



Founded 1881

PRESIDENT
Don Wix Esq. MBE, Hon DLitt

Loughborough Boat Club



'The Spirit of Rowing'

County Bridge, Rempstone Road, Hathern, Loughborough, Leics, LE12 5JN
Online: www.loughboroughboatclub.co.uk
Tel: 01509 842300

SOAR HEAD 2011 SAFETY PLAN

This head race will be run according to British Rowing's Rules of Racing and Water Safety Code.

Loughborough Boat Club will endeavour to provide a safe environment within British Rowing's Water Safety Code although competitors and coaches are specifically reminded that persons using the 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 British Rowing Water Safety Code and the British Rowing Rules of Racing. Any boat that fails to meet the standard shall be excluded from the event.
- 3 The strict observance of the Start Area Circulation Pattern and the Water Safety Code.
- 4 Deciding, together with their coaches, whether or not they are competent to use the river in the prevailing weather conditions.

Clubs and competitors are also reminded that they must: -

- 1 Make their own safety arrangements before and after the day's racing.
- 2 Supervise juniors with a high degree of vigilance and anticipation. A higher standard of care is expected when acting "in loco parentis".
- 3 Ensure that the access route is kept clear at all times and that they should park as directed.
- 4 Be especially vigilant in the boating areas.
- 5 Report all accidents to Race Control.



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Marshalling Instructions

1 ALL CREWS MUST ENSURE THAT THEY HAVE BOATED IN ENOUGH TIME (30 MINUTES PRIOR TO DIVISION START TIME) TO ENSURE THAT THEY ARRIVE AT THE START 10 MINUTES PRIOR TO THE DIVISION START TIME. FAILURE TO ADHERE TO THIS REQUIREMENT WILL RESULT IN THE CREW'S IMMEDIATE DISQUALIFICATION FROM RACING.

2 Crews must adhere to the Start Area Circulation Pattern and await Marshals instructions for the start procedure.

Rowing to Start

Crews must proceed to the start marshalling area without undue delay. If any crew experiences a problem that means they cannot compete they should move to the side of the river to allow other crews to pass. No crew shall row back to the clubhouse against the direction of boats proceeding to the start until the last boat for that division has safely passed, unless specifically instructed to do so by a race official.

Cooling Down

Crews are reminded that they must proceed directly from the finish back to the landing stage and must not turn and row back downstream against the direction of the race.

WHEN RACING, ALL CREWS MUST ENSURE THAT THEY CONTINUE TO ROW THE COURSE A MINIMUM OF 150 METERS AFTER THE FINISH LINE. FAILURE TO DO SO WILL RESULT IN THE POTENTIAL IMPOSEMENT OF TIME PENALTIES TOWARDS THE OFFENDING CREWS.

Rescue Boats

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



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Electric Storms

In the event of an electric storm racing may be delayed until the storm has passed, and if the threat does not pass racing could be cancelled. The Safety Officer will keep watch on weather conditions and shall make decisions as necessary to ensure the safety of competitors.

Competitors caught out in an electric storm should disembark and lie flat on the ground until the immediate threat has passed.

Accidents and Emergencies

All accidents and emergencies must be reported to a Club 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. An Incident Report Form **MUST** be completed for all accidents, collisions or capsizes. Race Control hold supplies of these forms.

Medical Support

The Medical Officer can be contacted via Race Control. Medical facilities are intended to cover emergencies only: there is no provision for physiotherapy treatment.

Emergency Telephone Locations:

- 1 Race Control
- 2 Behind the Bar
- 3 In the Boathouse next to Bar entrance



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