



# Safety plan

**Monday 8<sup>th</sup> May 2023 – approximately 8.00am to 6.00pm**

The Borne at Chiswick Bridge regatta committee looks forward to welcoming you to MAA on race day. We hope you will have a successful day's racing with us.

**This documents is for your safety. We've kept it short – Please read it!**

<b>All competitors / coaches read</b>	<b>Umpires and volunteers must also read:</b>
<ol style="list-style-type: none"> <li>1. Safety plan (this document)</li> <li>2. Circulation patterns</li> <li>3. Information for competitors</li> <li>4. Draw/timetable of racing</li> </ol>	<ol style="list-style-type: none"> <li>1. Accident and emergency plan</li> <li>2. Umpires briefing notes</li> <li>3. Risk assessment</li> <li>4. Welfare plan</li> </ol>

## About us (please use our map to find us)

Headquarters (HQ)	MAA boathouse, Ibis Lane, Hartington Road, Chiswick, W4 3UJ
Race control	On balcony (Chiswick Bridge end): <b>07855 176 922 (RT)</b>
Crew registration	Boat Bay 4 Ground Floor : <b>07879 634375 (LP)</b>
Welfare matters	On Balcony : <b>07972 521729 (CC)</b>
Public phones	<b>MAA</b> clubhouse (HQ) - First floor level - entrance hall <b>020 8994 1628</b> - Ground level – rear of middle boat bay ( <b>999</b> only)

<b>Role</b>	<b>Who</b>	<b>Where to find them</b>
Chief Umpire	Rosemary Thom	Race control
Regatta Secretary	Rachel Dalby	On Balcony
Safety advisor	Paul Bruce	Race control
Welfare officer	Colleen Cooper	On Balcony
Start marshal	Various	Start

## Emergency services

First Aid	In HQ (Kitchen). Also in MAABC gym (bay 4). Defibrillators are also located under the stairs at MAA boathouse and in the gym at QBC boathouse.	
Safety launch	On the race course during racing hours (have radio)	
RNLI	At Chiswick pier - 999	All of these services have been informed of the regatta in case of an emergency.
Police	Chiswick - 999	
PLA	Gravesend / Richmond	
Nearest hospital	Charing Cross (Hammersmith) - 999	

## If an accident happens

On the water	Stay with your boat – wait for safety launch
On land	Contact any official or go to first aid

## What you need to do to stay safe

We're here to help you have a safe enjoyable day of racing. We've planned carefully what to do to keep you safe and help you in an emergency. Now it's over to you to behave in a safe and responsible way:

### Stay with your boat!

The Thames is tidal at Chiswick Bridge with dangerous currents, it is safe if you treat it with respect. Be able to swim 100m in full rowing kit or wear a life jacket.

### Check your boat

Comply with [British Rowing's RowSafe](#) – basics include heel restraints, bow ball & buoyancy hatch covers, BR boat ID. It is YOUR responsibility, if your boat is not safe, you can't race! You could also get an official warning for no boat ID.

### Float your cox

Coxes must wear a buoyancy aid / life jacket suitable for the boat (British Rowing's RowSafe has details) and know how to operate it. No visible life jacket? No race. Dead weights must be carried loose in boat (i.e. not attached to cox)

### Wear wellington boots

There can be dangerous sharp objects on the beach with unpleasant side effects. Never walk in bare feet or socks. You will need to wade into the water to boat, please bring suitable footwear.

### Look at the maps and instructions to competitors

If you are steering (coxing or bow steering) make sure **YOU** have read and understood the circulation pattern. We're here to help if you don't get it.

### Know the course

The umpire following your race will warn you if you stray off the course. The fastest water is towards the middle of the river and follows a curve. Never cut the corner! If you come close to the boating area you will be in the slow water and a danger to others.

### **Listen!**

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The start marshal will be by the Marshaling area / start. Not listening to them might get you disqualified. If the PLA (navy and white catamaran) give instructions, please obey them.

### **Lookout!**

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The river is not closed, look out for other competitors, river users and respect that they are there to enjoy the river too. Keep a good look out at all times.

### **Bad weather**

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Like any outing you must be sure you & your crew can cope before boating – especially if you are new to the Tideway. If the weather is poor, we may postpone or cancel racing.

### **Health declarations**

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In line with BR and Rowsafe guidance, any pre-existing relevant health conditions should be reported to the regatta alongside your entry. If necessary the club/rowing facility should submit the risk assessment and action plan to manage the situation for the individual, showing appropriate medical advice where appropriate. All personal information will be restricted to officials with specific necessary support responsibilities.

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Please use common sense; listen for instructions from **Race Control**.

If you have any queries during the regatta, please contact us at Race control on: **07855 176 922 (RT)** or beforehand at [thomrosemary@yahoo.co.uk](mailto:thomrosemary@yahoo.co.uk).

### **Please remember to read:**

**Circulation pattern** so you know **where** to go.

**Instructions to competitors** so you know **what** to do.

**Draw / timetable** so you know **when** to do it.