

# Trafford Head of the Bridgewater 2023 Competition Safety Plan

All competitors must read the full document.

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## Key Points

1. You must be familiar with British Rowing's "[Row Safe](#)" document. Every Competitor is responsible for their own safety.
2. Wear suitable clothing appropriate to the weather conditions.
3. Over taking and pulling in protocols must be adhered to which are detailed in the race information and the safety and information [video](#).
4. The Event committee has reviewed its safety arrangements. Given the width and depth of the canal, the lack of flow and proximity to the towpath, the event is very safe, but we will also have a launch on the course for marshalling or rescue, positioned south of The Narrows. Rescue will be co-ordinated by marshals located in hi-viz jackets roughly every 250 metres who are in visual contact, using their throw lines and radios for assistance. No competitor should be competing who does not know standard capsized drill. Only in severe situations will the launch be used.
5. All rowers responsible for steering, coxes and single scullers must examine the **course map** and **course video** in detail. There is no steering briefing. All questions and queries directed to [headrace@traffordrowing.club](mailto:headrace@traffordrowing.club)
6. In the marshalling area be aware of other crews, respond to marshal and umpire instructions immediately and NO practice starts are permitted.
7. Due to issues relating to Avian Flu please read BR advice. Wash thoroughly hands and all equipment before leaving the site. The landing stage will be actively managed to ensure it is clear of any potentially infectious matter

# **Trafford Head of the Bridgewater 2023 – Competition Safety & Emergency Response Plan**

## ***Introduction***

This document in conjunction with the Competition Risk Assessment identifies the risks involved in the event and outlines the procedures, barriers and controls to be initiated by the organisers, officials and competitors to minimise any risk. It also gives information on local conditions, which will aid crews during the event.

## ***Officials***

### **Position Name**

Chair of Organising Committee Graham Whistance (07771 577 559)  
Chair of Race Committee & Chief Umpire Carrie Turner (07944 706 506)  
Entries Secretary Henry Law (07530 804698)  
Welfare Officer Rachel Luke (07521 603388)  
Safety Advisor/Designated Individual Jane Deane (07771 855 444)  
(Deputy Safety Advisor Graham Whistance 07771 577 559)  
Manpower Lisa Matthews (07917 770 385)  
Umpires British Rowing Officials  
Marshalling Trafford Rowing Club members and associated volunteers

## ***Rules Applying to the Event***

1. The event is run under the British Rowing “Rules of Racing 2022.”
2. This Safety Plan includes notes for competitors on local conditions and will be sent out with confirmation of entry.
3. British Rowing's “Row Safe” publication is used for the basis for this plan; all competitors will be expected to comply with it.
4. Northwest Umpires Commission will provide umpires, who will be aided by marshals provided by TRC.
5. The Race Committee will review the projected competition conditions the Thursday before the competition, including those for trailer drivers, and confirm the event will proceed as planned or with alternative arrangements. Competitors will be advised by email and/or telephone call to registered club representative of any amendments or cancellation.

## ***Circulation Plan***

Crews will be marshalled at either the Long or Short Start. Crews will turn in numerical order on the Marshalls’ instructions.

On completion of the course, crews will return immediately to the landing stage. There is therefore no requirement for a circulation plan. Follow the instructions of the marshals,

## **Weather**

1. The race is held on the Bridgewater Canal where the water is maintained at a fixed height. There is no stream.
2. In the event of adverse conditions, racing will then either be:
  - a. Held as planned;
  - b. Reduced in length with certain boats excluded;or
  - c. cancelled.
3. Strong winds can arise which may necessitate a change of racing order. Competitors will be informed through the declared representative or on registration. Any appeals regarding potential changes will be handled by the Race Committee.
4. A decision on any changes due to weather conditions will be taken prior to each division.
5. Competitors must be suitably clad for the prevailing weather conditions: if not they will be held at Control Commission until wearing suitable clothing.

## **Hazards & Navigation Arrangements**

A course map of the canal is provided [here](#).

There may be obstructions or debris in the water, although every effort will be made to clear. Apart from overhanging branches / roots, the canal presents few dangers. The depth of the canal, mostly, is such that if competitors were to fall in, they could stand up and move to the side of the canal.

There will be no coxswains and scullers briefing on the day. All competitors are expected to have reviewed the [course video](#) which will also be available to watch at Race Control on the day of the race.

## **Communications**

All race marshals will be provided with radios and are positioned roughly every 250 metres with visibility of previous and subsequent marshalls. Umpires will be based at the Start, Short Start and Finish positions and at specific positions along the course.

