

BARNES AND MORTLAKE REGATTA 2024 – SAFETY PLAN

All competitors / coaches must read	Umpires and volunteers must also read:
<ol style="list-style-type: none"> 1. Safety plan (this document) 2. Circulation patterns 3. Information for competitors 4. Draw/timetable of racing 	<ol style="list-style-type: none"> 1. Accident and emergency plan 2. Umpires briefing notes 3. Risk assessment 4. 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): 07773 849 505 (LH)
Crew registration	In the club room – first floor: 07885 483 334 (AN)
Welfare matters	Crew registration: 07773 849 505 (LH)
Public phones	MAA clubhouse (HQ) - First floor level - entrance hall 020 8994 1628)

Role	Who	Where to find them
Chief Umpire	Luke Howells (LH)	Race control – on radio
Regatta Entries Secretary	Andy Napier (AN)	Crew registration
Safety advisor	Noel Durkin (ND)	Race control
Welfare officer	Luke Howells (LH)	Race control – on radio
Start marshal	Various	Start

Emergency services

First Aid	In HQ (Kitchen). Also in MAABC gym (bay 4). Defibrillators 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
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.

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.

Coxes

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. Any 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.

Water quality

Cover all cuts or grazes with waterproof dressings. Wash or shower after any significant contact with water from the river. Never drink water from the river. Wash hands thoroughly before eating or drinking. Clean open wounds, such as blisters or calf abrasions with an anti-bacterial substance. If

contaminated water has been swallowed, refer to your doctor with full details of the incident. Wear suitable footwear when launching or recovering a boat, to prevent direct contact with the water and protect the feet from cuts and abrasions.

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 have any queries, please ask at Race control.

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, you must 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:
07773 849505 (LH).

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.