PLEASE NOTE

1. The event is run under British Rowing's Rules of Racing, and the RowSafe Code. Any Local Rules are detailed in this Safety Plan.
2. Boat trailers must be brought down the approach road to the Club, turned around and parked on the left (north-west) of the road facing uphill, as close to the boating area as possible, or as instructed by marshals.
3. All other cars or buses must also park in the Leigh arms car park.
4. **DO NOT** park on the road in front of the gates down to Grange School boathouse.
5. **DO NOT** assemble your boats on the tarmac roadway down to the Club. Access must be available for emergency and other vehicles.
6. You will boat from the Club stages. Before boating your boat should be checked by Control Commission for compliance with the safety requirements, and your identities may be compared with the entry list. **See next page ('Equipment') for the boat checks you must carry out before leaving the boat park.**
7. After boating under the control of the Stage Marshals, move steadily downstream to the Start.
8. When paddling to the Start, use the whole crew, paddle briskly (half pressure) with full-length strokes, and do not stop (unless told to stop by umpires or marshals).
9. The Start marshalling area is divided into lengths, each with a number coded (A, B, C, .. etc.) – Odd coded sections on the West/Frodsham riverbank, even coded sections on the East riverbank. The Marshalling Area letter will be clearly available on the draw. The Start Marshals will guide you to your starting position and control you for the start of the race.
10. **When arriving at the start crews can turn and point bows pointing downstream.**
11. **A loud Fog-horn blast** just before race time will signal to crews to **get ready to race** (tops off etc.).
12. **A 2nd loud Fog-horn blast will signal to the first crews to row at 'race pace' towards the Start line.**
13. **Keep 3 - 4 lengths apart at the Start line.** Marshals' instructions will assist you to maintain the required spacing. Crews who get too close to the crew in front, immediately before the Start line, may fail to have a start time recorded, or may receive a time penalty from the Starter.
14. **Where the river has shallows on the inside of a bend, the worst shallows will be buoyed.**
15. After the **Finish** do not stop paddling. Carry on until the boathouse. Turning where guided by a marshal (approx 100m past the finish guided by marshal). Crews then return to the landing stage advised by the marshals.
16. At the landing stages the Marshals will help you get out.
17. The Race Committee will find out if any large motorboats will be moving on race day and will tell competitors. This is unlikely, but there may be movements of tugs, large barges, or passenger trip boats. There is a deep channel in the river which they must use or run aground. When one of these boats passes, the water level may drop by up to 300mm.
18. If you are stopped, **DO NOT** rest your oars on the bank.
19. The ideal place to be is about 1 metre out from the bank, clear of any underwater obstacles and with the bows pointing slightly towards the motorboat.
20. As it passes, your rowing/sculling boat crew should start moving and continue.
21. **DO NOT** suddenly change direction in front of a large motorboat, as the steerer may think there is a possibility of collision and deliberately run his boat aground to avoid loss of life.
22. Racing will be suspended during the passage of large commercial craft. If you meet one, then keep to the starboard side (sculler's left-hand side) of the river on straight parts of the river but keep away from the (deep) outside of any bends.
23. **Racing may not be suspended for narrow beam (2.2 metre or 7 feet wide) motorboats or other small pleasure craft.**
24. **It is the crew's responsibility to look out for any pleasure craft and steer clear of them.**

25. If you are involved in an incident on the water, or require assistance, draw the attention of the nearest Umpire or marshal to the problem.
26. In the event of a dangerous incident during racing, racing may be suspended, and safety launches may move to the scene of the incident at high speed. **Watch out for their wash.**
27. Medical support and emergency phones are available at the landing stages, and outside assistance can be summoned.

