

# **BEDFORD AMATEUR REGATTA**

## **Safety Plan**

Welcome to **Bedford Amateur Regatta**. We hope that you have an enjoyable and successful day's racing. With your help and co-operation we (and our equipment) should survive the day intact.

We have produced this Safety Plan to incorporate key points of the *ARA Guide to Safe Practice in Rowing* and would ask that each cox and crew member takes the time to read it and note its details. If you have any comments that may help us improve the plan for future events, then please let us know via control.

This plan is a local extension, for the duration of the Bedford Regatta, of the *ARA Guide to Safe Practice in Rowing* and therefore incorporates all parts of that document in its latest version.

### **Key Positions**

- Control:** Regatta enclosure, by the Suspension Bridge. Collect numbers here, make queries.  
**Start:** County Bridge  
**Finish:** 1200m downstream, at the Suspension Bridge.  
**Prize-giving:** Regatta Enclosure, by the Suspension Bridge.  
**Marshals:** Start marshals in the area between Star Club and County Bridge. See circulation pattern enclosed.  
**Hospital:** Accident & Emergency at Bedford South Wing hospital, access via Amptill Road (A6).

### **Personnel**

- Person in charge on the day:* Gavin Dods, contact via control or mobile: **07721 622729**  
*Safety Advisor:* John Impey, contact via control or mobile **07952 485113**  
*Regatta First Aiders:* St John Ambulance, contact via control or via any official,  
First aid station situated on the hard outside schools' boathouse.

### **Key Telephone Numbers**

***Emergency: Fire, Police, Ambulance: 999 from any telephone.***

A Rescue boat will be strategically positioned along the course dependent on conditions. It will be equipped with a radio on the Umpires' channel for communication.

**Telephones** are situated at Bedford Rowing Club, Star Club, Schools' Boat House and public telephones on the north side of the Town Bridge on the Star Club side and at Russell Park, opposite the Schools' boathouse.

All positions are in radio contact with control, the rescue services and the Chief Umpire.

- Contact numbers:** Event Mobile: 07721 622729 (Regatta Secretary)  
Schools' boathouse: 01234 359076  
Bedford RC Clubhouse: 01234 353183  
Star Clubhouse: 01234 354495

## **Competitors' Responsibility**

While we endeavour to provide a safe system at this event, each competitor and competing club also has a duty of care to themselves and others.

### **Equipment:**

It is the responsibility of each crew to ensure that the equipment that they are using is safe and compliant with the requirements of the *ARA Rules of Racing* and *ARA Guide to Safe Practice in Rowing*. In particular, spot checks will be made by umpires to check on bow ball, heel quick-release mechanisms and coxes' lifejackets. **Coxes arriving at the start without lifejackets will be disqualified.** Coxes of front-loading boats should ensure that their life jackets allow for a quick escape from their boat.

### **Swimming Ability:**

Every competitor is expected to be in good health and able to swim for a minimum of 100 metres in kit. Although the river is fairly narrow and access from the bank relatively good, there are areas of dangerous undercurrent, especially in the area downstream of the Town Bridge by Bedford Rowing Club.

### **In the event of capsizes:**

The whole course is visible by umpires and marshals. Umpires' positions are equipped with throwing lines and safety boats patrol the course. In the event of a capsized boat on the course please stay with your boat as getting out of the river in many areas is difficult due to the high banks.

### **Know the rules:**

The *ARA Rules of Racing* will be used. The marshalling rules are straightforward – see the Regatta circulation plan - umpires will stop racing if an unsafe situation develops. In particular, keep well into the bank on the way up to the start and keep a constant lookout for crews racing. Give yourself plenty of time to boat before your race time, as the marshalling area can become very congested and slow moving and it may take you some time to get to the start (allow at least 20 minutes to get to the start from the main boating area at Longholme island). Listen for start marshals' instructions - they are all experienced in the job and know the event and the river well.

### **If you see an accident:**

Give assistance if this looks to be necessary. An observing umpire will take action or alert the rescue services by radio as necessary.

All winners of **SEMI FINALS** should present their **ARA Racing Licences** to the control tent staff in the Regatta Enclosure **as soon as they have won their SEMI FINAL** for checking prior to racing your final. Final winners can collect prizes from the presentation point in the Regatta Enclosure

Very best wishes for your day's racing, we look forward to seeing you again at Bedford.

**The Chairman of the Race Committee or the Safety Advisor reserve the right to amend this plan if weather or competition conditions on the day make this necessary. Amendments will be published at the registration point and announced over the public address system.**