



HENLEY OPEN EVENTS 2018

Promoted under British Rowing Rules of Racing
By Henley Rowing Club, Wargrave Road,
Henley on Thames, RG9 3JD

SAFETY INSTRUCTIONS

The events will be run according to the British Rowing Rules of Racing and Rowsafe.

The Race Organisers will endeavour to provide a safe environment in accordance with British Rowing's Rowsafe. Competitors and coaches are reminded that persons using the river do so entirely at their own risk and that they are solely responsible for: -

- Their personal or their crews' safety.
- Ensuring that boats are safe and are checked to the standards required by the British Rowing Rowsafe and the British Rowing Rules of Racing. Any boat found that fails to meet the standard shall not be allowed to race.
- The strict observance of the circulation pattern (see maps provided) and British Rowing Rowsafe.
- Deciding whether they or crews are competent, fit, healthy and adequately dressed to use the river in the prevailing weather conditions. Participants who are aware of a health problem that could endanger themselves or other competitors must advise race officials of their condition before they boat. The race committee retains the right to not allow a competitor to race if in their opinion the condition constitutes an unacceptable risk.

-

1. **COXES should be:**

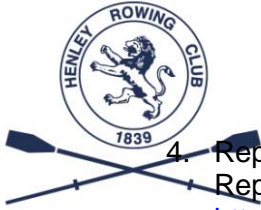
- competent for the conditions, particularly if the crew is inexperienced.
- Suitably dressed for cold/wet conditions, including hats and gloves.
- Wear (and know how to operate) a Personal Flotation Device conforming to BS3595 on top of their clothing.
- Aware of the safety procedures, instructions to competitors and potential hazards on the course.

2. **APPROPRIATE CLOTHING:** - Everyone should be suitably dressed for the conditions, including wet and cold weather as crews may be required to be on the water for a long period of time. Crews which are not suitably dressed for the conditions will not be allowed to boat.

3. **BOATING:** Coaches should ensure that crews and scullers do not go out unaccompanied when there are no rescue boats on the water.

Crews will not be allowed to boat until at least 15 minutes after the previous race has finished when safety boats are out.

Coaches should supervise juniors with a high degree of vigilance and anticipation. A higher standard of care is expected when acting "in loco parentis". Refer *Welfare Statement and Plan*.



4. Report any incidents to the Race HQ (see map provided). A British Rowing Incident Report should be completed for all accidents, capsizes and collisions per <http://incidentreporting.britishrowing.org/>.

Safety Policy for Umpires, Race Monitors and Marshals

1. The first duty of umpires, race monitors and marshals is for the safety of competitors.
2. All umpires, race monitors and marshals will be equipped with a megaphone and radio, and be in communication with safety launches. In case of radio failure, all umpires, marshals and safety personnel should carry a copy of the list of important telephone numbers. This will also be available at the Race Control Tent at the finish.
3. Three rescue launches will be on the water at least one hour before the scheduled race time, in contact with each other and race monitors / marshals by radio (see also back up point 2, above).
4. Umpires, race monitors and marshals will do all they can to avert accidents including steering crews and scullers.
5. There will be eight race monitors plus a coordinating umpire on a bicycle. The positions of the race monitors will be as follows:
 1. First Bend
 2. Downstream end of Temple Island
 3. Upstream end of Temple Island
 4. Barrier
 5. Old Blades
 6. Remenham Club
 7. Downstream end of the enclosures
 8. Opposite the Hole in the Wall

Marshals shall be in position 10 minutes before the division start time until the last boat has cleared the area which is being covered.

Points of Danger

1. Great care must be taken when crossing the course during the race in order to disembark at Upper Thames RC.
2. Great care must be exercised in the Start Marshalling area. NO FULL PRESSURE ROWING is allowed anywhere below the Island prior to the race.
3. Crews should ensure that they steer by using Temple Island as a sight line to avoid colliding with the bank opposite the Island
4. Crews should keep paddling after they cross the finish line to give following racing crews room. Cooling down above Henley Bridge is only allowed at your own risk. No safety cover is provided above the bridge.



Emergencies eg Incident on the water

In the event of an incident on the water competitors must first ensure their own safety before alerting the nearest umpire or official. The Umpire closest to the incident point should then summon assistance by radio as required and manage the incident site.

