

MERSEYSIDE REGATTA – INSTRUCTIONS TO COMPETITORS AND OFFICIALS 2019

The Competition/Event will endeavour to provide a safe environment in accordance with British Rowing's 'RowSafe', although competitors, coaches and clubs are specifically reminded that every person attending the event, including those competing or officiating do so entirely at their own risk and are solely responsible for:

- their own safety;
- the strict observance of the circulation pattern and British Rowing's 'RowSafe';
- deciding, together with their coaches, whether or not they are competent to compete in the prevailing weather conditions and have sufficient skill and ability to participate in the event;
- ensuring that competitors are prepared for the event, including having eaten appropriately and having sufficient drinking water;
- ensuring a 'responsible adult' accompanies juniors competing in the event to assist them 'in loco parentis' and assumes responsibility for their welfare;
- competitors and spectators are reminded that this event will enforce Rule 8.5 relating to Unsportsmanlike Behaviour. Crews will be disqualified for using foul and abusive language in the public hearing; and
- the regatta officials will enforce the wearing of correct clothing, particularly that competitors must wear tops that conform to club colours and are suitable attire in which to race and proceed to the start (bra tops/sports bras are not appropriate to wear and must be covered by a t-shirt or club racing top). In addition, the wearing of 'hoodies' is to be discouraged, as they are a safety hazard. If a competitor has long hair, ensuring that it is restrained such that it does not interfere with their rowing.

1. Start and Finish

- 1.1 Competitors will embark and disembark at the steps/pontoon by Wirral Rowing Centre at the direction of Stage Marshals. Unless otherwise instructed boats should be brought to the stage from the trailer area stern first.
- 1.2 Crews proceeding to the Start will keep to the Wallasey side of the Dock and await instructions from the Starter/Start Marshal.
- 1.3 The line of the racing course does not follow the wall of the Dock but is a straight line towards the boathouse. Buoys segregate the racing course from the crews proceeding to the Start. The Finish is approximately 100m prior to the Boathouse.
- 1.4 Crews proceeding to further races should turn and follow the circulation pattern back to the Start for their next race.

Crews having completed racing must proceed to the Wirral Rowing Centre for disembarkation, complying with the instructions of the Stage Marshal.

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2. Equipment

- 2.1 It is the responsibility of all competitors to ensure that their boats are safe and are prepared to the standards required by the British Rowing 'RowSafe' and the British Rowing Rules of Racing.
- 2.2 Competing crews must be prepared for Control Commission to inspect their boats before proceeding to the Start. Control Commission will verify the condition and height of heel restraints (each heel to be restrained to prevent it from rising above the lowest fixed part of the shoe), that no part of the rigger, or any other structure, restricts the ability of rowers to remove their feet from the shoes in an emergency, bow balls, the integrity of buoyancy compartments and coxes lifejackets etc. (see also below)
- 2.3 Boats which fail to meet safety standards will not be allowed to race.

3. Communications

- 3.1 Emergency telephones are located in the Wirral Rowing Centre (accessed via Race Control). All points of the course are under the supervision of Umpires or Marshals who can summon assistance via radio if required. Telephones 0151 639 0354 and 07792 942215 are located in the Regatta Secretary's Office.
- 3.2 Umpires and Marshals will communicate by radio (Channel 1). There are also radio links to the Rescue Launches (Channel 2).
- 3.3 In the event of an accident or incident on the water, the nearest official will alert all other officials by saying 'PAN/PAN, Safety Launch required at "*location...*". All other communications must then cease until the problem has been resolved and the nearest race official has clearly indicated that the incident is clear. The Event Water Safety Officer will assume control of the incident and will supervise recovery. If the incident is life-threatening 'PAN/PAN' will be replaced by 'MAYDAY/MAYDAY'.

