

## **Berwick LDS 2017**

### **SAFETY INSTRUCTIONS FOR ALL COMPETITORS AND COACH**

Berwick LDS recognises the importance of safety at their event and has prepared the following notes to inform competitors of the essential safety information to allow the event to be completed safely. All competitors **must** read the notes. For clarification consult the Safety Advisor.

1 The race follows RowSafe which has been supplied to every club. Competing clubs are reminded that it is their responsibility to be familiar with and to comply with the requirements of the code.

2 Safety decisions such as modifying the event, cancellation, termination or suspension of racing, may be taken by the race committee, Co-ordinating Umpire, Safety Advisor or Event Secretary after discussion with the others (if available) other responsible persons may be consulted.

3 Clubs must ensure that all their boats competing in the event comply with the RowSafe, in particular safe and secure bow balls, heel restraints and buoyancy (if fitted). Any boat may be inspected and will be refused to race if not compliant. Crews should also be suitably dressed for the prevailing and changing weather conditions.

4 All coxswains must wear lifejackets of an approved type and be suitably dressed for the prevailing conditions.

5 All competitors must boat when requested to do so. You will need Wellington boots at Tweed Green boating – please bring them with you. When proceeding to the start crews should take the inside of the bend approx 1000m upstream of the railway bridge taking care as there may still be shallow areas. At race time there will be enough depth of water to race the inside line of the bend. Please see marked course plan. All boats must be upstream of the start line at least 15 minutes before race start time. Anyone not above the start at this time will be held back and not allowed to start until all boats have passed.

6 At the race start boats will queue with highest numbers furthest upstream with all boats well in to the South bank. Boats will remain with bows facing downstream into the current and remain on marked stations as per marshal's instructions. Boats **MUST** leave at least a 10 second gap between each other. Any boat not leaving sufficient gap will be held back at the start line.

7 The race will begin on the incoming tide. Racing will therefore be against the flow of the incoming tide. Crews should therefore make themselves familiar with the course. When racing approx 150m upstream of the rail bridge there is stuck drift wood off bottom of the slake on the south side.

8 If an incident occurs during the race competitors should ensure that the incident is made known to a safety launch or race monitor. When necessary crews should stop racing and provide assistance.

9 Where possible speed boats and jet skiers will be notified of the event taking place and will be asked to give courtesy to racing crews. Although as Tweed is a public river with no restrictions on access competitors to be aware of possibility of these craft.

10 The race control is the coordination point for emergencies radio contact can be made to the race control by umpires and from the safety launch if emergency services are called directly

please inform race control. If there is a need for a launch to attend an emergency then they will immediately stop any other activity and proceed to the incident and if necessary an umpire or marshal will stop the race.

11 At the finish crews should paddle clear of the finish line downstream and head to the boating area as soon as possible. Crews waiting to disembark MUST keep bows facing downstream and be mindful to hold their position on the river. DO NOT go downstream below either of the bridges. There will be no safety cover downstream of the bridges.

12 First Aid cover will be provided by Failte First Aid who will be in radio contact with races control and the safety launches.

