



TWICKENHAM AMATEUR REGATTA 2009 Saturday 23rd May

SAFETY INSTRUCTIONS – to be read in conjunction with course maps

This regatta will be run according to the ARA Rules of Racing and Row Safe Code. These Safety Instructions provide important information and should be studied carefully.

The regatta will endeavour to provide a safe environment in accordance with the ARA's Water Safety Code, although competitors and coaches are specifically reminded that persons competing do so entirely at their own risk and are solely responsible for: -

- Their own safety.
- Ensuring that their boats are safe and are prepared to the standards required by the Row Safe and the ARA Rules of Racing. Any boat found failing to meet the standard shall be excluded.
- The strict observance of the circulation pattern (see below) and the Row Safe.
- Deciding, together with their coaches, whether or not they are competent to compete in the prevailing weather and stream conditions.
- All juniors will need a responsible adult assigned to them during the event and passage to and from the regatta *in loco parentis* to help them with their responsibilities.

Points of Danger

- Great care should be taken if boating from anywhere other than Twickenham Rowing club or the designated boating area at River Lane, as the Committee cannot guarantee the condition or safety of the river bank. Be aware the river lane area is significantly restricted at high tide; proceed with caution.
- Crews must take particular care when crossing the course, either when going afloat or when returning to the boating area, following a race. Please follow instructions from the land and water marshals at all times.
- Crews making their way upstream from the finish area, must ensure that they pass to the Middlesex (north) side of Glover's island, as the navigation channel to the Surrey (south) side, is narrow.
- Because the river between Richmond and Teddington locks is semi-tidal, the boating and landing circulation patterns may be changed throughout the day to accommodate a safe change from ebb tide to flood tide conditions if required. Competitors must familiarise themselves with both circulation patterns and follow the instructions of the land and water marshals, who will advise when and if the pattern changes.
- Crews marshalling below the finish in the vicinity of Richmond Bridge, should not stop to turn while close to the bridge – if necessary, row through the bridge using the central arch. Crews doing so, should remain vigilant to other river traffic, especially cruisers and hire boats.
- Crews must turn onto the start at the instruction of the start marshals. If there is a strong stream crews should take care not to marshal too close to the start as they risk getting swept onto the stakeboats.
- Crews marshalling beside Eel Pie Island and beyond must take care to avoid any crews turning out of the top of Eel Pie Island into the main channel.
- Crews boating from Twickenham Rowing Club, must row a distance past the end of Eel Pie Island and check that the river is clear before turning into the main channel.
- Crews should be careful not to hit the "regatta in progress" boards situated at the upstream end on Eel Pie Island and downstream of Richmond Canoe Club.
- Hammertons Ferry has right of way over rowing boats that are marshalling, or are on the course, therefore umpires are requested to ensure that they do NOT start races whilst the ferry is crossing the river. Non racing crews should proceed with caution in the navigation channel.

Clubs and competitors are also reminded that they must: -

- Only do practice starts above Eel Pie Island or below the finish
- Not do pieces either in the marshalling lane alongside the course or alongside Eel Pie Island
- Make their own safety arrangements before and after the day's racing.
- Supervise juniors with a high degree of vigilance and anticipation. A higher standard of care is expected when acting "in loco parentis".
- Ensure that all roadways and access routes are kept clear at all times; no cars or trailers should be left in River lane.
- Report all accidents to the Safety Adviser via Race Control.
- Upon registration at the enclosure, please inform the officials of any medical conditions that yourself or members of your crew have and could become apparent in racing conditions. This is a safety precaution so that officials and safety boat people are made aware prior to any race.
- Careful consideration should be made concerning other river users during the course of water participation.
- Be aware of other users in the car park and access road areas and especially careful of boat movement along the towpath.

In The Event Of An Accident or Emergency Involving Competitors Or Officials:

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 by a Club representative all accidents, collisions or capsizes. Supplies of these forms are held at the finish tent in the regatta enclosure or are available from the Safety Adviser.

There will be rescue 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. The nearest Regatta Official should immediately take appropriate action to ensure:

- a. The task of rescue/first aid is commenced at the soonest possible moment
- b. The prevention of further accidents.

In attendance - 'Rowsafe', 2 x Professionally manned launches afloat
- 1 x marshals launch afloat with first aid equipment
- St John's Ambulance with first aid support, located in the regatta enclosure

Available - RNLI (Teddington station)

Informed - London Ambulance
- West Middlesex Hospital A&E
- Teddington Memorial Hospital

Designated casualty landing places are: (All on Surrey bank)

Public slipway – Ham House car park (End of Ham Street, Ham)
Public slipway – Race Control/Boating Area – River Lane (River Lane, Petersham)
Landing stage – Riverside towpath downstream of Enclosure

Warnings to Other River Users

Leaflets containing information about the event and the impact on navigation will be provided to the lock keepers at Teddington and Richmond, for distribution to any boats coming through the locks. These will also be given to the skiff hire companies at Hammertons Ferry and by Richmond Bridge.

Cancellation In The Case Of Inclement Weather

The Race Committee and race umpires should remain vigilant to conditions on the day and, if they have any concerns, should inform the Safety advisor who will be monitoring the on-going conditions.

In extremis the race committee, in conjunction with Safety Adviser, may take the decision to suspend racing.

If racing is cancelled, the safety adviser will contact Control Commission to advise them to stop crews from going afloat and all officials and marshals will be instructed to clear crews off the river as soon as possible.

Medical Support

First Aid will be available in the regatta enclosure throughout the day. If an incident is more serious, additional support can be summoned either directly, or via the Safety Advisor, using the telephone numbers below

Emergency Telephones:

Teddington Memorial Hospital	020 8408 8210
West Middlesex Hospital A & E	020 8560 2121
Teddington Lock & RNLI	020 8940 8723
PLA Harbour Master – Richmond Lock	020 8940 0634

Regatta Enclosure Address: Buccleuch Gardens Petersham Road, Richmond upon Thames, TW10 6UW	Twickenham Rowing Club Address: Eel Pie Island Twickenham TW1 2DX
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Telephone numbers of officials, organisers, interested parties etc.

Start Marshall	07974 949137
Safety Advisor	07946 341683
Race Committee	07958 324084
Regatta Secretary	07974 949137
Hammertons Ferry	020 8892 9620
Twickenham Rowing Club	020 8892 5291