## COMPETITORS RESPONSIBILITIES

**EQUIPMENT.** All Clubs must ensure the equipment (boats, oars, PFDs etc.) used by their members is safe.

The following checks must be made, as shown in Rules of Racing 2.3.8. and RowSafe:

- **Bow Ball:** The bows of racing boats shall be properly protected. A solid ball, of not less than 4cm diameter, made of rubber or material of similar resilience, must be firmly attached to the bows and the fixing must not itself present a hazard. It is recommended that the bow ball be white.
- **Coxswains:** ability to escape from front-coxed boats. Such coxswains must **NOT** use automatically inflating lifejackets. Gas-inflated lifejackets must have a gas canister, and the activating toggle must be clearly visible. To be effective, lifejackets must be worn, fitted properly and in good working order. First adjust the chest strap so that you can just get your fist between the strap and your chest. Then fasten and adjust the crotch straps. Your fitted lifejacket should feel “comfortably tight”. Tuck the ends of the straps in to prevent them getting snagged up on the boat; this is particularly important for coxes. Always wear your lifejacket over the top of all other clothing. See - <https://www.britishrowing.org/wp-content/uploads/2015/09/Safety-Alert-February-2015-Lifejackets.pdf>
- **Boat - General:** Condition and standard of maintenance of the boat. check that the boat is suitable for the situation in which it is to be used, for example maximum crew weight
- **Buoyancy compartments,** seals, hatch covers, boat hull and ventilation bungs are secure and watertight. If a compartment has a method of closing it, then the fitment must be in place and intact.
- **Additional Buoyancy:** All fours, quads and eights which do not have sealed compartments under the seats, must have additional buoyancy added. Control Commission will not allow such boats to compete if they do not. Boats with damaged canvasses will also be prevented from competing. This is a requirement of the RowSafe Code.
- **Riggers etc.** check that outriggers, swivels, gates, seats, and stretchers are secure and operating freely.
- **Backstays** must be fitted to the bow seat of all crew boats unless the boat is fitted with rear mounted riggers.
- **Splash boards:** In difficult water conditions are ‘splash boards’ available and fitted?
- **Heel restraints:** must be secure, check restraints are adequate and effective. Each heel should be positively restrained not to rise higher than the **lowest fixed point of the shoe** The foot release from any other type of fitment must be self-acting and not require the intervention of the athlete or a rescuer.
- **Steering:** check that rudder lines, steering mechanisms, rudder, and fin, are secure and in good working order
- **Oars:** check oars and sculls for damage; and ensure that ‘buttons’ are secure and properly set
- **Boat ID:** All boats shall comply with Rules of British Rowing Section R and show an ID, e.g., ‘ABC123’.
- **Ability to swim.** Clubs must ensure that its rowing members can swim at least 50 metres clothed, as required by British Rowing's RowSafe Code.

- **Bad weather / adequate clothing.** Clubs must ensure that their competing members are adequately clothed for the weather conditions, especially in the colder months of the year. Most crews will have to wait for a short while in their start marshalling positions. Even in 'normal' spring or autumn weather, if the weather is showery or wet and crews do not have rain-resistant tops, then crews can become very cold.
- **Fitness for Competition.** It is the responsibility of the Captain or person making the entry for the event to ensure that the competitors are competent to paddle to the start and then compete over the course without putting themselves at risk. This applies especially to Novice crews in Coxed Four (4+) boats, and to very small or inexperienced juniors in sculling boats.
- **The race Committee may refuse to allow any competitor to race, if they feel that competitor is not competent to navigate the course safely.**
- **Capsize drill.** Clubs should ensure that their members are trained in capsize drill and that, in the event of a capsize, they should hold onto their boat and wait for assistance. If safe to do so, crews should attempt to reach the bank **with their boat**.
- **British Rowing Rules of Racing and local rules.** All competitors must make themselves aware of British Rowing's Rules of Racing and the local rules issued to all Clubs in this document.
- **Coxes and steerers are reminded that rowing is a non-contact sport.** Under Rule 2.5.6 - a foul is any collision or contact between boats, oars, sculls, or persons in the same race" and under Rule 2.5.7 - a foul may result in disqualification of the offending crew.
- **Bad Language and threatening or abusive behaviour.** *Under Rules of Racing 2.7.4. 'Unsportsmanlike Behaviour' competitors, crews, coaches, groups of club members or supporters of a club found to be using foul and abusive language will be penalised, and crews will be disqualified.*

When taking the boat out of the water competitors should **CLEAN – DRY – CHECK** their boat to support control of Invasive species on our waterways.

please see following Invasive Control procedures from the Canal & River Trust:

<https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcanalrivertrust.org.uk%2Fspecialist-teams%2Fmaintaining-our-waterways%2Fvegetation-management%2Finvasive-species-control&data=05%7C02%7Cpaul.jackson%40sap.com%7C8ede7feaa76d4708fa1008dc1b53e665%7C42f7676cf455423c82f6dc2d99791af7%7C0%7C0%7C638415295078734651%7CUnknown%7CTWFpbGZsb3d8eyJWljojV2luMzliLjBtil6lk1haWwILCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=%2Ba0UhgNbvMoGD4l9%2FQ2U8J6OZ3a5eXnBu1dnOM43o6Y%3D&reserveid=0>

## Appendix 7 – Weil’s Disease (LEPTOSPIROSIS)

Unlike tap water, the water in canals, rivers and reservoirs is contaminated, and micro-organisms are present naturally.

