

Berwick SBH 2011

SAFETY INSTRUCTIONS FOR ALL COMPETITORS AND COACHES

Map of Course Attached

Berwick SBH recognises the importance of safety at their event and has prepared the following notes to inform competitors of the essential safety information to allow the event to be completed safely. All competitors **must** read the notes. For clarification consult the Safety Advisor.

1. The race follows RowSafe which has been supplied to every club. Competing clubs are reminded that it is their responsibility to be familiar with and to comply with the requirements of the code.
2. Safety decisions, such as, modifying the event, cancellation, termination or suspension of racing, may be taken by the race committee, Co-ordinating Umpire, Safety Adviser or Event Secretary after discussion with the others (if available) other responsible persons may be consulted.
3. Clubs must ensure that all their boats competing in the event comply with the RowSafe, in particular safe and secure bow balls, heel restraints and buoyancy (if fitted). Any boat may be inspected and will be refused to race if not compliant. Crews should also be suitably dressed for the prevailing and changing weather conditions.
4. All coxswains must wear lifejackets of an approved type and be suitably dressed for the prevailing conditions.
5. All competitors must boat when requested to do so. At Tweed Green boating point wellingtons will be required. Please bring them with you. When proceeding to the start crews **must** take the outside of the bend approx 1000m upstream of the railway bridge, this is necessary, as the tide will not have filled sufficiently to allow passage on the inside. At race time there will be enough depth of water to race the inside line of the bend. Please see marked course plan. All boats must be upstream of the start line at least 15 minutes before race start time. Anyone not above the start at this time will be held back and not allowed to start until all boats have passed.
6. At the race start boats will queue with highest numbers furthest downstream with all boats well in to the South bank. Marshalling shall be from the South bank. Boats will remain with bows facing upstream and continue upstream until advised to turn around the safety marshal launch. Boats **MUST** leave at least a 10 second gap between each other. Any boat not leaving sufficient gap will be held back at the start line.
7. The race will be against the incoming tide. Crews should therefore make themselves familiar with the course plan and be aware of rocky outcrop on the north bank at the start line. When racing approx 150m upstream of the rail bridge there is stuck drift wood off bottom of the slake on the south side.
8. If an incident occurs during the race competitors should ensure that the incident is made known to a safety launch or race monitor. When necessary crews should stop racing and provide assistance.
9. The race control is the coordination point for emergencies radio contact can be made to the race control by umpires and from the safety launch if emergency services are called directly please inform race control. If there is a need for a launch to attend an emergency then they

will immediately stop any other activity and proceed to the incident and if necessary an umpire or marshal will stop the race.

10. At the finish crews should paddle clear of the finish line downstream before turning and making their way back to the boating area as soon as possible. Being mindful of the direction of the tide. Always approach the boating steps bows upstream.

11. First Aid cover will be provided by Rapid Reaction who will be in radio contact with races control and the safety launches.

12. If external emergency services need to be called to provide assistance the recognised meeting points are:

Start: A1 By Pass Bridge, Berwick on Tweed. Access from Car Park at East Ord.

Mid Course : Sewerage Works Road, off Rotary Way, East Ord.

Finish: Tweed Green, Tweedmouth, Berwick on Tweed.

Contact Information

Race Secretary	David Cairns	07764 896380 or 07833 194825
Chair of Race Committee	Alison Inglis	07760 413488
Safety Advisor	Harry Black	07803 815702
Co Ordinating Umpire	Charly Curtis	
Emergency Services	Via 999 emergency call	