

2008 JUNIOR INTERREGIONAL REGATTA SAFETY INSTRUCTIONS

This regatta will be run according to the Amateur Rowing Association's Rules of Racing and Water Safety Code.

The regatta will endeavour to provide a safe environment within the ARA's Water Safety Code although competitors and coaches are specifically reminded that persons using the lake and the adjoining river do so entirely at their own risk and are solely responsible for: -

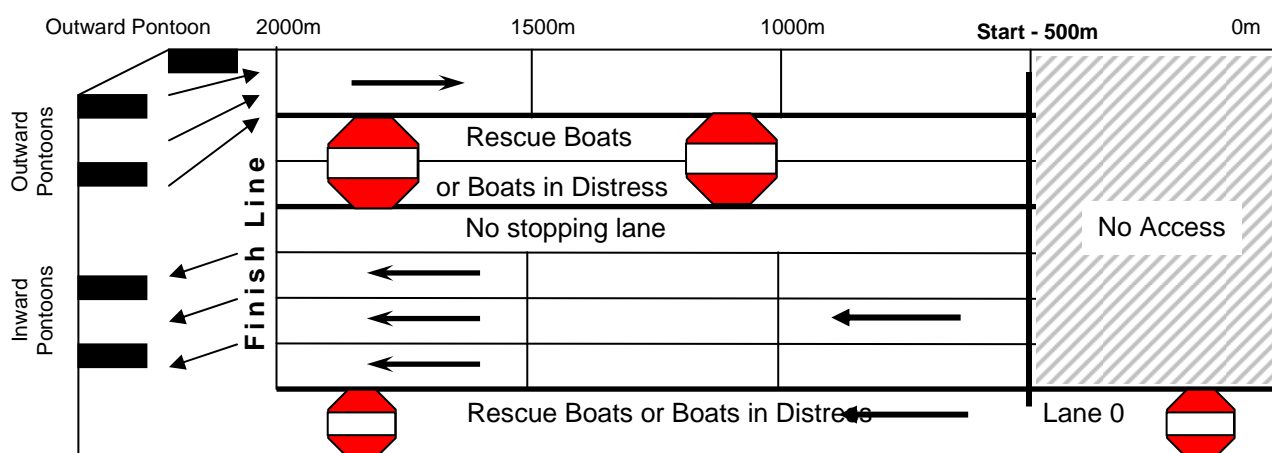
- 1 Their own safety.
- 2 Ensuring that their boats are safe and are prepared to the standards required by the ARA Water Safety Code and the ARA Rules of Racing. Any boat that fails to meet the standard shall be excluded. See ARA Rule of Racing 2-3-8 for details.
- 3 The strict observance of the circulation pattern (see below) and the Water Safety Code.
- 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 Only go out for practice sessions if there is a safety boat on the course.
- 2 Not practise during racing.
- 3 Make their own safety arrangements before and after the day's racing.
- 4 Crews that wish to train on the River Trent must make their own safety arrangements and must also report to the Boat Marshals' hut before and after their outing. They must also 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/Steering%20Advice.doc>).
- 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.

Practice Circulation Pattern

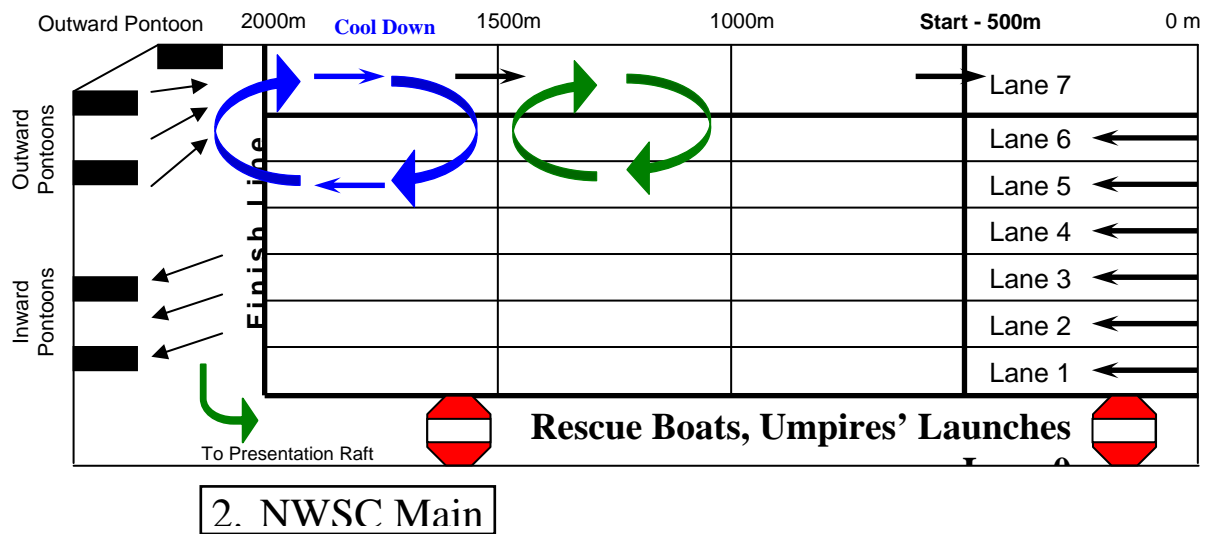
This applies at all times other than during racing.
The lake must be clear 30 minutes before racing is due to start.



1. NWSC Main

Racing Circulation Pattern

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



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

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 under any circumstances during the regatta.
- 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 which may be 'in place' during practice sessions.

Marshalling Instructions

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 in lane 7 on their way up to the start but must not do racing starts or bursts at high speed when they are close to other crews or when a race is going past. Crews may also warm up in lane 5 between 1000m and 1500m (i.e. 500m from the finish) by turning carefully into lane 5 at the 1000m mark and then warming up in the racing direction only before turning back into lane 7 at the 1500m mark.

Cooling down:

Crews may cool down by carefully turning into Lane 7 after their race, and turn into **Lane 5 ONLY** between the 1500m and 1750m marks. Crews must travel in the racing direction only and must take care not to impede any races on the course.

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.

Safety Boats

There are safety boats on the course during racing and the first duty of the umpire and the umpire's launch is to the safety of the competitor or any person in difficulty.

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 cyclists, etc. and pedestrians 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.

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. An ARA 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.

Medical Support

The Medical Officer can be contacted via the Regatta Office or Boathouse Control during racing. 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 Tower, dial 249 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, the local Medical Practice should be contacted at the Health Centre, Radcliffe-on-Trent, see below for telephone numbers.

Emergency Telephones:

- 1 Start Tower
- 2 At 500m from the Start Tower on each side of the course
- 3 At 1000m on each side of the course
- 4 Main Reception in the Water Sports Centre
- 5 The Boathouse
- 6 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 41244
Hospital, Queens Medical Centre	0115 924 9924
NHS Direct	0845 4647
National Water Sports Centre Reception	0115 982 1212

NWSC Address:

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