



## **Hereford Rowing Club Hereford City Regatta Safety Plan** **2025**

### **1. RULES APPLYING TO THIS EVENT**

- (a) This event is to be run under the British Rowing 'Rules of Racing'.
- (b) The British Rowing 'Row How: A guide to Good Practice in Rowing' has been used as the basis of this plan.
- (c) The conditions and suitability of the river for racing will be assessed by the Regatta Committee and Safety Advisor.
- (d) The Safety Advisor, in conjunction with the Race Committee, may amend this plan at any time if necessary.

### **2. WATER SAFETY ADVISOR AND WELFARE OFFICER**

- (a) In line with Row Safe guidelines, a Competition Safety Advisor and Competition Welfare Officer have been appointed for this event. If you would like to discuss water safety or welfare arrangements at the Hereford City Regatta, please contact Race Control who will contact the correct individual.

### **3. SAFETY BRIEFING NOTES**

- (a) Safety briefing notes for coxes and steerspersons of racing boats will be issued to all clubs competing in the regatta.
- (b) This safety plan will be displayed at various points around the regatta on race day.
- (c) Briefing notes will be issued for marshals and umpires.

### **4. COMMUNICATIONS**

- (a) Mobile radios connect race control, umpires, safety launches and other key personnel on a dedicated frequency.
- (b) A telephone in case of emergency is sited in the cox box cabinet on the ground floor.

### **5. MEDICAL AND FIRST AID**

- (a) First aiders and medical support will be in attendance on the day, and first aid provision can be obtained from the first aid area. Please note, first aid medical support will only be present during race hours. (8.00-18.00)
- (b) A medical advisor will be available during racings hours, contactable via Race Control.

- (c) If after assessment it is necessary, any injured person will be transferred to the County Hospital, Hereford.
- (d) A defibrillator will be available at the club at all times

## 6. CONTROL OF BOATING

- (a) All boats may be inspected before going afloat. **Boats that are improperly equipped or unsafe will not be allowed to take to the water.**
- (b) All coxswains must wear suitable buoyancy aids.
- (c) Crews must identify their opponents and boat at the same time.
- (d) The landing stage is under the control of marshals for crews embarking or disembarking the water.
- (e) After launching all crews will proceed on the Club Side and stop downstream of the bridge. They will then await instructions from the bridge marshal as to when to proceed through the bridge crossing the river to non-club side.
- (f) Crews must not practice on the course or obstruct racing.
- (g) Any instructions given by umpires or marshals must be adhered to.
- (h) Only experienced coxes should be used for racing.

## 7. CLUBS AND COMPETITORS RESPONSIBILITIES

- (a) It is the responsibility of all competing clubs and competitors to ensure that the equipment used is safe and fit for purpose.
- (b) Clubs should ensure that their competing members have the ability to swim.
- (c) Clubs should ensure that their competing members are trained in capsize drills.
- (d) In the event of capsize competitors should hold on to their boats and wait for assistance from the safety launch.
- (e) All competitors must make themselves aware of the British Rowing Rules of Racing.
- (f) All Clubs must attend HRC regatta with an appointed Welfare Officer/Responsible Adult who will log their attendance at Registration

## 8. EMERGENCY ACTION PLANS

- (a) Accidents on the water - Specific procedures are issued to all umpires and race control to deal with injuries (Illness, capsizing or collisions).
- (b) If a competitor or safety boat personnel becomes unwell (for whatever reason), we have:
  - Safety boat on hand to access individual
  - Umpires and Start and Finish provided with radio communication
  - Safety boat crew provided with food and drink, appropriately clothed, protected from the sun and should rotate every 120 mins. Safety launches with access to mobile phones, to call 999 (or to radio for this to be done) if required.
  - Land based paramedic with equipped first aid vehicle, in radio communication with safety launches and regatta control. Access to a professional first aid vehicle. Defibrillator on site (in club house) in front of the rowing tank room.
- (c) Accidents on land - Race control will contact the first aid cover.
- (d) Emergency vehicle access will be via the main gate where the emergency services will be met by a HRC official who will direct them to the incident.