Although the risk of contracting illness (including the much publicised, but rare Weil's Disease) is extremely small, sensible precautions should be taken as follows:

- Avoid full immersion in the water
- Cover all cuts and abrasions with waterproof dressings before contact with water
- Wash all exposed skin after contact with water, and before eating
- Do not put wet ropes, fishing lines or other wet objects in your mouth.

Should any illness occur within two weeks of contact, **seek medical advice**, and **inform your doctor that you have been in contact with untreated water**

## Appendix 8 – Lightning

Lightning strikes the ground in Britain about 300,000 times a year. For the climber, fisher, walker, golfer, and other exposed persons, this is a risk that must be considered. Although there is no absolute protection from lightning, measures can be taken to reduce the risk of getting struck and the injury severity. This fact sheet provides information about lightning, statistics, and precautions, both for the individual, and advice for strategies that can be taken by leisure operators and event organisers.

### 1. The Risk

**30-60 people are struck by lightning each year in Britain, and on average, 3 (5-10%) of these strikes are fatal.** UK mortality statistics show that in 2005 there were two fatalities caused by lightning strikes. Those most at risk are those who are outdoors often, exposed in vulnerable, unsheltered locations, for example:

- Golfers.
- Hill walkers.
- Swimmers.
- Construction workers.
- Rock climbers.
- Fishers.
- **ROWERS.**
- Campers.
- Outdoors DIY.
- Agricultural workers.

Research has also shown that proximity to water increases the risk of being struck by lightning. The time that is most dangerous is when there is underestimation of the likelihood of being hit, for example before the storm or when you think it is over.

There are three different ways of being struck by lightning:

1. Direct strike: the lightning hits you and goes to earth through you.
2. Side Flash: the lightning hits another object and jumps sideways to hit you.
3. Ground strike: the lightning strikes the ground then travels through it hitting you on the way.

### 2. Flash to bang

To check if a storm is coming or going from where you are – apply the flash to bang principle, counting as soon as the lightning flash is seen until the thunder is heard. 'Flash to bang' is based on the following facts:

- Sound travels at 330 meters per second or at 1 km in 3 seconds (approximately 1 mile every 5 seconds).
- Light travels at 300,000 km per second.
- Lightning will always be seen before thunder.

To calculate the distance between yourself and the storm divide the number of seconds by 3 to find the distance in kilometres.

If the distance between the thunder and lightning increases over a couple of strikes, the storm is moving away from you. If it decreases, it is coming towards you.

### **3. 30/30 rule**

Research shows that people struck by lightning are predominantly hit before and after the peak of the storm. This means that you should be thinking about the proximity of the lightning, not the occurrence of rain. The 30/30 rule provides a good way of ensuring one is sheltering during the riskiest parts of the storm. It proposes that if the flash to bang is 30 seconds in length or less you should seek shelter. Staying inside this shelter is advised until 30 minutes past the last clap of thunder. This ensures that any distant strikes at the beginning of the storm (lightning can travel up to 10 miles), or trailing storm clouds at the back of the storm do not take anyone by surprise.

### **4. Seeking shelter**

- Ideally, seek shelter inside a large building or a motor vehicle keeping away from, and getting out of wide, open spaces and exposed hilltops.
- If you are exposed to the elements with nowhere to shelter, make yourself as small a target as possible by crouching down with your feet together, hands on knees and your head tucked in. This technique keeps as much of you off the ground as possible.
- The inside of a car is a safe place to be in a storm, lightning will spread over the metal of the vehicle before earthing to the ground through the tyres.
- If you are golfing and the clubhouse is too far away, your best protection is to leave your clubs and crouch down in a bunker.
- Do not shelter beneath tall or isolated trees, it has been estimated that one in four people struck by lightning are sheltering under trees.
- If you are on water, get to the shore and off wide, open beaches as quickly as possible as water will transmit strikes from further away. Studies have shown that proximity to water is a common factor in lightning strikes.

