

WARRINGTON ROWING CLUB

SAFETY PROCEDURES FOR COMPETITORS



GENERAL ARRANGEMENTS

Warrington Rowing Club welcomes you to its annual Head of the Mersey which is run over two legs of 1800m. The first leg is upstream and the second, after a short interval, is back downstream. There are six divisions – the first starts at 9.00am and the last at 3.00pm. Further details of timings and crew entries can be found on the WRC website.

The event is run under the **British Rowing's Rules of Racing** and the club is keen to ensure that all its safety plans and procedures follow those laid down in **Rowsafe**.

PRE-EVENT INFORMATION

The WRC Organising Committee has been responsible for the planning and setting up of this event, as well as providing detailed information on the website, including directions and maps of our location and parking arrangements on and adjacent to our site. If you have any queries prior to your arrival, the committee can be contacted via warrington_regatta@hotmail.com

Be assured that we have put in place all the appropriate safety procedures as laid down in **Rowsafe**, and in return we expect that you have also followed **Rowsafe** guidance, in particular the safety and maintenance of your boats and equipment (**Rowsafe 7.1**) and the health & competency of your club members (**Rowsafe 3.6 & 3.7**).

INFORMATION PRIOR TO BOATING

The WRC Race Committee are responsible for the co-ordination of activities during the day. They can be contacted through Registration, which is located in the Clubhouse, or through any race official. Any of your club members with known medical conditions or communication problems which limit their rowing abilities, should notify race officials prior to boating.

Race Control is located in front of the Clubhouse. A Race Briefing will be held for all competitors in the Clubhouse at regular intervals during the day – times will be posted. Crews should boat **at least 15 minutes** before their scheduled time. The stage marshals check boats to ensure compliance with **Rowsafe** guidance, and to ensure appropriate clothing is worn and long hair tied up, before crews are permitted to boat. **Any garment with hoodies or open pockets is prohibited.**

The person at bow should display their crew number on their back. When carrying boats to the landing stage care should be taken in avoiding contact with other competitors or spectators. **All crews must boat upstream.**

CIRCULATION PATTERN

When going to the practice area: Crews must pass upstream (close to the clubhouse) going under the left-hand arch of the Kingsway Bridge, then promptly turn their boat around the buoys beyond the bridge and proceed downstream through the opposite arch of the bridge. Practice should continue on that side of the river opposite the clubhouse. **In no circumstances should you proceed beyond the black & white footbridge, as there is a weir just beyond it.** Eventually turning the boat and proceed upstream on the clubhouse side of the river, being aware of any boats embarking from the landing stage. Pass through the left-hand arch of the bridge and proceed to the marshalling area.

When going up to the Start: all crews must boat under the control of the stage marshals and proceed upstream along the clubhouse side of the river. Crews should remain on the clubhouse side of the river while continuing to the marshalling area at Paddington Bank. Crews must be at the start **at least 2 minutes** before the scheduled time or face the possibility of disqualification. Having completed the first leg, follow the marshals' instructions at all times prior to starting the second leg.

Launches and bank umpires are positioned along the course to ensure the smooth running of the event and to be alert to any incidents or safety issues. All launches are equipped as required by **RowSafe 7.4.1**.

At the Finish: Crews must continue rowing downstream on the left-hand side of the river, passing through the left-hand arch of Kingsway Bridge. Crews should be aware, in certain conditions, waves can develop under the bridge and extend downstream. Once beyond the orange buoys, spin the boat, row upstream on the clubhouse side, returning to the landing stage and disembark as promptly as possible, following the stage marshals' instructions.

IN CASE OF INCIDENTS

If you observe any dangerous incidents while on the course, in the first instance alert the nearest race official. You may also wish to subsequently report it, or any other safety incidents, to the Club Safety Adviser, Mike Selway (07712588718), who will enter the details on the BR Incident Report System.

First aid is provided at the Clubhouse under the control of Adrian Cunliffe (0755 734 3713). For any welfare issues contact the Club Welfare Adviser, Allison Wright (0798 464 0931).

There is a phone in the club gym for outgoing emergency calls to 999 or 112 numbers, and it can also take incoming calls (01925 242631). Accidents and emergencies will be taken to Warrington General Hospital, Lovely Lane, Warrington WA5 1QG.

FURTHER INFORMATION

WRC's Full Safety Plan for this event, the Club Safety Policy and the Club Emergency Action Plan can be found on the club's website.

A copies of the Safety Policy and a map of the course are also posted on the Safety Noticeboard in the Clubhouse lobby.