



## CITY OF CAMBRIDGE ROWING CLUB

(Founded 1863)

President: A. W. Nelder

### CHRISTMAS HEAD – SATURDAY 3 DECEMBER 2016

#### **EVENT SAFETY INFORMATION - FOR ALL COMPETITORS**

This safety plan incorporates the key points of the British Rowing Row Safe: A Guide to Good Practice in Rowing and we ask that each cox and crew member takes the time to read it and study the attached map.

#### **Key Positions**

Control	City of Cambridge Boathouse  Collect numbers/make any final payments here  Control will be open from 8:30 am  Results will be posted here
The course	From Peter's Post to the upstream side of Trinity Hall Boat House
Marshals	Individuals will be based along the course (identified by their yellow tabards). All with access to throw lines/radios/thermal blankets/megaphones/mobile phones
Hospital	Accident and Emergency at Addenbrooke's Hospital, Hill's Road, Cambridge, CB2 0QQ  Tel: 01223 217118
Emergency	Fire, Police, Ambulance.  Tel: 999



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### Key Personnel

Event Secretary	Aubree Wisley & Laura Farquhar	Tel. 07449844880 & 07900672338
Safety Adviser	Ian Wellwood	Tel. 07919658743
Event Control Desk	Aubree Wisley	Tel. 07449844880

The personnel above may also be contacted through Event Control Desk.

In case of emergency at the main boathouse area, there is a telephone upstairs at the '99 Rowing Club. Dial 999. Or contact the Event Control Desk on the first floor of the City of Cambridge RC Boathouse or telephone Aubree Wisley on 07449844880.

### **Competitors' Responsibilities**

City of Cambridge Rowing Club personnel will endeavour at all times to ensure a safe event, but all competitors must follow marshals' instructions and be alert at all times to the safety of themselves and others.

All competing Clubs have the responsibility to ensure that their crews and scullers abide by British Rowing Row Safe: A Guide to Good Practice in Rowing. In particular, all Clubs must ensure that:

- Inexperienced crews have experienced coxswains.
- Coaches of novice/junior crews evaluate the ability of these crews and consider whether they require an individual bank party on a bicycle, carrying a throwbag, to escort them before, during and after the race. **All junior 15s & under in small boats MUST have a bank party on a bicycle, carrying a throwbag.**
- Competitors are aware of the BR Row Safe Code, the Event Safety Information and Competitor's Guidance and have been instructed in capsizing drill.
- Competitors are competent to take part in the event without putting other people at risk.
- Competitors are responsible for proceeding safely at all times, especially to the start and after the finish.

The Row Safe guide is available at <https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>.

It is the responsibility of each crew to ensure that the equipment they are using is safe and compliant with the requirements of the BR Rules of Racing and Row Safe: A Guide to Good Practice in Rowing. In particular spot checks will be made to check on bow ball, heel quick-release mechanisms, rudder lines and coxes' lifejackets. Coxes arriving at the start without a suitable



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lifejacket or buoyancy aid will be disqualified. Random checks will be carried out on boats during the day. Any boat deemed unsafe will be disqualified and asked to return to its boat house with its crew.

### ***Swimming Ability***

Every competitor is expected to be in good health and must be able to swim a minimum of 100 metres in their kit. The river is relatively narrow and shallow in most places, and there is good access from the bank along the majority of the river, however all crews should make due allowance for the stream and for points of the river which have increased depth or where navigation is more difficult. Please note there is restricted access to the river, and a number of moored narrowboats between Churchill Boathouse and the edge of Stourbridge Common (adjacent to Riverside – there is a high concrete wall abutting the roadside). Please take extra care when rowing through this section (approximately 300 metres) until clear of the Green Dragon Bridge.