### **5. Individual safety**

- Before you set off for your day, check the weather forecast. If there are storms are predicted think about doing something less exposed or being somewhere that provides appropriate shelter nearby.
- When choosing a campsite try to choose a site where tents are not the highest points. In a storm, if you remain in your tent, try not to get too close to poles or other metal objects.
- Be aware of objects that can conduct or attract lightning, for example, golf clubs, umbrellas, motorbikes, bicycles, wire fencing and rails. If you have a metal object that is not necessary for your safety (i.e. climbing gear that is in use) put it aside.
- Seek shelter quickly if your hair begins to stand on end and nearby appliances begin buzzing - it may mean lightning is about to strike.
- Inside a house lightning can be conducted through television aerials, piping or other wires. Except in cases of emergency, don't use your telephone (land-line or mobile) until the storm is over.

## **6. Employers/event organisers**

Events must be thoroughly risk assessed, and if there is a risk of being struck by lightning this must be looked at and control measures put in place with a lightning safety plan.

- In case of an event, monitor the local weather from the day before activity to the end of play and the dispersal of crowds.
- Have an efficient method of warning people at risk, and evacuation if necessary.
- Define and list safe structures and locations. Safe structures can include a large/substantial building with plumbing and wiring that will conduct lightning to the ground such as a clubhouse, or fully enclosed metal vehicles including buses.
- Determine criteria for suspension and resumption of activity – for example, use the 30/30 rule.
- Ensure the dissemination of information – participants, officials, spectators, and staff must be aware of potential dangers and how to minimise the risk of injury.

## **7. In case of emergency**

If someone is hit by lightning, call emergency services – they will need help as soon as possible. If you know first aid, apply it – you will not receive an electric shock. A lightning strike is not usually instantly fatal, victims' hearts and/or breathing may stop however, so quick application of CPR will likely save their life.

## Appendix 9 - Other River Users and Large Vessels

Please be aware that other river users not connected with the race may be on the water and may not know the rules. The Grange School RC will make every effort to notify Head Race Competitors of other river users such as commercial or leisure craft.

While boating ensure you maintain a **good lookout** for other river users to ensure that you stay safe. Also be very aware of and as far as possible, stay clear of the turbulence and churn in the water caused by large vessels.

Make intentions clear (make decisive change in direction early and indicate that you have seen them and are taking action).

- If you see you are on a possible collision course, the best action is to manoeuvre early in a clear and decisive manner regardless of who in theory is responsible. A rowing boat is just about the most vulnerable craft so act accordingly.
- The generally accepted course to steer should keep you to the Coxes right hand side of the river and generally you should pass an oncoming vessel port side to port side.
- Keep a sharp lookout and overtake with care. Always look behind you before manoeuvring. Ask your crew, particularly the stroke, to keep a look out behind if the river is busy.
- If another craft is manoeuvring toward you without paying attention it is quite acceptable to shout a warning such as "AHEAD" as well as taking avoiding action.



## Appendix 10 – Guidance for Launches and Launch Drivers.

Please refer to RowSafe – Sections section 4.7 and 7.4.1.

Event Organising Committee & Club Officers will:

