



ROYAL CHESTER ROWING CLUB



ROYAL CHESTER ROWING CLUB

North of England Head of the River Race

Sunday 15th March 2020

SAFETY PLAN

The priority at all times is SAFETY

1. RULES APPLYING TO THIS EVENT

1.1. The event is run under the British Rowing Rules of Racing and 'RowSafe' guidelines are used as the basis for this plan.

2. RESPONSIBILITY FOR THE PLAN

2.1 The Organising Committee has responsibility for the plan.

2.2 The control room will be located at Royal Chester Rowing Club (RCRC)

2.3 Hard copies of the plan will be available to race officials and at RCRC.

Chairman of the Committee of Management: Jack McGarva **07871491969**

Club Chairman: Entries Secretary: Paul Johnson

Race Safety: Andy Morriss **07805 061023**

Welfare Officer: Karin Wolff **07986 775230**

Chairman of the Race Committee: Tim Williams



ROYAL CHESTER ROWING CLUB



3. COMMUNICATIONS

3.1 Communications will be via the Umpires' radio net; priority will be given to safety messages at all times.

3.2 Radio users will be briefed on radio procedure and safety protocol in accordance with RowSafe section 2.3.

3.3 Public Telephones are available at RCRC (01244 322468) and The Groves.

4. SAFETY BRIEFINGS

It is imperative that the event runs on schedule.

4.1 All race officials, employed staff and volunteers:

Division 1 (morning) at RCRC at **8-15am**; Division 2 (afternoon) at RCRC at **12-15pm**

4.2 Competitors:

Division 1 (morning) at RCRC at **8-30am**; Division 2 (afternoon) at RCRC at **12-30pm**.

4.3 The briefings will cover all essential aspects of the Safety Plan together with any alternative arrangements deemed necessary by the Organising Committee.

4.4 The Event Safety Adviser is Andy Morriss. He will be available throughout the event and can be reached on mobile number 07805 061023.

5. FIRST AID

5.1 Cover will be provided by the St. John Ambulance Service, stationed at RCRC car park (postcode CH1 1SD).

5.2 Any casualties who require hospital treatment will be taken to the Countess of Chester Hospital, Liverpool Road, Chester, CH2 1UL. Telephone 01244 365000.



ROYAL CHESTER ROWING CLUB



6. SAFETY BOATS & EQUIPMENT

6.1 Primary safety boat cover is provided by Chester Commercial Boat Services, supplying 3 large ribs with drivers, who will be accompanied by a fully briefed assistant.

6.2 Safety boats will have radio contact with the Umpires.

6.3 Safety boats will be on the water prior to boating, with particular attention to embarkation areas, and throughout the event until boats are removed from the water at the conclusion of racing.

6.4 First Aid kits, including space blankets, and throw lines will be available.

6.5 All safety launch providers will comply with RowSafe section 4.7

6.6 All launches will comply with RowSafe section 7.4

6.7 Throw lines and life jackets will be supplied to marshalls and volunteers as appropriate.

6.8 Radios and megaphones will be provided by NWRRC.

7. ALTERNATIVE ARRANGEMENTS PLAN

7.1 If the conditions at the event are such that it cannot safely continue as planned, the Organising Committee may decide to abandon or suspend the event or make other alternative arrangements

7.2 All participants are expected to respond as directed and comply with the Committee's decision, which will be communicated via the radio net and mobile telephone.

7.3 Criteria for such a decision :

- Adverse weather
- River level and flow
- Tidal conditions, to include tidal debris.
- Serious collision or incident, on or off water.
- Instruction from emergency services.

7.4 Race officials will ensure that all competitors are safely off the water and/or clear of the incident location.



ROYAL CHESTER ROWING CLUB



7.5 The event will not resume unless the committee is satisfied that it is safe to do so.

7.6 The committee may amend the criteria for the event:

- Restrict participation to experienced rowers only.
- Restrict class of boat
- Amend length of course

7.7 Competitors may withdraw from the event if it is concluded for whatever reason that they cannot participate safely.

8. ADVERSE WEATHER CONDITIONS

8.1 The Race Committee will monitor conditions.

8.2 If there has been recent heavy rainfall, river levels may be extremely high with significant flow.

8.3 The Committee will monitor conditions and consider cancelling the event or prohibiting junior, novice or older crews from competing if safety is potentially compromised.

8.4 Competitors are advised to take note of weather conditions on the day of the event, which at this time of year may vary significantly, and dress appropriately.

8.5 The embarkation umpire reserves the right to prohibit boating if crews are not adequately prepared.

8.6 Competitors should have adequate hydration and skin protection (if necessary).

8.7 In windy conditions, the committee may suspend, cancel or suspend racing according to the severity of the weather.

8.8 Although race timings have allowed for tidal conditions, the committee may amend arrangements if adverse weather combined with excessive stream impacts on safety.



ROYAL CHESTER ROWING CLUB



9. START AND FINISH

9.1 The Start Marshal is to ensure that all crews have passed upstream of the start at the Eccleston Ferry before the first boat of the Division is started.

9.2 Bank Marshals will carry throw lines.

9.3 The Finish Marshal is to ensure that all boats that have finished racing turn below the suspension bridge, or earlier if instructed, and follow the circulation pattern to the allocated stage.

9.4 The Finish Marshal may instruct crews (by number) to turn before the suspension bridge to improve safety.

9.5 Crews not boating from The Groves must return upriver to Grosvenor, RCRC, King's School or Queen's Park on the city side of the river.

9.6 Crews crossing to the Queen's Park bank should not do so until they have passed the Grosvenor stage.

9.7 All crews need to be aware of crews finishing the race still moving downstream and obey instructions from race officials in order to avoid collisions.