### ***Juniors***

Coaches of novice/junior crews must evaluate the ability of these crews and consider whether they require an individual bank party on a bicycle to escort them before, during and after the race. **All junior 15s & under in small boats MUST have a bank party on a bicycle.**

### ***Accidents***

If you see an accident, give assistance if required. A marshal will take action or alert the rescue services by radio or phone as necessary. The whole course is visible to marshals, and there will be marshals with throw lines along the course. In the event of capsize please stay with your boat, check for the safety of all members of your crew and await assistance from marshals.

### ***Insurance***

All crews must have adequate third party insurance.

### ***Health Information***

Competitors are reminded that the Cam water is likely to contain the Leptospirosis (Weil's Disease) bacterium and other sources of harmful and infectious diseases. Ensure pre-existing cuts, blisters, etc., are covered with a suitable waterproof dressing before going afloat. Cuts, blisters, etc., sustained during the race should be thoroughly washed immediately upon return to the boathouse.

Should you be unlucky enough to fall in, please ensure you shower at the earliest possible opportunity.

It is recommended that water bottles (including those with a "sports top") are placed in a waterproof plastic bag, rather than loose in the bottom of the boat, to reduce the risk of contact with unclean river water.



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### ***Marshalling***

The BR Rules of Racing will apply. The marshals will stop the race if an unsafe situation arises. Allow plenty of time to get your boat to the marshaling area before the scheduled start time. Specific details about marshaling times are provided in the Competitor Guidance.

Bear in mind the weather forecast, especially rain or low temperatures. It is advised that crews carry an additional layer in the boat to wear while waiting during marshalling. Due to the number of crews taking part those starting at the bottom of the division may have to wait for up to 40 minutes so please ensure that all crews, in particular juniors, have sufficient clothing to keep warm. Pre-start marshals will have thermal blankets should they be needed.

### ***Overtaking***

Crews overtaking have priority on the racing line. Safety should remain paramount. Any crew impeding another during an overtaking maneuver will be awarded a time penalty. Claims of impedance must be reported to the finish immediately after the division.

### ***Finish***

All crews must keep rowing after the finish, to prevent the river becoming blocked for following crews.

### ***GENERAL***

Competitors and coaches are reminded of the need for courtesy to other river users, including walkers and anglers.

**The Safety Advisor / Umpire may amend this plan or cancel or suspend the event if weather or conditions on the day make this necessary.**

**Competitors will be notified of changes at City of Cambridge R.C. Boathouse (Race Control) and by marshals on the course.**