13 If external emergency services need to be called to provide assistance the recognised meeting points are:

Start: West Ord Riverside, Nearest Post Code TD15 2XQ. Follow Road to riverside

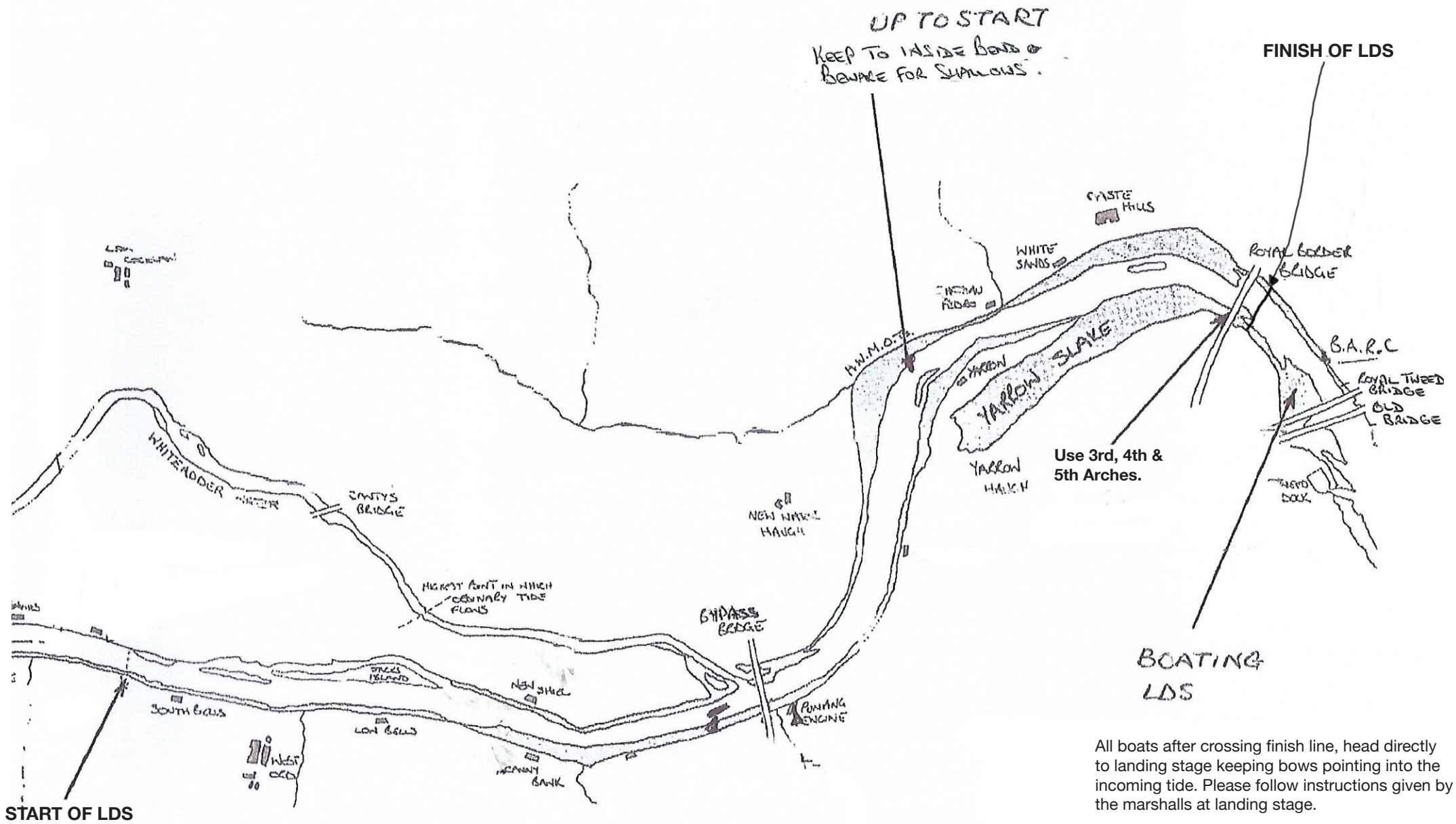
Mid Course : Sewerage Works Road, off Rotary Way, East Ord

Finish: Tweed Green, Tweedmouth, Berwick on Tweed

### **Contact Information**

Race Secretary	Northern Rowing Council	
Club Captain	Ian Black	07821 253367
Event Safety Advisor	Christopher Eke	07713 439266
Chair of the Race Committee (responsible for safety of the race, guided by local advice)	Charly Curtis	07907 543637
Welfare Officer	TBA	
Coordinating Umpire	TBA	
Emergency Services	Via 999 emergency call	

PLEASE SEE ATTACHED MAP FOR COURSE DETAILS ON THE FOLLOWING PAGE.



Marshalls to be on south side of the river above start line. All boats to follow marshalls instructions and stay in numerical order bows pointing downstream into current.

## **Safety Plan Berwick LDS**

7th October 2017

### **Race Committee**

Charly Curtis (Chair of the Race Committee)

Other Race Committee Members TBA

The above will be responsible for implementing Water Safety Code and will make decisions based on local conditions in consultation with the Chair of the Race Committee - their instructions and decisions must be adhered to.

### **Weather**

Weather conditions in lead up to event particularly excess rainfall will be monitored and an early postponement if necessary will be notified to all clubs.

Due to strong wind or change of wind direction/speed it may be necessary to change the course so safe racing can take place this can only be advised on day.

In case of lightning competitors will be evacuated from river on instructions from safety boats to nearest safe landing point by either proceeding to finish or instructed to turn around back to start.

Sun, first aid provision in case of heat stroke or sunburn.

### **Other Water Users**

Where possible speed boats and jet skiers will be notified of the event taking place and will be asked to give courtesy to racing crews. Although as Tweed is a public river with no restrictions on access competitors to be aware of possibility of these craft.

### **Boating and Landing**

Competitors will be instructed about boating and landing safely with consideration for others. Boats are liable for inspection by competition officials and are expected to meet standards required.

### **Personal Injury**

All personal injury **must** be reported to regatta control where First Aid will take care of the situation and give medical assistance where necessary.

Any accidents must be reported and logged in accident book.

### **Race**

Race will be held under BR water safety code and rules of racing.

Only competitors who are capable of completing distance are encouraged to enter by NRC and competent coxes are to be used particularly in junior boats.

All competitors are made aware of course map and local hazards marshals will be at strategic points along course to warn of dangers.

In the event of capsize water safety cover provided by red seal and first aid cover available to assist on land.

Bridges are obvious hazard particularly if fast outgoing tide and a plan for getting out at finish will be advised to all competitors, coaches and coxes particularly by turning in plenty of time and making way upstream to disembark.

Competitors are advised about conduct on water and rights of way to faster crews start order is organised to enable crews to race fairly.