## 9. WELFARE

- (a) Refreshment and bar facilities will be available throughout the regatta.
- (b) Toilets are located in the camping field and also on the first floor in the club house.
- (c) Disabled toilet facilities are available on the first floor level. A lift is operational in the clubhouse.
- (d) Showers and washing facilities are situated in both changing rooms.
- (e) Overnight camping is permitted in the adjoining field which is owned by HRC. Open fires are not permitted and only limited fire fighting equipment is available.
- (f) Any juniors camping **MUST** be accompanied by a responsible adult.

- (g) The security of boats, tents and personal belongings remains the responsibility of those using the field.
- (h) Female junior changing will be provided within the ladies changing rooms with the club house
- (i) Male Junior changing will be provided in a dedicated gazebo
- (j) Water points are located on the top steps between ergo room and 4's boathouse and in carpark closest to club.

## **10. PARKING**

- (a) Trailers only are permitted to park on the regatta field. Towing vehicles must be removed.
- (b) Car parking is available on the field adjacent to the rowing club. Additional parking is available in the 'Pay and Display' on the entrance to Greyfriars Street. All visitors and club members are requested to take care moving from car park areas to the rowing club.
- (c) There is no parking in the camping area.
- (d) Restricted car parking for club members and officials operates over the regatta week

## **11. CANCELLATION**

- (a) If the Race Committee cancel the regatta, all clubs will be notified in the appropriate manor. If the regatta is cancelled after the start by a decision of the Race Committee taking into consideration weather conditions and river height, clubs will be notified of the appropriate action to vacate the site safely.
- (b) In the event of Cancellation competitors and others must follow the directions of the regatta officials .

## **For Crews and Officials at Hereford City Regatta - Incident Procedure and Emergency Action Plan**

In the event of an accident the first duty is to the safety of the competitor or any person in difficulty.

Radio messages must be concise and relevant only, until cleared by Race Control

All radio channels will be clearly identified

Please refer to the correct call procedures which will be attached to each radio .

Capsized Crews should stay with their boat unless instructed to do otherwise by Marshals, Umpires or Safety Boat.

### **FOLLOWING AN INCIDENT ON WATER**

1. All racing to be STOPPED at ONCE
2. Inform Race Control IMMEDIATELY, giving clear and concise details about the incident. The nearest safety boat will be directed to the incident.
3. Race Control will take charge of the incident and contact the relevant people, including the Safety Advisor.
4. Race Control to alert Safety Boats, First Aiders and other personnel as appropriate
5. Race Control to inform all Umpires of the situation
6. First Aiders to check all involved in the incident as appropriate; once cleared by Medical Support, wet personnel must shower and change
7. Race Control to liaise with Co-ordinating Umpire, Safety Advisor, First Aiders and other personnel as appropriate to determine when racing should resume

**Racing will not resume until announced by Race Control**

### **FOLLOWING AN INCIDENT ON LAND**

1. Inform the first aid station and race control. Where appropriate, the injured person should be taken straight to the First Aid Station
2. Mobile Telephones are situated in the Registration Tent, and the Finish Tent. These can be used to call emergency services in the case of a major incident.

All accidents, incidents and near misses must be reported to Race Control, who will notify the Regatta Safety Advisor.

Hereford Rowing Club will do its best to ensure the safety of all participants during the Regatta; however, this does not absolve individuals from exercising a duty of care towards other parties and themselves. Therefore, please take the time to read the following notes:

### General:

The Organizing Committee and Hereford Rowing Club accept no responsibility for competitors, spectators, or their personal property.

Towing Vehicles must be removed from the Trailer Area as soon as possible after arriving for the Regatta.

Safety Boat and other Safety and First Aiders are only provided during **Racing Hours**.

