

PETERBOROUGH SUMMER REGATTA GENERAL INFORMATION AND SAFETY INSTRUCTIONS 2019

LOCATION

See Road map for location – the postcode is PE3 6LN. Follow signs for “Thorpe Meadows” and “Rowing Course” from the ring road. Full directions can be found on the Club’s website at www.peterboroughcityrowing.co.uk On Arrival, after parking cars and trailers where directed, crews should:

REPORT TO REGISTRATION to complete any outstanding details and report any substitutions within crews.

REPORT TO CONTROL to weigh coxes, check race times and collect lane numbers, which will be issued about 30 minutes before the race time. **NB: Boats must display their Identification Number and be fitted with a number slot on the bows.**

MEMBERSHIP CARDS, IDENTITY AND PRIZE WINNERS

All competitors must carry their British Rowing Membership Cards, up to date and complete with photograph, available at all times for checking by officials. **In accordance with the Rules of Racing, membership cards or identity for the whole crew must be produced before any prizes will be awarded.** Prizes can be claimed for a maximum period of 3 months after the date of the regatta by producing any missing membership cards to the Regatta Secretary within this time limit.

CAMPING AND CAR PARKING

Camping is permitted only in the designated sites. Cars are to be parked only in designated car park areas and not in campsites. Vehicles should not be left such that they obstruct access for others, even for brief periods; remember that large emergency vehicles may require immediate access to incidents ANY INFRINGEMENT OF THIS WILL RESULT IN FURTHER ACTIONS BEING TAKEN AGAINST THOSE CLUBS INVOLVED. THE ACCESS ROUTE ALONGSIDE THE CYCLE-PATH IS NOT TO BE OBSTRUCTED. Neither Peterborough City Rowing Club nor Peterborough Regattas will accept any liability for damage sustained to vehicles, howsoever caused. **PLEASE DRIVE SLOWLY AND AVOID DAMAGING GRASS AREAS.**

LITTER

The Rowing Course is set in a public park and competitors and supporters are asked to dispose of litter responsibly – rubbish bags are available from the boathouse and there are litterbins.

ACCIDENTS

In order that the regatta organisers are aware of any accidents and can coordinate effective responses, please report any incidents on or off the water to Regatta Control. **FIRST AID** facilities are located by the front of the Boathouse.

SAFETY INSTRUCTIONS

The regatta will be run according to the latest revision of the British Rowing Rules, the ‘Rules of Racing’ and ‘RowSafe: A Guide for Safe Practice in Rowing’.

These instructions provide information for the duration of the regatta along with instructions for practice outside the normal timetable of racing.

The regatta will endeavour to provide a safe environment within the terms of RowSafe although competitors, coxswains and coaches are specifically reminded that persons using the lake and/or adjacent river do so entirely at their own risk and are solely responsible for:

- 1) Their own safety, remembering that they have a duty of care to themselves and to any third party both on the water and on land.
- 2) Ensuring that any equipment (e.g. boats, blades, buoyancy aids, etc.) are safe and prepared to the standards as required under the ‘Rules of Racing’ and ‘RowSafe’. Any failure in this standard may result in exclusion from the event.
- 3) The strict observance of the circulation pattern (see below) and of the provisions of ‘Row Safe’.

- 4) Deciding whether or not they are competent to use the lake/river in the prevailing weather conditions - this decision may be taken by the individual or with their coach/crew.
- 5) Ensuring that they can swim in accordance with the provisions of 'RowSafe'.