All radios will use the same channel.

In the event of an emergency, the nearest official will call 'Mayday, Mayday' and all other radio users will observe radio silence and follow instructions given by that official.

Control will be provided with a mobile phone (see telephone list). Control will be in radio the

start and finish, as well as all marshals.

All Marshals have been briefed ahead of the event.

## **Medical provision**

A St John's Ambulance first aid team will be on hand at the Scout Hut; the nearest Accident & Emergency facilities are at Wythenshawe Hospital. 20 min, 3.5m via Brooklands Road.

AED devices are available at Trafford Rowing Club, Walton Park Sports Centre and Walton Park Playing Fields - these are shown on the course map.

## **Competition Emergency Response Plan and Procedures**

The Club has agreed all arrangements for the event, including documentation, with the local authority – Trafford Council - and the Navigation authority – Bridgewater Canal Company Limited.

### **Incident on the Water**

Safety boats will only be used for severe incidents

The Race Committee is not aware of any waterborne diseases. However, participants are reminded to take appropriate precautions to avoid such diseases and hand disinfection is available in the toilet areas.

In the event of competitors being injured, capsizing or being ill, crews should stay with the boat as per BR recommendations. All racing will stop and the nearest marshal – either safety and/or umpire – will attend.

Crews will be assisted by the nearest marshal to make their way to the bank.

Marshals are instructed not to enter the water but to use the throw line and flotation devices.

Marshals and First Responders will be fully aware of the Emergency Procedures, including evacuation points and know their area of responsibility.

Each marshal will be provided with space blankets which will be checked for each division. If a rower is responsive and has made their way to the bank, the marshal will ensure that they remain responsive, wrap them in a blanket and escort them to the nearest recovery vehicle to be returned to the Scout Hut where they will be seen by First Aid, which is located at the Scout Hut.

There are two competition cars located along the course and multiple road access points, as detailed below, to the course to enable extraction. The marshals in the vehicles will be in full radio contact.

For extractions where a rower is returned to First Aid by car, the driver will endeavour to keep the individual(s) warm and comfortable and continually monitor responsiveness. If there is any

concern, the welfare of the rower is key. If the driver has any concerns, then emergency services will be called.

If the rower(s) is unresponsive or injured then they will be made warm and kept warm whilst the emergency services will be summoned to the nearest extraction point. Any guidance on maintaining the stability of the rower will be sought from the emergency services at the time of the call. No marshal will be expected to administer first aid.

Information about the person having the emergency including **their name, age, gender** will be required by the emergency operator will also want to know whether they are injured, breathing normally, responding to voice, touch or pain. They may ask about any medical problems. (It is a good idea to check for a medical alert bracelet or necklace).

As soon as information is known to Race Control, every effort will be made to communicate the matter/incident/arrangements to the appropriate visiting club official.

### **Incident on Land**

Competitors embark and disembark from the landing stages, where the First Aid crew will be based.

### **Incident in the Scout Hut**

Safety and fire arrangements for the Scout Hut are subject to and compliance with the regulations of the Scout Association. The Scout Hut has fire extinguishers in the hallway, kitchen and main hall as well as fire blankets.

In the event of an incident in the Scout Hut, people will leave through the fire exits which are located on either side of the building and or the main entrance.

The muster area will be located such that emergency vehicles have adequate access.

The Catering Team will be briefed and aware of any additional fire, safety or evacuation notices for the Scout Hut and will oversee the evacuation of the building as required.

Natasha's Law, signs will be posted stating 'we cannot guarantee these produce are free from food allergens'

### **Incident in TRC Boathouse**

Fire extinguishers are located at either end of the boathouse and in proximity to the exit routes.

Club members are aware of evacuation procedures for the boathouse and it is unlikely that any visiting club members will access the boathouse.

### **Safety Equipment**

Each marshall position will be provided with a radio, a throw line and also sufficient space blankets in the event of a capsized. Each marshal will be identified by a hi-viz jacket. Life jackets will be issued if necessary. Where required, safety equipment will be inspected by the Safety Advisor.

### **Automated External Defibrillator(AED)**

An Automated External Defibrillator is located in the club house. An additional defib is also located at the main lobby of Walton Park Sports Centre and on the toilet block adjacent to the play area in Walton Park.

## **Emergency Procedure**

If the emergency services are required, follow this procedure:

The race marshal should contact the Club and request the service and specify the location, nature of the incident and how many people involved. If radios fail call the mobile at control.