9.8 A time penalty will be imposed on any crews failing to comply with instructions from Marshals on the way upriver or failing to observe the circulation plan at the finish.

10. CREW SAFETY

10.1 All crews are required to comply with RowSafe.

10.2 It is the responsibility of each crew to check boats are fit for racing. Checks to include:

- Secure hatch covers
- Bow balls firmly attached
- Heel restraints separately attached to each shoe with cord, maximum 70mm movement
- Recommended back stays fitted to bow riggers on Eights, Octs and Quads.



ROYAL CHESTER ROWING CLUB



10.3 Crews will be asked whether they have checked their boats and may be subject to inspection prior to embarkation.

10.4 Boats which, in the opinion of the embarkation umpire are unsafe, will not be allowed to race without remedial action.

10.5 Landing stage assistants will be available to assist crew on and off the water.

11. LOCAL NAVIGATION RULES

11.1 Crews should be aware that the river remains open to other users, who are not necessarily aware of the event or the rules of the river.

11.2 Normal navigation rules are suspended during racing; commercial boats such as the Lady Diana will use the city side of the river throughout the day and carry a marshal in radio contact with race officials to warn or direct as necessary.

11.3 Steersman, coxes and sculler should take particular care and remain vigilant.

11.4 Competitors should remain on The Meadows side of the river when proceeding to the start. (The river is wide enough to facilitate overtaking if necessary).

11.5 The weir beyond the finish and suspension bridge is clearly signed and marked; crews must not approach this area.

Document Control

	Name	Title	Signature	Date
Author	A. Morriss	RCRC Safety Adviser		11.2.19
Review	C. Davies	NWRRC Safety		
Authoriser	C. Davies	NWRRC Safety		



ROYAL CHESTER ROWING CLUB



APPENDIX “A” - EMERGENCY ACTION PLANS

1. The Organising Committee has responsibility for co-ordination of the emergency plan, a hard copy of which will be available at the control room at RCRC.
2. The committee may postpone or stop the event if deemed necessary.
3. Competitors should familiarise themselves with the course and circulation plans, and attend the safety briefing if required..
4. St John’s Ambulance will be on standby at RCRC to provide first aid or advice as appropriate.
5. Safety launches will be deployed in conjunction with the Chester “commercial” safety crews shown in Appendix “B”, including marshalling areas at either end of the course as per section 6 and as shown on the course map. Drivers will be accredited and brief crew members.

Position as follows:

L13 - boat marshalling area

L12 - start line to A55 road bridge

L10 - start line to Heron Bridge

L9 - Heron Bridge to “Red House” restaurant

L6 - Red House to finish.

ALL SAFETY MATTERS HAVE PRIORITY IN THE USE OF THESE LAUNCHES

Accidents on the Water

Clear, concise communication is essential if an accident occurs.

6. In the event of collision, capsizing, sinking or other water based incident, the nearest race official is to inform race control and direct the nearest safety launch to the site of the incident.

The following information should be relayed:

- a) Location
- b) Type of boat
- c) Nature of incident
- d) Casualty assessment.



ROYAL CHESTER ROWING CLUB



7. If necessary, 999 will be dialled for an ambulance to meet the safety boat.

The principal vehicular access points close to the river are:

- *The RCRC landing stage and The Groves (CH1 1SD) SJ 411 611*
- *Queen's Park (CH4 7AE)*
- *Sandy Lane (CH3 5UL) SJ 420 660*
- *A55 Expressway bridge and Eccleston Ferry (CH4 9JE). SJ 414 621*

8. First Aid arrangements as per section 5.

Land Based Accidents or Incidents

9. In case of fire or other land based incident, the RCRC Safety Plan will be initiated, a copy of which will be readily available. and persons present should muster at the Assembly Point



ROYAL CHESTER ROWING CLUB



APPENDIX “B” - SAFETY BOAT GUIDANCE

Safety Boat Requirements

Safety Boat Providers shall comply with British Rowing’s “RowSafe” Guidelines Section 7.4

<https://www.britishrowing.org/wp-content/uploads/2019/04/Row-Safe-April-2019-online.pdf>

Race Marshal

A Race Marshal will accompany each Safety Boat with a Competition Radio; these are different and not compatible from Marine VHF Radios

The Umpires and Marshals are responsible for controlling the race and applying the appropriate emergency procedures. In the event of an Incident the Safety Marshal shall coordinate with Race Control, the Driver shall ensure the Safety Boat will respond accordingly.

Briefing before the event

The commercial boat Drivers should attend a Safety Briefing 30 minutes before boats competition boats embark on the water at Royal Chester Rowing Club with the Competition Safety Adviser

Division 1 Briefing time **8-15am**

Division 2 Briefing time **12-15pm**

Awareness of the Emergency Evacuation Points

Both Driver and Marshal must be aware of all the Evacuation Points on the Course and the area they are responsible for. Safety Boat Coverage of the Competition Course will be confirmed prior to the race.

Safety Boat 1 - *tbc*

Safety Boat 2 - *tbc*

Safety Boat 3 - *tbc*

Activities

The primary activity is to rescue competitors and equipment and keep the event safe, including removing or making safe debris on the river.



ROYAL CHESTER ROWING CLUB



Safety Boat 3 will be positioned at the Motorway Bridge until boats are safely positioned above the start, manoeuvring back to Heron Bridge once Race Control is ready to proceed with the competition

Communication

Communication with the race officials should be via the marshals and the Competition Radios. *All communication should be clear and concise.*

Safety Equipment

Each safety boat should comply with Row Safe's Guidance section 7.4.1

<https://www.britishrowing.org/wp-content/uploads/2019/04/Row-Safe-April-2019-online.pdf>

The Safety Boat Driver should be wearing a dry suit in case an incapacitated competitor requires assistance in the water.