All competitors, coaches and participants are also reminded of the following:

- 1) Practising on the course is not permitted whilst racing is in progress nor is it permitted within 30 minutes of the first race or for 30 minutes after the last races of that day.
- 2) The lake is **totally closed** between the hours of 2100 and 0630 the following day, to any activity whatsoever. Any breach of this shall immediately result in exclusion from the event.
- 3) During the hours of non-racing there will be **NO** safety cover on the course.
- 4) They are responsible for their own safety arrangements before and after the day's racing.
- 5) They are responsible for their own safety arrangements if boating on the River Nene. Should the river be used for practice, warming up/down, etc. then it is advised that boats are placed within the channel adjacent to the lake, paddled down to join the river, turning left (cox's left, or stroke side) onto the river and paddled downstream using normal navigation rules. The first lock in this direction is 6 miles downstream. **Note that there are no safety/rescue boats on the river.**
- 6) The need to supervise juniors with a high degree of vigilance, a higher standard of care being expected when acting '*in loco parentis*'.
- 7) Coxes' dead-weights must be provided by the clubs concerned – materials are not provided by the Regatta
- 8) The need to ensure that **all** access roads/routes are kept clear at all times and that the lakeside public cycle path is not blocked in any way by vehicles, cycles, chairs, etc.
- 9) **Cycling & Following Races** – Due to potential incidents the Organising Committee strongly discourage the following of races along the clubhouse side of the course on cycles. This is discouraged on safety grounds as it is a public right of way and the Regatta has no exclusive access to the path. Anyone wishing to follow a race on a cycle should do so from the south side of the course (far side from the Boathouse). Action will be taken against individuals and clubs found to be breaking this restriction.
- 10) When in the boating area, or when boating/de-boating, that extra care and right of way should be given to other participants and members of the public, so as not to cause distress or injury to third parties.
- 11) When boating or de-boating, exercise care on the staging to avoid slips, especially during wet weather.
- 12) That any accident should be drawn as soon as possible to the attention of the nearest Official, who will be able to summon assistance. First Aid cover is provided during the hours of racing and is situated close to Control.

Key Positions during the Regatta: Regatta Control – in the tent on boathouse forecourt.

Regatta Treasurer – in control tent.

First Aid – adjacent to the Clubhouse.

Telephones – in clubhouse & in foyer of The Dragonfly Hotel.

Hospital A & E – Situated at Peterborough City Hospital,
Edith Cavell Campus, Bretton Gate, PE3 9GZ

Tel: 01733 678000

Regatta Secretary – John Canton

Race Committee Chairman – Nick Hubble

Race Committee Members – Dan Smith, Julian Pople, Tom Brown & Trevor Parke

Event Safety Advisor – James Plumb

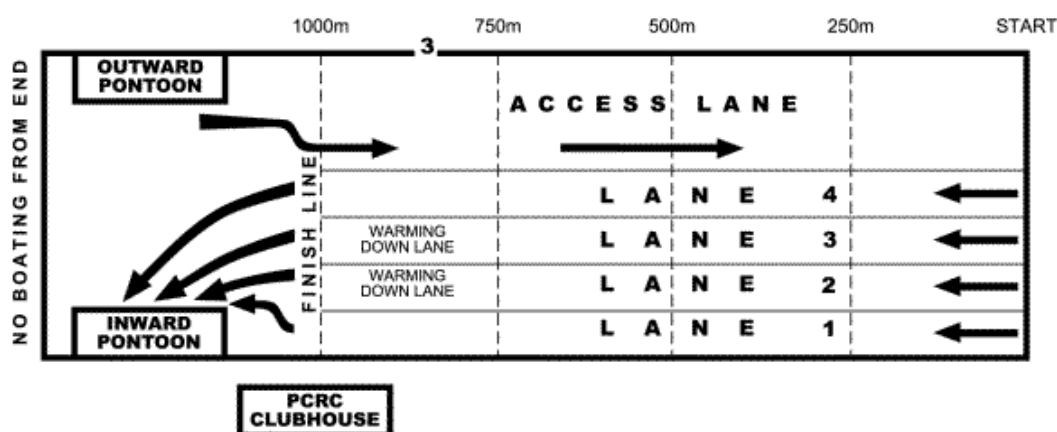
PCRC Safety Advisor – Paul Scutts

Event Welfare Officer – Jo Burton (via Regatta Control)

Rowing Club address: Thorpe Meadows, Peterborough
Rowing Club postcode: PE3 6LN
Rowing Club Grid Reference: 174 985

Racing Circulation Pattern

This applies from 30 minutes before the first race until the last race has finished on each day.



