



## **APPENDIX 4 CREW SAFETY BRIEFING**

### **NEWARK ROWING CLUB HEAD**

**December 2<sup>nd</sup> 2017**

### **INSTRUCTIONS TO COMPETITORS**

The following general guidelines are in place to help ensure the safety of yourself and others during the head race. Please ensure your crews read and understand the briefing below. All competitors are deemed to be competent oarsmen/women and therefore are expected to know and understand the provisions of the Row Safe guidance and its recommendations. This Head Race is held under rules of the British Rowing and the British Rowing Rules of Racing will apply. The provisions of the British Rowing Row Safe guidance will also apply and will take precedence at all times.

#### **EVENT ORGANISING COMMITTEE**

Chairman	Jane Hindmarch	07811 438200
Race Committee Chairman	Paddy Ibbottson	07759 812636
Water Safety Advisor	Mark Mortimore	07771 508853
Welfare Officer	Michele Wilson	07739 715910

Please contact Control/Chairman on race day if you have any queries.

#### **Dimensions**

##### **First Division**

The race distance will be 5000m. The start point is upstream of the old A46 petrol station and finish at the end of Avraham Weir (before Weir's bend). Please note it is a 8500m row up to start.

##### **Second Division**

The race distance will be 3800m. The start point is upstream of the entrance to Farndon Marina and the finish approximately 300 m beyond the A46 road bridge.

The Race will comprise two divisions, the first at 10:30 and the second at 14:00. Entries are capped to 80 boats per division. Each division will have crews of all abilities in open, women, junior and master classes.

#### **Parking Arrangements**

On race day only trailers are permitted to park at the Club site car park. All cars must park on the Club side of Farndon Road; in Newark Marina or in the car park of the commercial units at the bottom of Farndon Road behind the Lord Ted pub. Those parking should be mindful not to park illegally, not to cause obstruction to private, commercial properties access and not to impede the normal flow of traffic.

Trailer parking attendants will direct trailer drivers and ensure safety whilst manoeuvring. Towing vehicles must be moved from the car park to one of the locations above after parking the trailer.

Visitors with disabled needs will be permitted to park their vehicles within at the Club site confines.

#### **First Aid Arrangements**

First aid cover is provided by Newark Community First Aid who will be located in the boat house gym and also in a heated ambulance to be located in Div 1 on the bank at Farndon (Riverside Pub slipway) and in Div 2 opposite the orange Buoys at the top of the weir on south bank of the river.

### **Prior to boating**

It is the responsibility of each member of the crew to ensure that their equipment is in a safe condition prior to boating. Boats may be checked for safety prior to boating.

Attention should be paid to:

1. Bow balls
2. Buoyancy compartment hatches
3. Heel restraints
4. Integrity of hull and fittings (e.g. ensure there is no damage and all riggers are secure)

Ensure that you are suitably dressed with warm clothing for the outing making note of the fact that you may be stationary for the marshalling period prior to the race start. In particular make sure that your cox has sufficient warm clothing.

**Participants inappropriately dressed will be prevented from boating until they are suitably dressed. For example thick loose clothing and wellington boots must not be worn.**

Coxes must wear a life jacket of the correct size and fitted correctly (ensure that the waistband is tight). If it is an inflatable jacket ensure that the cylinder is in place and not corroded. Automatic inflation jackets must not be worn by the coxes of bow loaders. Life jackets may be checked. **NO COXSWAIN SHALL BE PERMITTED TO RACE IF WEARING WELLINGTONS.**

There will be no weighing of coxes.

### **POINTS OF SAFETY TO STEERERS**

- 1. WHEN APPROACHING THE TOP OF THE WEIR STAY WELL CLEAR OF THE ORANGE BUOYS AND THE WEIR WALL AS THERE IS A STRONG CURRENT THAT WILL DRAW BOATS TOWARDS THE WEIR.**
- 2. 50M AFTER THE FINISH OF THE WEIR THERE IS A 90 DEGREE BOW SIDE CORNER. SPECIAL CARE NEEDS TO BE TAKEN WHEN NAVIGATING THIS BEND.**

### **Afloat**

Competitors should be aware that there will be marshals and safety launches located on the course as shown on plan. A launch will follow the last boat to race down the course. There are marshals on each major bend and midway on the longer straights.

Whilst paddling upstream to the start, crews must keep to the Starboard (bow) side of the river at all times. Ensure you are aware of the danger points (as marked on the attached map).

Where possible other river traffic will be stopped during the race however crews must remain vigilant at all times during the race.

Special care must be taken on bends when there is only a short view of the river ahead.

Do not assume that other crews have seen you. Always shout if you are unsure of their position or that there may be a danger of a collision.

During the race crews must make way to overtaking crews. Slower crews should move to their Starboard (bow) side and overtaking crews should pass on the slower crew's port (stroke) side where it is safe to do so.

Be very aware of pleasure boats and their wash. They can be on the incorrect side of the river particularly on bends or along the weir. Do not assume they have seen you. Even though you may have right of way be prepared to move.

**If you fall out of the boat do not swim away from it, try and climb onto the hull of the boat to avoid cold water shock. Swimming to the bank should only be attempted if it is a short enough distance to do so safely without exposing the crew to the possibility of cold water shock.**

You must follow the directions of umpires and marshals at all times.

## **Start**

The start for the Eights Head is upstream of the old A46 petrol station (see map for Division1)

The start for the Small Boats Head is upstream of the entrance to Farndon Marina (see map for Division 2)

All crews must report for boating at their allocated boating time.

For the Eights Head any crew not above Farndon harbour entrance 20 minutes before race time will incur a 10 second time penalty. Any crew not above Farndon harbour entrance 10 minutes before race time will be turned around and not allowed to race.

For the Small Boats Head any crew not above the weir 15 minutes before race time will incur a 10 second time penalty. Any crew not above the weir 10 minutes before race time will be turned around and not allowed to race.

For both events Marshal on the Port-side (stroke side) bank pointing upstream. Lowest numbers will marshal just below the start line, highest numbers further downstream. There will be markers on the bank and directions from marshals. Keep well into the bank, especially once racing has started. Do not paddle downstream unless instructed by a marshal. If the weather is extremely cold a circulation pattern will be put in place if this is the case you will be informed by a marshal. Please obey their instructions.

Div 1 and Div 2 - Once instructed to proceed from marshalling, pull out from the bank and row upstream of the start line rounding the RED buoy on your Starboard (bow) side to face downstream and build your rate to pass between the white buoys which are the start line.

**When turning downstream to the centre of the river, make adequate allowance for the stream; it can be strong at these sections of the river.** You must pass between the buoys: failure to do so may mean that the starter cannot see your number and no time will be taken.

## **Finish**

For the Eights Head the finish is at the end of Avraham Weir. Do not stop at the finish, paddle on beyond the weir and around weirs bend (see map for Div 1).

For the Small Boats Head the finish is approximately 200 m beyond the bridge over the river. Do not stop at the finish, but paddle on at least 20 strokes.