The race controller at Race Control will telephone for the required emergency service using the control mobile and dialling 999.

Where time is critical, the race marshal may telephone directly and then notify Race Control.

Once emergency services have been called, Race Control will announce the reasons for the delay in racing and provide regular updates.

Road access points to the canal are:-

### **Location Nearest Postcode OS Grid Reference**

Start (Atlantic Street) WA14 5ET SJ 758 889

Bowling Green (Davenport Lane) WA14 5FY SJ 759 890

Manchester Road Bridge/ WA14 5PZ SJ 767 891

Halfords Car Park The Narrows (Viaduct Road) WA14 5DU SJ 769 892

Timperley Bridge (Park Road) WA14 5BZ SJ 775 897

Air Cadets, (Walton Road/ M33 4DR SJ778 903 500 metres)

TRC Boathouse (Raglan Road) M33 4AW SJ 782 909

For rowers who are responsive, the marshal will ensure their welfare by providing a space blanket and escorting them to the nearest evacuation point. A vehicle will return them to the Scout Hut to be seen by St Johns Ambulance

## **Start and Finish**

### **Boating**

An Umpire will inspect boats as they embark at the landing stage. The embarkation stage will be clearly identified. Crews should not embark from any other parts of the canal bank, unless

specifically agreed with the Race Committee. Control Commission will check all equipment and individuals are adhering to BR rules as stated in "Rules of Racing 2022".

All competitors will be notified of their boating time. Blades should be on the bank prior to boating. Boating will be announced by loud hailer in the area of the boathouse shortly beforehand for each division. To ensure the safe and efficient running of the event, crews which do not report to the landing stage at their allocated boating time will not be allowed to race.

Boats are to be stored on trestles or trailers in the boating area

There are no adaptive events at this year's Head.

## **Local safety regulations**

The canal is closed to all traffic for the duration of the event. If there is any unforeseen traffic between divisions, you should listen to the instructions from the Marshal. Do not try to pass unless specifically instructed to do so.

## **Start**

Crews will be marshalled prior to the start in race order.

Race marshals will supervise turning and ensure crews are aligned in race order. Crews must heed their instructions.

Crews must be adequately dressed to protect themselves against the weather particularly when proceeding to and waiting at the start. Please note that hoodies are not recommended.

To reduce the amount of time that a competitor is waiting; Competitors in the short-course events will boat first, turn under instruction and pull into the towpath bank. Once the last long-course boat has gone past Timperley marina, short-course racing should immediately start. Long course crew will be boated in numerical order. As soon as the last long-course boat has cleared the green crane the long-course race can start (subject to confirmation from Timperley that the last short-course crew is adequately clear).

All competitors must familiarise themselves with the event rules.

## **Alternative Arrangements**

Depending on the prevailing conditions and issues, the decision will decide on whether the course is curtailed or amended, restriction on boats using parts of the canal or restriction on competitors.

If the event is suspended temporarily, competitors will be notified by the course officials. If there are competitors already on the course, they will be marshalled back to the course and return monitored by regular radio communication with Race Control

Officials and marshals will be advised at their respective briefings and further communicated by a general broadcast message via radios by Race Control.

## **Incidents and Equipment Failure**

Details will be recorded and collated by the Club and NWRRC on the British Rowing Reporting System.

## **Post Event Review**

The organising committee will undertake a specific review of safety and other welfare procedures post the event to ensure any lessons learned from the event are applied for subsequent events. Such a review will also involve feedback to the Regional Safety Advisor.

Participants and clubs are welcome to input on the process and any feedback is welcome. Any feedback should be forwarded to [chairman@traffordrowing.club](mailto:chairman@traffordrowing.club)

## **Telephone Numbers**

**Control** : Carrie Turner 07944706506 Radio

**Safety Advisor** : Jane Deane 07771 855 444 Radio

**Asst Safety Advisor** : Graham Whistance 07771 577 559 Radio

**Welfare Officer** : Rachel Luke 07521 603388 Radio

**Start contact** : By radio or via control

**Finish contact** : By radio or via control

**Emergency services** 999 (works from any mobile)

**UHSM Wythenshawe Hospital** : 0161 291 6041 (Accident & Emergency) Southmoor Road,  
Wythenshawe  
Manchester M23 9LT

NHS Direct 111

Bridgewater Canal Company 0161 877 3628 (Emergency Number)

Boathouse & Regatta Location Walton Park Sports Centre Raglan Road, Sale, M33 4AW