

WANSBECK SBH/LDS 2017: LONG COURSE

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:

1. Please note, in the event of an emergency requiring hospital care Wansbeck Hospital now only provides urgent (walk in) care. Serious Emergencies are now only dealt with at Northumbria Specialist Emergency Care Hospital in Cramlington. (A19/A189 Moor Farm junction) See attached NHS leaflets.
2. 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
3. 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.
4. **Clubs must ensure that all their boats competing in the Regatta comply with the British Rowing RowSafe Guide.** Any boat may be inspected.
5. **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.
6. **Circulation Pattern:** See published map.
7. Crews must depart from the steps OR pontoon and land at the pontoon.
8. Crews must be at the start holding area 10 minutes before the race start.
9. **Crews must only leave the landing when it is safe to do so under the direction of the marshal, and should stay in the position directed by marshals.**
10. Warming up is not allowed on or adjacent to the course. Please proceed upstream of the start area to warm up. BEWARE of the shallow conditions and overhanging trees.
11. Crews should approach the start via the north side of the course. Follow the instructions of the start marshals. They should wait in the holding area before turning in number order to race.
12. Crews to remain in holding area, **beware as this part of the river is shallow and narrow.**
13. **After racing, crews should continue downstream of the finish before turning towards the south bank and wait in this area prior to returning to the landing only when the course is clear and following the instructions of the safety launch marshal. BEWARE OF THE WEIR DOWNSTREAM OF THE FINISH.**
14. Every attempt is made to keep the course clear of obstructions. Any obstruction noted should be reported to an Umpire or Marshal.
15. **Safety decisions** such as cancelling or shortening the event, termination or suspension of some or all races, may be taken by the Race Committee. All competing clubs should provide Race Control with a contact number for use during the event in case of an incident involving their club.
16. **Race Control (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 and marshal launches. Race Control also has access to a mobile telephone for use by race officials in the case of an emergency. If emergency services are called directly, please inform race Control.
17. **Safety Launches** will be stationed at the positions shown in radio contact, if there is a need for any launch to attend an emergency the Helmsman in charge will immediately stop any other activity and proceed rapidly to the incident. If the race is in progress, an umpire can (if necessary) stop the race.
18. First Aid is available from St Johns Ambulance personnel at the Landing area. In addition First Aid Kit and Emergency Equipment are available at Race Control and in the Safety Launches; these can be requested via Regatta Control.
19. 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 (caravan park entrance)

CONTACT INFO

Race Secretary	Helen Carr	} Via	Police (Ashington)	999 or 101
Safety Adviser	Jamie Young	} Race	First aid	St Johns Ambulance
Co-ordinating Umpire	_____	} Control	Hospital	999 or 111
Race Control			Ambulance / Fire	999

SERIOUS EMERGENCIES NEW HOSPITAL CRAMLINGTON

OR 📞 999

Suspected stroke



Loss of consciousness



Persistent and severe chest pain



Sudden shortness of breath



Severe abdominal pain



Severe blood loss



URGENT CARE 24HR WALK-IN SERVICES

OR 📞 111

Minor head, ear or eye problems



Broken nose or nose bleed



Sprains, strains, cuts and bites



Children's minor injuries and ailments



Minor fractures or broken bones



Abscesses and wound infections