## **Tide**

By the time the race has finished the tide will still be coming in or be at the top of the tide and slack water. Crews **MUST** proceed to the boat disembarking area where they will be instructed by marshals. In the event that the race is delayed, all boats will carry on downstream and turn before the bridges and remain with bows facing upstream until called to boat disembarking area. It is of **UPMOST** importance that crews remain aware of their position on the river and keep paddling against the stream if necessary to hold their position.

## BERWICK AMATEUR ROWING CLUB LDS 7<sup>th</sup> October 2017

### RISK ASSESSMENT

This assessment covers the actions required for Berwick Amateur Rowing Club's Small Boars Head and Northern Rowing Council's Long Distance Scull's competition. The suggested actions form the bases and are essential to make sure the actions are carried out in a safe manner.

Date of Assessment	October 2017
Date of Next Assessment	October 2018

Assessor 1	Chris Eke
Assessor 2	Ian Black

Activity	Initial Risk	Person at Risk	Significant Hazard(s)	Control Measure(s)	Final Risk
High Winds	Med	Competitors, Coxwains	Adverse water conditions could cause possible boat capsize or sinking	<ul style="list-style-type: none"> <li>• Race control/committee to monitor weather and may suspend or cancel races.</li> <li>• Change race to an alternative course.</li> <li>• Competitors and coxwains must wear appropriate clothing for inclement weather.</li> </ul>	Low
Tidal Water	Med	Competitors, Coxwains	At low tide possible boat damage, or run aground. Outgoing tide will be rapid through bridges, possible damage to board, capsize or sinking.	<ul style="list-style-type: none"> <li>• Map available showing the recommended course.</li> <li>• Safety instructions issued to competent steersmen and coxwains.</li> <li>• Marshalls deployed along course.</li> <li>• Marshall on finish line turning boat quickly facing bows upstream.</li> </ul>	Low
River in Flood	Med	Competitors, Coxwains	Floating debris and powerful, rapid flowing water causing possible injury, boat damage, boat capsize.	<ul style="list-style-type: none"> <li>• Safety Launch will clear debris where possible.</li> <li>• Race control/committee to monitor water conditions and may suspend or cancel race.</li> </ul>	Low

Activity	Initial Risk	Person at Risk	Significant Hazard(s)	Control Measure(s)	Final Risk
				<ul style="list-style-type: none"> <li>Marshalls on finish line to ensure a speedy turn to face bows upstream.</li> </ul>	
Boating and Landing	Med	Competitors, Coxwains, assisting boatmen.	<ul style="list-style-type: none"> <li>Collision of boats at boating and landing stages, causing possible injury, boat damage, capsize.</li> <li>Uneven surface at boating and landing, possible personal injury to feet.</li> </ul>	<ul style="list-style-type: none"> <li>Competitors' numbers to be called to boat by marshalls at timely manner to suit race timetable from Tweed Green.</li> <li>Marshalls on finish line instructing the turning of boats to face bows upstream.</li> <li>Competitors a advised to wear wellingtons when boating and landing.</li> </ul>	Low
Boat collision	Med	Competitors, Coxwains.	Boats collide with other rowing boats, river banks or bridge causing possible injury, boat damage, capsize, sinking.	<ul style="list-style-type: none"> <li>Coxwains and steersmen to be of basic competence.</li> <li>Course map available.</li> <li>Marshalls deployed along course warning of hazards.</li> <li>Safety instructions issued.</li> <li>Boats to have a 10 delay off start line.</li> </ul>	Low
Personal injury or illness	Med	Competitors, Coxwains, Spectators, member of the public.	Injury or illness requiring professional help.	<ul style="list-style-type: none"> <li>First aid cover supplied by Rapid Response.</li> <li>Launch carries first aid box.</li> <li>Procedure to call Emergency Services at Race Control/Berwick Boat House.</li> </ul>	Low
Competitor in water	High	Competitor, Coxwains.	Competitor in water from possible capsize resulting in shock, hypothermia, drowning,	<ul style="list-style-type: none"> <li>Coxwains to wear lifejackets.</li> <li>Competitor to remain with their boat is buoyant.</li> <li>Rapid safety launch response.</li> <li>Thermal blankets available in Berwick Boat House.</li> </ul>	Low

Activity	Initial Risk	Person at Risk	Significant Hazard(s)	Control Measure(s)	Final Risk
Jet skiers and speed boats	Med	Competitors, Coxwains, members of the public.	<ul style="list-style-type: none"> <li>• Collision with speed boats or jet skier.</li> <li>• Wake from passing speed boats or jet skiers, possible injury, boat damage, capsize, sinking.</li> </ul>	<ul style="list-style-type: none"> <li>• Race committee to inform harbour commission of competition date, and where possible they will inform other river users.</li> <li>• Competitors to show caution and may need to turn bows or sterns facing the wake reducing the impact.</li> </ul>	Low

Specific items are listed to provide mitigation against the consequences of the hazards at this regatta. These are included in the competitor's instructions. Any breaches or infringements of the BR Rules of Racing, the BR RowSafe or specific local rules as identified in the competitor's instructions will be dealt with by the disciplinary procedures outlined in the BR Rules of Racing.