Competitors must comply promptly and fully with all instructions issued by Umpires, Marshals, Safety Officials or other Race Officials throughout the event.

Race Control and the Regatta Organizing Committee reserve the right to alter the programme of events if it is considered necessary. You are therefore advised to arrive in plenty of time before your race is due.

### Before the Race:

It is the competitor and Coxswains' responsibility to familiarize themselves with the map of the Course and Circulation Pattern - See "Instructions to Competitors Course Map".

The Race Time is the time you need to be at the start; please allow plenty of time to get boated and for the row up.

Crews must 'pair-up' with their opposition and report to the Boat Marshall, along with their Coxswain, before going afloat prior to each race. It is the Crew and Coxswain's responsibility to ensure that their equipment, including Life Jackets or Buoyancy Aids, comply with the 'Rules of Racing' are available for inspection as required.

Please be careful to ensure that, when boating, 'pushing-off' and rowing up to the start, you do not impede races or boats coming in to the landing stage. Marshals' and Race Officials' instructions must be followed promptly and completely.

Boats rowing up to the start should proceed as directed in the circulation plan, stopping if necessary to give way to racing boats (Unless otherwise instructed by Marshals or Race Officials) - See "Instructions to Competitors Course Map".

### After the Race:

At the conclusion of each race, competing boats are to proceed promptly to the landing stage on the Clubhouse Side of the river.

## Rules for Coxswains

### **Life Jackets and Buoyancy Aids:**

Coxswains must wear a life jacket or buoyancy aid in the correct manner and must be familiar with the method of operation. In “front-loader” boats coxswains must wear manually operated gas inflation life jackets.

All Life Jackets must be made available for inspection if requested by a Race Official, and the wearer must be able to demonstrate the correct method of wearing and inflation if so requested.

### **The Course:**

It is the Coxswains responsibility to familiarize themselves with the Course, Circulation Pattern and Hazards. Additional information is available at Race Control.

### **The bridge:**

Special mention must be made of the bridge on the course. Coxes / steerspersons must take extra care when approaching the bridge to ensure that there is sufficient room for both crews to pass safely underneath.

The starter / aligner will take notice of the conditions on the day and brief crews accordingly. The bridge should be adequately buoyed to identified to coxless boats the alignment of the buttresses .

## Water Borne Diseases:

Whilst Hereford is fortunate to have a fairly clean river, no river is pure enough to be ingested without giving thought to the possible effects and taking basic precautions:

- (a) Avoid unnecessary contact with river water;
- (b) Keep mouth closed and avoid inhaling or swallowing river water;
- (c) Cuts broken skin and blisters should be covered with a waterproof dressing;
- (d) Use suitable footwear to protect feet from injury in the water;
- (e) Shower after contact with the water;
- (f) Always wash hands before eating or drinking.

Weil's disease is rare in Britain, but can be serious, leading to jaundice, kidney and liver failure

- Early diagnosis and treatment is important.
- If you develop flu-like symptoms after rowing go to your GP and say that you are a rower.
- Leptospirosis is treated with antibiotics which should be administered early in the course of the disease.

Water Safety Advisor

Sophie Whittall -07779 028996

## **USEFUL INFORMATION**

An emergency phone is located in the Safety / Cox Box cabinet inside the building on the ground floor:

### ***Useful Contacts***

**Emergency Services: 999**

**Police Non Emergency and Enquiries: 101**

**Accident & Emergency: 01432 355444**  
(The County Hospital, Hereford)

**Medical Advice (NHS Direct): 111**

(During Racing Hours Only)

**Regatta Safety Advisor, Sophie Whittall 07779 028996**

**Regatta Welfare Officer, Donna Williams: 07707 462127**

**Reatta Secretary, Jim Williams 07846 706355**

### **Hereford Rowing Club Address:**

**37 Greyfriars**

**Avenue Hereford,**

**HR4 0BE**

**01432 273**

**915**