Refer to the **EMERGENCY ACTION PLAN**

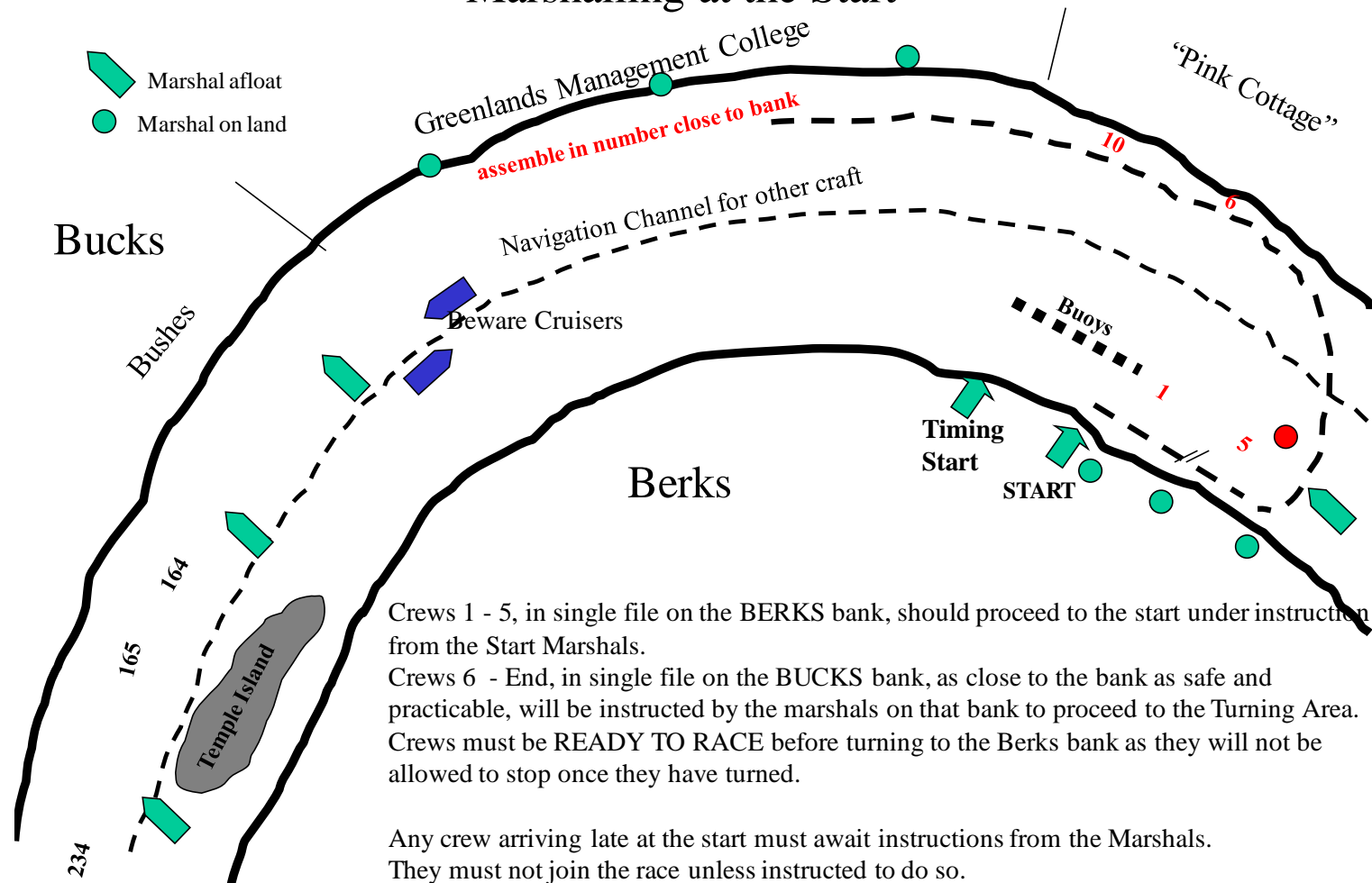
Emergency Contact Numbers

In a serious medical emergency contact 999 – see also numbers below

Police	08458 505505
Townlands Hospital	Minor Injuries unit: 01865 903755
First Aid Assistance	In the embarkation area (see map)
Nearest public telephone	See enclosed map



Henley Long Distance Races Marshalling at the Start





Henley Long Distance Races Course

Henley Rowing Club
RG9 3JD
Times, Refreshments
Prize giving

Public Telephone Box

Henley Bridge

Warning
The centre of the river must be kept clear at all times as a navigation channel for other river users

Little Angel

Leander Club

Car Park
Boating Area
First Aid
Issue of Numbers
Provisional Times
Hot drinks, refreshments

Race HQ

Finish
U 8
Final 250
U 7
Railings

Phyllis Court Club

U 6
UTRC Crossing
Remenham Club
UTRC

U 5
Old Blades
U 4
Barrier

Berks

Bucks

U 3
U/S Island

U 2
D/S Island

U 1
First Bend

Temple Island

U Umpire
S Rescue Boat
M Marshal Boat

Start

Race Direction

SB

Navigation Channel

To the start

Postcodes: Leander Club – close to finish RG9 2LP
Upper Thames RC/Remenham Lane – RG9 3DB