

Cambridge Champs Junior Sculling Head

Sunday 21st March 2010

Race Safety Plan

We have produced this safety plan to incorporate key points of the **BR Water Safety Code** and would ask that each cox and crew member take the time to read it and note its details. If you have any comments that may help us improve the plan for future events then please let us know.

Key Positions

Control	<p>Combined Colleges Boathouse</p> <p>Collect numbers/make final payments (numbers for visiting crews will be at Combined Colleges Boathouse compound)</p> <p>Cambridge crews to collect numbers from Clare boathouse between 09:00 & 09:30 after which they will be available from Combined Colleges Boathouse</p>
Start	Plough Reach (see map)
Finish	1450 metres upstream at the Penny Ferry pub
Boating	<p>Visiting crews to boat from Churchill Boathouse Compound - open for access 09:00-16:30</p> <p>Contact the Churchill Bursar, Ms Jennifer Rigby (bursar@chu.cam.ac.uk, t: 01223 336112) for permission, and sign the Boat House User Agreement (downloadable from the Champs web site) which must be posted, or faxed (01223 336177) to Jennifer Rigby in advance</p>
Marshals	<p>As marked on map (wearing yellow tabards)</p> <p>All equipped with throw lines/radios/thermal blankets/megaphones/mobile phones</p>
Hospital	Accident and Emergency at Addenbrooke's Hospital, Hill's Road, Cambridge t: 01223 217118
Emergency	Fire, Police, Ambulance 999

Key Personnel

Event Secretary	Lesley Corbett	07769 651218
Safety Adviser	David Watson	07813 557253
Race Chairman	Pete Twitchett	07990 572848
Event Starter	Pete Twitchett	07990 572848
Control Desk	Brian Corbett	07769 651216
Event first-aid	Ruth Howlett	07787 530965

The personnel above may also be contacted through Event Control Desk

Competitors' Responsibilities

Champion of the Thames RC personnel will endeavour at all times to ensure a safe event, but all competitors must follow marshals' instructions and take good care of themselves, others and equipment.

Equipment

It is the responsibility of each crew to ensure that the equipment they are using is safe and compliant with the requirements of the **British Rowing (BR) Rules of Racing** and **Water Safety Code**. In particular spot checks will be made to check on bow ball, heel quick-release mechanisms, rudder lines and coxes' lifejackets. Coxes arriving at the start without lifejackets will be disqualified.

Swimming ability

Every competitor is expected to be in good health and must be able to swim a minimum of 100 metres in their kit. The river is relatively narrow and shallow in most places, and there is good access from the bank along the majority of the river, however all crews should make due allowance for the stream and for points of the river which have increased depth or where navigation is more difficult.

Know the rules

The **BR Rules of Racing** will apply. The marshalling rules are straightforward and marshals will stop the race if an unsafe situation arises. Allow plenty of time to boat before the scheduled start time.

Marshals will provide clear instructions to crews and will endeavour to send boats along on their racing order at the earliest opportunity. There will be plenty of time to warm up on the way to the start.

Accidents

If you see an accident give assistance if required. A marshal will take action or alert the rescue services by radio or phone as necessary. The whole course is visible to umpires and marshals, and there will be marshals with throw lines along the course. In the event of capsize please stay with your boat, check for the safety of all members of your crew and await assistance from marshals.

Insurance

All crews must have adequate third party insurance.

PLEASE NOTE – there is restricted access to the river, and a number of moored houseboats between Combined Colleges Boathouse and the edge of Stourbridge Common (adjacent to Riverside – there is a high concrete wall abutting the roadside). Please take extra care when rowing through this section (approximately 300 metres) until clear of the Green Dragon Bridge.

All competing Clubs have the responsibility to ensure that their crews and scullers abide by the BR Code of Water Safety. In particular, all Clubs must ensure that:

- Inexperienced crews have experienced coxswains.
- Competitors are aware of the water safety code, the race instructions and have been instructed in capsize drill.
- Competitors are competent to take part in the event without putting other people at risk.
- Competitors are responsible for proceeding safely at all times, especially to the start and after the finish.

THE SAFETY ADVISORS RESERVE THE RIGHT TO AMEND THIS PLAN ON THE DAY IF WEATHER OR CONDITIONS ON THE DAY MAKE THIS NECESSARY. IN WHICH CASE, OR IF THE EVENT HAS TO BE CANCELLED, INFORMATION WILL BE POSTED ON THE CHAMPS WEBSITE AND AT THE COMBINED COLLEGES BOATHOUSE.