

SAFETY INSTRUCTIONS

This regatta complies with the BR's Rules of Racing and 'Row Safe: A Guide to Safe Practice in Rowing'.

Competitors who do not comply with these instructions or the instructions of Regatta officials, may be penalised or even disqualified from racing.

The regatta will endeavour to provide a safe environment within Row Safe although competitors are specifically reminded that persons using the lake and the adjoining river do so entirely at their own risk and are solely responsible for: -

- 1 Their own safety.
- 2 Ensuring that their boats are safe and are prepared to the standards required by the BR Rules of Racing and Row Safe. Any boat that fails to meet the standard shall be excluded. See BR Rule of Racing 2-3-8 for details.
- 3 The strict observance of the circulation patterns (see maps) and of Row Safe.
- 4 Deciding, together with their coaches, whether or not they are competent to use the lake in the prevailing weather conditions.

Clubs and competitors are also reminded that they must:

1. Not go out for practice sessions.
2. Not practise during racing.
3. Make their own safety and first aid arrangements before and after the day's racing.
4. When training on the River Trent during racing hours, make their own safety arrangements and must also report to Boathouse Control before and after their outing. They must ensure their boat is licensed to be on the River and they must read the circulation pattern for the River Trent on the Nottingham and Union RC website http://www.nurc.co.uk/images/Steering_Advice.pdf .
5. Ensure that all roadways and access routes are kept clear at all times and that they should not park in the Finish/Presentation Stage area. Crews should be especially vigilant in the boating/boathouse areas.
6. Report all accidents to the Regatta Office.

Safety Boats

There are safety boats on the course during racing and the first duty of every waterborne official is to the safety of competitors or any person in difficulty.

Accidents and Emergencies

All accidents and emergencies must be reported to a Regatta Official as soon as is practicable. The Official will summon medical support if necessary and will summon any additional support that may be required. The Official will also ensure that the Safety Adviser and the Race Committee are made aware of the incident. A BR Incident Report

Form **MUST** be completed for all accidents, collisions or capsizes. The Regatta Office by the Finish Tower or Boathouse Control hold supplies of these forms.

General Competence

The organising committee reserves the right to exclude any crew or sculler from further competition in an event if it does not show sufficient competence in either attaching to the start pontoons or progressing down the course during a race. This rule will be applied in the interests of safety and fairness to other competitors.

Marshalling Instructions

Note that lakeside markers count down from the Start (2000m) to the Finish (0m)

Boating

Go afloat to race using the outward rafts in the main boating area. The rafts on the southern shore of the course towards the finish tower are not for the general use of competitors.

Intermediate Start

Crews will proceed in lane 7 to 250m beyond the start where they will be held by a Start Marshal. Under the Start Marshal's instructions they will cross into their racing lane and proceed towards the Start. Crews should assemble behind the Start Tower, close to race time allowing time to be attached 2 minutes before the race. If a crew misses its "slot" it may not be allowed to race. When the Starter calls the race, crews will paddle past the start pontoons in their allotted lane and will then back down onto the start pontoon.

Warming up

Crews may warm-up above the Start in their **ALLOTTED LANE ONLY** and in the racing direction only.

Cooling down

Crews may cool down by carefully turning into lane 7 after their race, and then turning into lane 5 at the **500m marker only**. Crews must travel in the racing direction only in lane 5 and must take care not to impede any races on the course, or to cross the Finish Line alongside a race.

Prize Winners

Prize winning crews must turn, immediately following the race, into lane 0 and proceed in finishing order to the presentation raft taking great care to avoid other boats and launches. Following the presentation they will continue in lane 0 past the grandstand area where they will turn into lane 1 and then proceed to the disembarkation pontoon taking great care to avoid any following race or crews just finished.

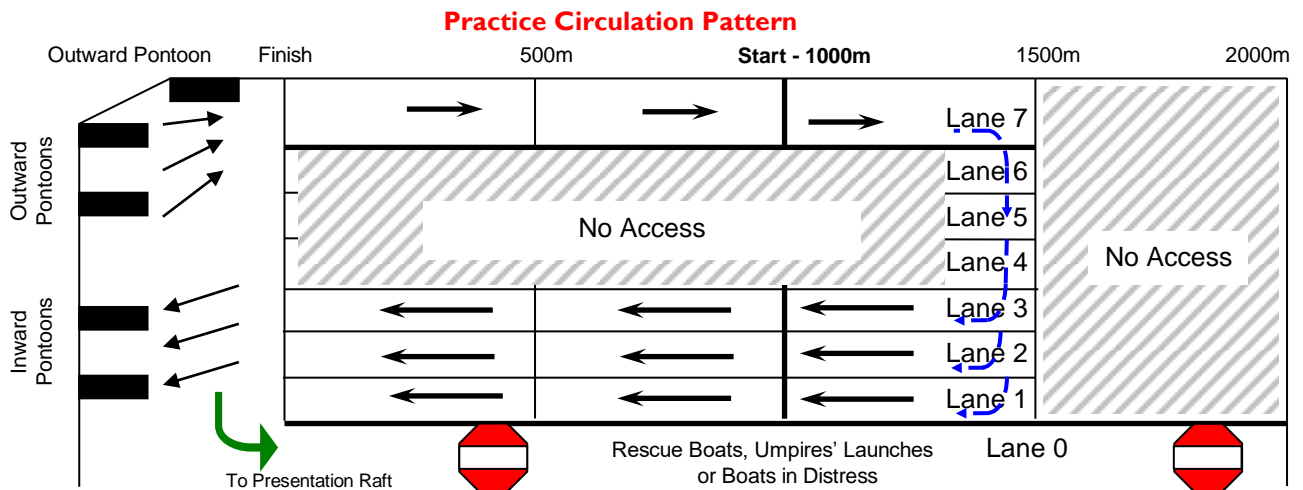
Disembarking

Use the Inward rafts only when coming ashore after racing. Do not use the Country Park raft or those on the southern shore of the course. Take care in the finish area to avoid collisions as crews merge from racing and from cooling down.