- a) Ensure that any launch, including its motor, used by the club is maintained in good working order and safe condition.
- b) Ensure that the maximum load is known and adhered to.
- c) Define procedures for recovering rowers.
- d) Provide information on the safe use of the launch.
- e) Ensure that the risks associated with using a launch are included in the club's Risk Assessment and that appropriate action is taken to reduce risk to an acceptable level.
- f) Provide a kill cord and safety kit for use in the launch. This includes.
  - A First Aid kit in a waterproof bag.
  - A throw line or equivalent grab line.
  - Sufficient lifejackets for the maximum number of passengers and crew.
  - A spare length of rope.
  - A bailer.
  - A paddle.
  - A gaff.
- g) Ensure that there is adequate fuel for the event.
- h) Ensure that Safety Launch Drivers:
  - Hold at least a RYA Level 2 Powerboat Certificate (with Coastal Endorsement if appropriate) or equivalent.
  - Are at least 18 years old unless accompanied by a responsible adult.
  - Understand how to provide assistance to rowing Launches, provide additional briefings if necessary.
  - Understand the load capacity of the Launch.
  - Keep wash to a minimum, except in an emergency.
  - Provide drivers with the Event Risk Assessment, Safety Plan.
- i) Define and communicate to all participants and personnel what is required of Safety Launch Drivers:
  - Areas to be patrolled.
  - How to summon assistance, including medical attention.
  - Where to take casualties.
- j) Ensure that safety launches carry an effective means of communication and that someone in the safety launch knows how to use it and what channels to use.
- k) Launch Drivers will:
  - Wear a correctly fitted lifejacket whenever afloat and ensure that all their crew do so.
- l) Before each use, check that.
  - The launch, including the motor is in good condition before starting to use it.
  - There is adequate fuel for the outing.
  - The engine is secure and properly mounted.

- The kill cord mechanism is working correctly.
  - The safety kit is on board.
  - If necessary, the lights are working.
  - If a radio is carried, it is charged and tuned to the correct channel.
- m) If a radio is carried, ensure that someone in the launch is competent to use it and knows which channels to use.
- n) Report any defects or problems.
- o) Everyone is expected to:
- Follow the club's guidance on using a launch.
  - Take care when using a launch.

## Appendix 11 – Covid-19 Guidance

The following guidance will remain in place and coaches alerted should local health conditions recommend the guidance is applied.

### PRE-EVENT

- Each attending club to nominate a single person as the contact for all communications, before, during and after the event.
- The nominated person (NP) to retain contact details for all their club members and anyone else attending on behalf of their club.
- The nominate person's name and contact details to be sent by email to The Grange School Safety Advisor, prior to the event – LLangmead@grange.org.uk
- We would appreciate all attendees and club members taking part in the event to carry out their own self-assessment health check, prior to attending the event.

### EVENT DAY

- Once on site, the attending club's vehicles will be directed to their designated area on the trailer park.
- The NP to report to Registration to confirm their presence, to notify any crew changes to those registered in Entry Forms and to collect crew numbers, course map, and other information. Race schedule may need to be revised on the day.
- While on the Grange site, we would encourage all members to keep a safe distance from others as far as possible and remain cautious of prolonged close contacts.
- We encourage the wearing of face masks while using the toilets or in the clubhouse where hand sanitisers will be available.
- Regular race briefings will be communicated via the PA system.
- Crews will be called to the landing stage via the PA system.
- Checks will be carried out on boats. Each club remaining responsible for ensuring their boats are in a safe condition and have been sanitised.
- Additional sanitising supplies provided by each club are encouraged.
- Landing stage marshals will be assisting and coordinating boats and changing over of crews at the landing stage.
- Crews shall use hand sanitiser prior to getting into a boat, and upon getting out of a boat.
- In case of rowers capsizing, launches will carry hand sanitisers.
- It should be noted that the pathway along the event course is public access and there is a public right of way through the middle of The Grange site.

## **POST-EVENT**

If a member from an attending club exhibits Covid-19 symptoms within two days of the event, they should inform their NP who should follow their club's Covid-19 guidance.

The NP should also send an email to The Grange School Safety Advisor officer Leon Langmead – [LLangmead@grange.org.uk](mailto:LLangmead@grange.org.uk) to report the case and include details of any person that they were in close contact with for more than 15 minutes, other than their fellow club members.

## **Appendix 12 Signs of Hypothermia**

**(These may not all be present at any stage)**

### **Pre-hypothermic**

1. Cold, stiff hands/feet.
2. Muscles tense, shivering starts.
3. Onset of weakness/tiredness.

### **Mild hypothermia (action required)**

1. Vigorous shivering.
2. Numbness, loss of dexterity; grip weakens (harder to hold onto the boat).
3. Co-ordination may deteriorate; speech may slur.
4. Onset of confusion, memory lapses.

### **Hypothermia (life-threatening)**

1. Shivering reduces, then stops.
2. Muscles increasingly rigid; speech slurred, stumbling gait
3. Heart rate slow/erratic; breathing slow; cough reflex impaired.
4. Apathy; possible bizarre, dissociated behaviour.