



# British Rowing Junior Championship 2021

Weather contingency, including  
thunderstorms.

TEAMWORK | OPEN TO ALL | COMMITMENT

## Dealing with Lightning (30-30 Rule)

If there is a thunderstorm the 30-30 rule will be applied as defined in the Risk Assessment and following the ROSPA guidelines <https://www.rospace.com/leisure-safety/advice/lightning/>, the Championships will then follow the NC Cancellation procedure.

ROSPA Wording:

### 30/30 rule

Research shows that people struck by lightning are predominantly hit before and after the peak of the storm. This means that you should be thinking about the proximity of the lightning, not the occurrence of rain. The 30/30 rule provides a good way of ensuring one is sheltering during the most risky parts of the storm. It proposes that if the flash to bang is 30 seconds in length or less you should seek shelter. Staying inside this shelter is advised until 30 minutes past the last clap of thunder. This ensures that any distant strikes at the beginning of the storm (lightning can travel up to 10 miles), or trailing storm clouds at the back of the storm do not take anyone by surprise.

### Seeking shelter

Ideally, seek shelter inside a large building or a motor vehicle keeping away from, and getting out of wide, open spaces and exposed hilltops.

If you are exposed to the elements with nowhere to shelter, make yourself as small a target as possible by crouching down with your feet together, hands on knees and your head tucked in. This technique keeps as much of you off the ground as possible.

The inside of a car is a safe place to be in a storm, lightning will spread over the metal of the vehicle before earthing to the ground through the tyres.

Do not shelter beneath tall or isolated trees, it has been estimated that one in four people struck by lightning are sheltering under trees.

If you are on water, get to the shore and off wide, open beaches as quickly as possible as water will transmit strikes from further away. Studies have shown that proximity to water is a common factor in lightning strikes.

## Wind

The weather conditions will be monitored in the week running up to the event so an informed decision can be taken if there is a need to cancel racing or the event.

The wind conditions are those most likely to affect racing and the following guidelines are used to help make a decision.

The Course runs North West – South East.

So the prevailing wind direction is a head wind directly up the course producing waves and difficult conditions at the start.

Straight head or tail wind:-

10mph or more, novices and small boats will be starting to find it challenging.

15mph or more, consider restricting to experienced large boats.

20mph plus, consider suspending racing, or cancelling the event.

Cross winds:-

10mph or more, the less experienced crews will be finding it tricky to get on the start and aligned.

15mph or more, course may be becoming unfair, need to consider slope philosophy.

With cross winds the speed before suspending or cancelling racing can be a bit higher than a head or tail wind but other factors come into play. For example a cross-head is more difficult to deal with than a cross-tail.

20mph plus, considered to be the limit.

These speeds are at the lower end of the scale and should prompt the following:-

- Reviewing the conditions and getting the Race Committee together.
- Consider the effect of temperature, wind chill and gusting.
- Other considerations, e.g. instructions to tie boats down if it is breezy.

Swamping / Excessive Waves at Start / Finish / On course all due to wind so covered by this section

### Clearing the course

The exact procedure for clearing the course will vary depending on the circumstances. For example, a sudden thunderstorm would need a different 'solution' to a gradual deterioration in conditions.

In principle though a decision to clear the course would be made by the Race Committee Chairman, Regatta Controller and the Safety Adviser using the guidelines in the NCCANCEL document, the instruction would be given over the radio net to the safety boats and umpires' launches and, in general, the procedure would be to shepherd the crews from the Start area, down the course, to the boating rafts to allow the crews to disembark.

## Other Weather / Water Conditions

There will be some weather and water conditions that may require the event to be changed:  
Conditions and Possible Prevention and Mitigation Measures.

- **Heavy rain** - Ensure appropriate clothing is worn at boat inspection and control commission.
- **Hale** – Suspend racing and stop boating until storm blows over.
- **Blue Green Algae** – Cancel Event, report sighting to EA / HPCP. (Safety Alert)
- **Weed** - Getting weed out by the start. The course should be cleared of all weed with particular attention paid to the start area.
- **Fog / Poor Visibility** - Suspend racing and stop boating until fog Lift to 500m.
- **Sun** – Sunburn RowSafe 8.2 and Safety Alert