Circulation Patterns

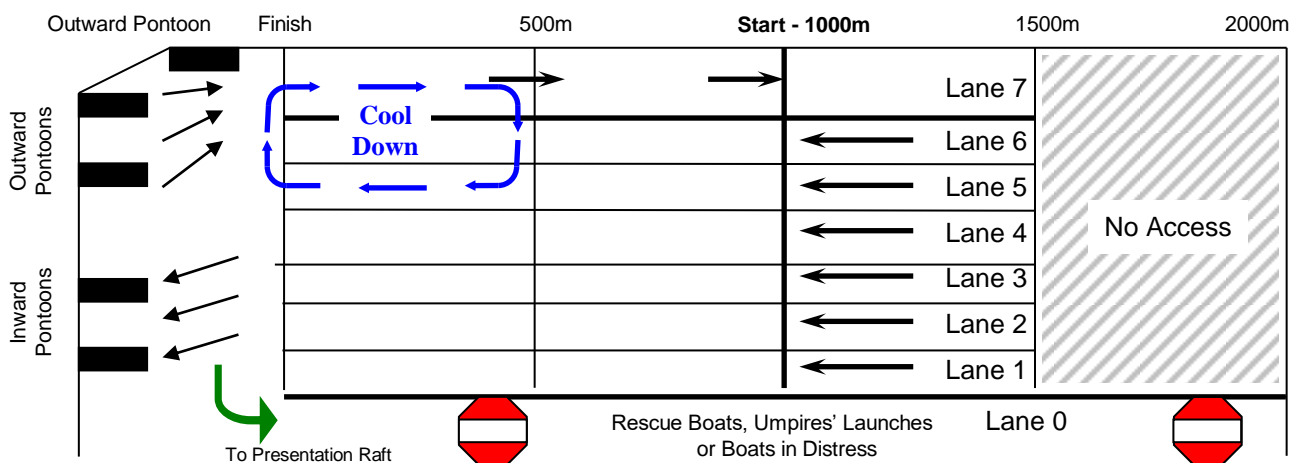


There may be a practice session on the Saturday evening. There is no practice session on the Sunday morning.



Racing Circulation Pattern

This applies from 30 minutes BEFORE the first race, until after the last race has finished



Failure to comply with these rules may lead to the removal of the crew or club from the regatta.

Points of Danger

1. Great care should be taken when using the pontoon on the Country Park shore. Note that this pontoon is for embarkation only.
2. The pontoons on the side of the course past the Finish Tower and in front of the new boathouses should not be used by any crews.
3. Static crews in Lane 7 must be aware of the potential danger of being blown into the racing Lane 6 if there is a cross wind. Crews stopping in Lane 7 are advised to stop close to the bank.
4. Crews must take particular care of the stakeboat mooring cable in Lane 7 beside the intermediate start.

5. Crews must take particular care when crossing the course to get to their allocated lane.
6. Crews must take particular care in the finish area to avoid collisions with other crews that have just finished, have been cooling down or that are returning from the presentation raft
7. Crews must take care to avoid the intermediate start pontoons as they move onto the Start.

General Safety and Emergency Information

Cycling, Skating, Rollerblading & Pedestrians

Cycling, skating, rollerblading etc. is prohibited in all Regatta enclosures and in the boating area. The south side of the course will be closed to unauthorised users from half an hour before racing starts until half an hour after racing has finished. Cyclists etc. must give way at all times to pedestrians and service vehicles of the Regatta.

Sunburn, Heat Stroke & Exhaustion

Competitors and officials are reminded of the dangers of sunburn, heat stroke and exhaustion and of the need to cover up, apply sun block and increase water intake where appropriate. Regatta Officials should be informed of any casualties as soon as possible so First Aid can be summoned.

Medical Support

A Duty Officer of the National Water Sports Centre is on call 24 hours a day, contactable through the Centre Reception: dial 0 from any site telephone. During racing hours the British Red Cross will provide medical and first aid facilities at the base of the Finish Tower: dial 24748 from any site telephone. Any medical problem arising on the campsite that can safely be brought to the First Aid Centre will be dealt with. Medical facilities are intended to cover emergencies only: there is no provision for physiotherapy treatment.

Outside racing hours, or if a more serious problem occurs, contact the Medical Health Centre at Radcliffe-on-Trent: see below for telephone numbers.

Emergency Telephones are situated:

Start Tower
 At the 1500m marker on each side of the course
 At 1000m on each side of the course
 Main Reception in the Water Sports Centre
 Waterman's Office
 All manned huts have telephones.

Emergency numbers:

Emergency Services 999
 Police, West Bridgford 0115 940 0999
 Medical Practice, Radcliffe-on-Trent 0115 933 2948 or 0115 933 3737
 Medical Practice, 214 Musters Road 0115 981 4124
 Hospital, Queens Medical Centre 0115 924 9924
 NHS Direct 0845 4647
 National Water Sports Centre Reception 0115 9821212

NWSC Address:

The National Water Sports Centre
 Adbolton Lane
 Holme Pierrepont
 Nottingham, NG12 2LU