4. Rescue and First Aid

- 4.1 Rescue launches will be at strategic positions at the dockside (marked on Circulation Pattern).
- 4.2 A first aid post will be established in the Wirral Rowing Centre.
- 4.3 In the event of an immersion of any crew, the 'warm room' facility will be the changing room showers located on the first floor of the Wirral Rowing Centre.
- 4.4 The nearest hospital Accident and Emergency Unit is at Arrowe Park Hospital, Arrowe Park Road, Upton, Wirral (phone 0151 678 5111). To reach the Hospital follow the M53 Link Road from outside the Boathouse onto the M53

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until Junction 3 of the M53. Take the fourth exit on the roundabout following the signs to Arrowe Park Hospital. At the traffic lights at the top of the hill, take the second exit following the signs to Arrowe Park Hospital. The Hospital entrance is on the left at traffic lights after approximately 250 m.

- 4.5 A minor injuries Walk-in Centre is located at Victoria Central Hospital, which is on Mill Lane, Wallasey CH44 5UF (phone 0151 604 7296). Turn right from the boathouse and take the second exit (third exit if driving from the event parking area at Jenkins Shipping) along Mill Lane towards Liscard. At the traffic lights go straight ahead, past the Fire Station and then turn right into the Victoria Central Hospital

5. Weather

- 5.1 The Race Committee will constantly monitor conditions on the course and will determine whether racing needs to be curtailed or limited to specific boat types or crew experience if necessary.

IMPORTANT SAFETY NOTICE FOR ALL CREWS

Merseyside Regatta is run under the guidelines laid out in British Rowing's 'RowSafe' Code and Rules of Racing with regard to the safety standards to which every boat must comply.

All crews are reminded that:

It is the responsibility of competitors to ensure that their boats are safe and are prepared to the standards required by British Rowing's 'RowSafe' and the British Rowing Rules of Racing. Any boat that fails to meet the standard shall be excluded. Regatta officials may check your boat for the following:

Bow-balls

Every boat must at all times carry firmly attached to its bows a (white) ball of not less than 4 cm diameter, made of rubber or material of similar consistency. If your bow-ball is not securely fixed, your crew will not be allowed to boat. If the bow-ball can be pushed around so it doesn't afford any protection then it will fail! (Rule 7.2.8.c). Where the construction of the boat, or its composition, is such that the bow is properly protected, or its shape does not present a hazard in the event of a collision, this requirement need not apply.

Heel Restraints

Heel restraints and 'quick release' mechanisms must be in proper and effective working order in all boats equipped with fitted shoes. Each heel restraint must be independently prevented from rising higher than the lowest fixed part of the shoe. If your heel restraints are loose, insecure, in poor condition etc. or your shoes are not securely fitted to the stretcher, they will fail the safety checks. (Rule 7.2.8.c)

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Condition and General Maintenance of the Boat

This includes the integrity of any buoyancy compartments. If any hatches are missing from buoyancy compartments or any seals or ventilation bungs are missing you will not be allowed to boat. If, in the official's opinion, your boat is generally in a 'poor' or 'unsafe' condition you will not be allowed to boat.

Coxswains Ability to Escape from Front-Coxed Boats

If you have a front-coxed boat, the coxswain must wear a manually operated gas inflation lifejacket (Rule 7.2.7.a and 7.2.8.c). Participant clubs must ensure that the cox's area of bow loaded boats has no protrusions or other obstructions that would catch on the cox's lifejacket straps, or clothing, or hair in such a way that it could impede their exit from the boat. Also, coxes must ensure that the straps and clothing are adjusted so that they will not catch on any part of the boat.

Remember: If you check all these items before you boat and resolve any problems you could save yourself a lot of trouble! If the officials at Control Commission or Stage Control exclude your boat or you miss your race because you can't repair your boat in time then it will be your fault. These are **BASIC SAFETY ISSUES** to help protect both you and other competitors: **IF YOUR BOAT ISN'T SAFE HERE, IT WASN'T SAFE AT HOME EITHER, AND ITS YOUR FAULT!**

...AND MAKE SURE YOUR COXES KNOW HOW LIFEJACKETS WORK AND ARE PROPERLY ADJUSTED AS THE OUTERMOST LAYER OF CLOTHING!