

ALTON SPRING AND AUTUMN HEAD RACE SERIES

SAFETY PLAN

PLEASE ENSURE ALL CREWS ARE AWARE AND FOLLOW THESE INSTRUCTIONS

The Safety Plan incorporates the key points of the British Rowing publication "Row Safe: A Guide to Good Practice in Rowing", and should be read by every rower and coxswain. This Safety Plan is a local extension of the British Rowing Guide to Safe Practice in Rowing and a copy is lodged with British Rowing.

Alton Rowing Club will monitor the state of the reservoir and the weather forecasts during the week prior to the race and will report them on our website. A course inspection will take place at 08:00 on race day after which the Row Safe "Competition Safety Checklist" will be completed.

1. HAZARDS

The racing line is shown by the position of the coloured buoys (B) to mark the racing channel. They are there for your safety. Please be aware that when rowing around a corner you keep away from the shore as the water will be shallow in comparison to the middle of the lake.

2. EQUIPMENT

All equipment must be safe and compliant with the requirements of British Rowing Rules of Racing and Guide to Safe Practice in Rowing.

3. BOAT IDENTIFICATION

All boats must be identified on both sides and conform with the British Rowing "Boat Identification" criteria. Failure to show this identification will result in a 10 second time penalty being added to the overall time your boat took to cover the course.

4. BOAT INSPECTION

It is the responsibility of all competitors to ensure that their boat is safe and prepared to the standards required by the British Rowing "Guide to Safe Practice in Rowing". The Race Committee will undertake spot check inspections of the boats used by the competitors and shall exclude any boat that fails to meet the required standard.

5. SAFETY BOATS

There will be up to 4 Safety Boats (SB) positioned as shown on the map. These boats will be manned by RYA 2 qualified personnel accompanied by another person who will have radio control. In the case of an emergency the safety boats will raise a "Blue Boat" call which will alert the Water Sports Centre and Race Control.

6. COMPETITORS

While we endeavour to provide a safe environment for rowing, it is the competitor's responsibility to ensure a duty of care. Each competitor must ensure their own safety, be appropriately dressed (warm clothing especially Juniors) for the conditions, respect others both on and off the water, observe traffic flow and ensure the equipment they are using meets British Rowing standards.

7. COXSWAINS

Coxswains and competitors must be in reasonable health to participate in this race. If unsure, please contact your doctor. Coxswains **MUST** wear a life jacket/buoyancy aid and be familiar with its operation. In "front loaders" coxswains **MUST** wear manually operated gas inflation life jackets (rule 2.3.7a). Crews will not be allowed to go afloat if the coxswain is not wearing life jacket/buoyancy aid.

8. SWIMMING ABILITY

All rowers and coxswains are expected to be able to swim a minimum of 50 meters in kit.

9. BOAT LAUNCHING

45 minutes before start time in race number order. The launch area is shown on the map of the course. The direction of traffic is also shown on the map

10. BOAT MARSHALS

The Boat Marshals will be wearing high viz jackets or bibs. They are there to ensure a smooth entrance to and exit from the water for all crews. Please respect their judgement and assist where you can.

11. FIRST AID

There will be 2 qualified first aid personnel on duty stationed in the Water Sports Centre.

12. KEY PERSONNEL

Peter Gwizdala	Race Organiser & Race Control Chairman of Race Committee	07977 059022
Carl Bullen	Safety Officer	
Mary-Jane Budd	Welfare Officer	07872 441296
Nigel Bailey	Recorder	

13. KEY TELEPHONE NUMBERS

Alton Water Sports Centre	01473 328408
The Emergency Services (Fire, Ambulance, Police)	999