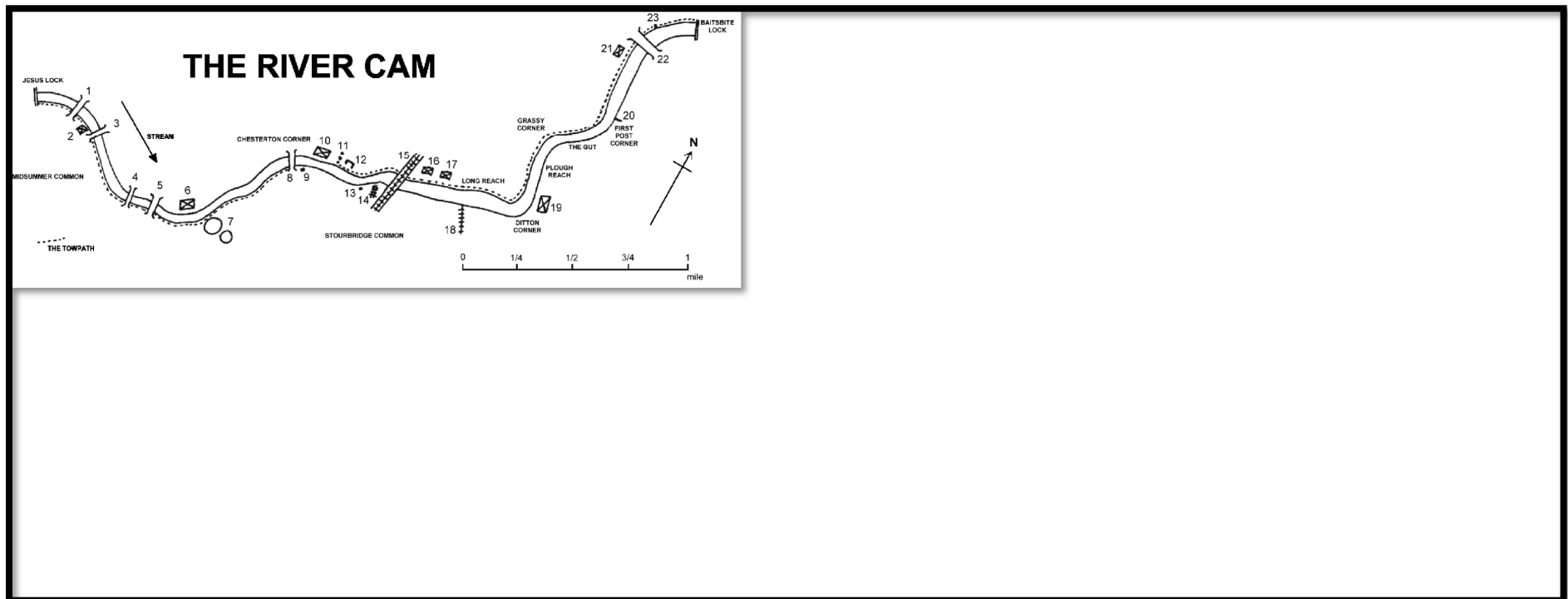
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### THE COURSE

The course is from the Peter's Post to the upstream side of Trinity Hall Boat House





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### COURSE REFERENCES:

1	Victoria Road Bridge	9	The Top Finish	17	The White House
2	Fort St. George Pub	10	The Pike and Eel Pub	18	The Railings
3	Peterhouse Footbridge	11	Peter's Posts	19	The Plough Pub
4	Clare Footbridge	12	The Bus Shelter	20	The Ditch
5	Elizabeth Way Roadbridge	13	The Bottom Finish	21	The Gunshed
6	King's College Boathouse	14	Morley's Holt	22	The Motorway Bridge
7	The Gasworks	15	The Railway Bridge	23	The Little Bridge
8	Chesterton Footbridge	16	The Pink House		

CCRC Boathouse is located between 3 and 4

The Pike & Eel (P&E) Pub is now new housing.



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### ***EMERGENCY ACCESS - GPS/Postcode information - see detailed map below***

All GPS positions in Degrees East and North. In general, the tow path is not suitable for rapid vehicle access.

A. City of Cambridge Rowing Club Boat House, Kimberley Road. CB4 1JH

E: 0.12958; N: 52.21164

B. Churchill College Boat House & Leys School Boat House only, Logan's Way. CB4 1EQ

E: 0.14009; N: 52.21190

C. Vehicle access to western (nearest to Cambridge) tow path (code locked, vehicular access); Also coordinates for Penny Ferry (formerly Pike & Eel Public House) CB4 1PA

E: 0.15052; N: 52.21885

D. Vehicle tow path access near rail way bridge. Gated, code locked (code available from control), vehicular access to tow path near railway crossing over river Cam.

Pedestrian access.

E: 0.15523; N: 52.22034

E. Car park at Towpath for access to Baites Bite lock & weir, (code locked) (code available from control) eastern section of Tow path and start point. CB24 6AF

Car Park

E: 0.17803; N: 52.23757

F. Vehicle access to Ditton Corner (south, non-tow path side) at end of Long Reach, near Ditton CB5 8ST

E: 0.16779; N: 52.22271

G. Vehicle access to First post corner (east, non-towpath side) north of Fen Ditton

E: 0.17068; N: 52.22795



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## Bumps River Cam Emergency Access Points

Revised 21 June 2012

