

WANSBECK SBH/LDS 2019

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 competition 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 15 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. Ignoring instructions provided will result in disqualification.**
14. Every attempt is made to keep the course clear of obstructions. Any obstruction noted should be reported to an Umpire or Marshal.
15. **Race Control (near landing) is the co-ordination point for any emergency.** Radio contact can be made with race 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.
16. **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.
17. First Aid is available from 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.
18. 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)
19. Weather and water conditions

During the week preceding the event, the weather and potential river condition will be monitored by the event committee as follows:

- Monday (race day – 5 days) – preliminary assessment of weather

- Wednesday (race day – 3 days) – intermediate assessment. If deemed appropriate a more detailed monitoring plan will be agreed
- Friday (race day – 1 day) – final pre-race assessment will be performed to allow any go / no-go decision by 4pm latest
- Race day – assessment of the conditions will be performed between safety advisor and race committee chair prior to any boating commencing

Wansbeck will ensure that competing clubs are kept informed of any potential adverse conditions and are notified in time of any changes in the running of the event.

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

CONTACT INFO

Race Secretary & Race Control	Helen Carr	07989 801519
Safety Adviser	Jamie Young	Via Race Control
Co-ordinating Umpire & Starter	Charly Curtis	07907 543637
First aid on site	North East Medical Services	Via Race Control
Police (Ashington)		999 or 101
Emergency or urgent medical care		999 or 111 (see below)
Fire and rescue service		999

POSTCODES - START AND CLUBHOUSE

Car park for start is accessed via A1068 Sheepwash Road at NE63 8TX

Cambois Rowing Club clubhouse is at NE63 8TF

**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