Failure to comply with these rules may lead to the removal of crew or club from the event.

Points to note when heading towards the start for 1000m:

- 1) Once boated, crews should proceed towards the start in the access lane with their bows pointing towards the start end of the lake and be ready to act upon any instructions given from the Marshals, Starter or Race Umpire.
- 2) Crews stationary within the access lane must be vigilant and not allow their boat or blades to encroach on the racing lanes.
- 3) When called onto the start, crews should proceed diagonally across the course in lane order, taking extra care when turning and backing onto the stake-boats.

Points to note when heading towards the start for 500m:

- 1) Once boated, crews should proceed in the access lane until they are past the 500m start. Crews approaching should take particular care to keep well clear of any crew approaching the stake-boat in Lane 4.
- 2) When safely clear of the start line and when safe to do so, crews should turn across the lake to reach their racing lane. The boat's bow after turning should face towards the stake-boats.
- 3) When called onto the start, crews should approach and pass the stake-boats to reach their starting position. Extra care should be taken when passing and backing onto the stake-boats.

General Points to note:

- 1) **Warming Up** – this is not permitted on the course during the hours of racing (see p.1) and any crew practising starts in the access lane must do so with great care in relation to other crews proceeding to the start and to any races passing on the course.
- 2) **Cooling Down** – this is permitted on the following basis: Once finished, crews may turn immediately into the access lane and **proceed no further than the 500m point**. The crew should stop in the access lane, ensure that there is no oncoming race, turn across the course (do not turn in the access lane) and proceed into lanes 2 or 3, returning immediately towards the finish and ensuring that they keep clear of any oncoming races. **Lane 1 should NOT be used as this is for launches proceeding to the start. Lane 4 is a separation lane and should NOT be used either. Any abuse of this rule will result in the withdrawal of this provision and may render disqualification from the event.**
- 3) **There is no cooling down permitted when racing is over 500m.**
- 4) Boating is to be from the outward pontoon and De-boating is to be from the inward pontoon as per the diagram above.
- 5) Lane numbers should be returned to Regatta Control as soon as a crew is off the water.

Practice Circulation Pattern (as for racing but with the following revisions)

- This applies at all times other than during racing.
- The lake must be clear of crews 30 minutes before racing is due to start, and by 2100hrs.
- Boating and de-boating should be from the same stages as for the racing circulation pattern.
- Lane 4 is designated a safety lane for distressed craft and is **NOT** to be used.
- Turning at either end of the course is to be done at 90 degrees to the racing lanes and not diagonally.

THUNDERSTORMS

As a general rule, the Event Safety Adviser and Race Committee will:

- Consult forecasts from the day before and monitor the weather during the event
- In the event of a storm, constitute the chain of command and use the public address system to warn both competitors and spectators of actions to be taken (this includes identification of 'proper shelter' – see below)
- Use the 30:30 criterion to instigate suspension and resumption of activity
 - Direct the Control Commission to stop crews boating until resumption of racing is signaled
 - Direct the Start Team, Umpires and Marshalls to instruct crews on the water, where circumstances permit, to return to the landing stages with all speed and seek proper shelter. Where practicable, stages on both sides of the lake will be used for de-boating and an Umpire on the finish line will direct returning crews to one side or the other
- Direct the Control Commission and Finish Team to ensure that de-boating is executed as fast as possible (both these teams will leave one member on the landing stages)

Specific measures include:

- Control will be exercised by the Race Committee from the finish caravan
- Start team to shelter in the start caravan
- Reduced finish team to shelter in the finish caravan
- Launch umpires to return to finish and disembark immediately
- Competitors to shelter in the boathouse
- Blades to be left on grass near landing stages
- One umpire to execute a sweep of the lake from a car

All officials **and competitors** are asked to familiarize themselves with this general plan, so that it can be actioned promptly and effectively should a thunderstorm occur.