

MERSEYSIDE REGATTA - SAFETY PLAN

Start and Finish

- 1.1 Competitors will embark and disembark at the steps by Wirral Rowing Centre at the direction of Stage Marshals
- 1.2 Crews proceeding to the Start will keep to the Wallasey side of the dock to the Start and await instructions from the Start Marshal.
- 1.3 The line of course does not follow the wall of the dock but is a straight line towards the boathouse. Buoys segregate the racing course from the crews proceeding to the Start. The Finish is approximately 100m prior to the boathouse
- 1.4 Crews proceeding to further races should turn and follow the circulation pattern back to the Start for next race.

Crews having completed racing must proceed to the Wirral Rowing Centre for disembarkation, complying with instructions of Stage Marshal

Equipment

- 2.1 It is the responsibility of the competitors to ensure that their boats are safe and are prepared to the standards required by the ARA Water Safety Code and the ARA Rules of Racing.
- 2.2 Competing crews must be prepared for Control Commission to inspect their boats before proceeding to the Start. Control Commission will be checking the condition of heel restraints, bow balls, buoyancy compartments and coxes lifejackets, etc. (See also the attached sheet)
- 2.3 Boats which fail to meet safe standards will not be allowed to race.

Communications

- 3.1 Emergency telephones are located in the Wirral Rowing Centre (access via Race Control). All points of the course are under supervision of Umpire or Marshal who can summon assistance via radio if required
- 3.2 Umpires and Marshals will communicate by mobile radio. There will also be radio links to the rescue launches.
- 3.3 In the event of an accident on the water the nearest race official will alert all other officials by saying "Regatta Emergency, Safety Launch required at *location*.". All other communications must then cease until the problem has been sorted and the nearest race official has clearly indicated that the incident is clear. The Regatta Incident Officer will assume control of the incident and will supervise recovery.

Rescue and First Aid

- 4.1 Rescue launches will be at strategic positions at the dockside, (positions 2 and 4 on Circulation pattern)
- 4.2 A First Aid post will be established adjacent to the Wirral Rowing Centre. It will be manned by 'St John Ambulance'.
- 4.3 In the event of an immersion of any crew the "warm room" facility will be the changing room showers located on the first floor of the Wirral Rowing Centre.
- 4.4 The nearest Hospital Accident & Emergency Unit is at Arrowe Park Hospital, Arrowe Park Road, Upton, [phone (0151) 604 7081]
To reach the Hospital follow the M53 link road from outside the boathouse onto the M53 until junction 3 of M53. Take fourth exit on roundabout following signs to Arrowe Park Hospital. At traffic lights take second exit following signs to Arrowe Park Hospital. Hospital entrance is on left at traffic lights after approx 250m.

Telephones (0151 639 0354 and 07802 798356) are located at Regatta Secretary's Office

IMPORTANT SAFETY NOTICE FOR ALL CREWS

Merseyside Regatta is run under the guidelines laid out in the Amateur Rowing Association's Row-Safe Code and Rules of Racing with regards to the safety standards to which every boat must comply.

All crews are also reminded that: -

It is the responsibility of the competitors to ensure that their boats are safe and are prepared to the standards required by the ARA Row-Safe Code and the ARA Rules of Racing. Any boat that fails to meet the standard shall be excluded.

Regatta Officials may check your boat for the following: -

Bow-balls

Every boat must at all times carry firmly attached to its bows a white ball of not less than 4cm diameter made of rubber or material of similar consistency. If your bow-ball is not securely fixed your crew will not be allowed to boat. If the bow-ball can be pushed round so it doesn't afford any protection then it will fail!

Heel Restraints

Heel restraints and "quick-release" mechanisms must be in proper and effective working order in all boats equipped with fitted shoes. (NB each heel should be independently prevented from rising higher than the lowest fixed point of the shoe). If your heel restraints are loose, insecure, in poor condition etc. they will fail the safety checks.

Condition and General Maintenance of the Boat

This includes the integrity of any buoyancy compartments. If any hatches are missing from buoyancy compartments or any seals or ventilation bungs are missing you will not be allowed to boat. If, in the official's opinion, your boat is generally in a 'poor' or 'unsafe' condition you will not be allowed to boat.

Coxswains Ability to Escape from Front-Coxed Boats

If you have a front-coxed boat and your coxswain is too big or is using a self-inflating buoyancy aid you may not be allowed to boat!

Remember: If you check all of these items before you boat and resolve any problems you could save yourself a lot of trouble! 'If the officials on the landing stages exclude your boat or you miss your race because you can't repair your boat in time then it will be your fault

These are **BASIC SAFETY ISSUES** to help protect both you and other competitors: **IF YOUR BOAT ISN'T SAFE HERE, IT WASN'T SAFE "AT HOME" EITHER, AND ITS YOUR FAULT!**

.....AND MAKE SURE YOUR COXES KNOW HOW LIFEJACKETS WORK!

See also Circulation pattern