



Safety plan

Saturday 11th May 2024 – 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 document is for your safety. We've kept it short – Please read it!

All competitors / coaches read	Umpires and volunteers must also read:
<ol style="list-style-type: none">1. Safety plan (this document)2. Circulation patterns3. Information for competitors4. Draw/timetable of racing	<ol style="list-style-type: none">1. Accident and emergency plan2. Umpires briefing notes3. Risk assessment4. Welfare plan

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): 07855 176922 (RT)
Crew registration	Boat Bay 4 Ground Floor : 07879 634375 (LP)
Welfare matters	On Balcony : 07786 060736 (FS)
Public phones	MAA clubhouse (HQ) - First floor level - entrance hall 020 8994 1628 - Ground level – rear of middle boat bay (999 only)

Role	Who	Where to find them
Chief Umpire	Rosemary Thom	Race control
Regatta Entries	Louise Pattison	Club Room
Safety Advisor	Nicki McMillan	Race control
Welfare Officer	Francesca Streeter	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	999 Coastguard	All of these services have been informed of the regatta in case of an emergency.
Police	Chiswick - 999 Police	
PLA	London VTS - 020 3260 7711	
Nearest hospital	Charing Cross (Hammersmith) - 999 Ambulance	

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, and the river is currently particularly dirty after all of the rain and Thames Water constantly releasing sewage into the Thames. Never walk in bare feet or socks. You will need to wade into the water to boat, please bring suitable footwear.

E-Coli

The river is currently quite dirty, and there have been reported cases of illness from it. Please take all precautions to cover any cuts, blisters or broken skin. If you unintentionally ingest any water, monitor your conditions. We would advise you not to jump into the river to swim if the weather is warm. If you do become ill from the river, please report any illness to British Rowing using a British Rowing Incident Report. <https://www.britishrowing.org/knowledge/club-support/club-governance/club-safety/incident-reporting/>

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!

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!

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

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.

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.

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.