

# 2023 British Rowing Beach Sprints



## Safety Plan

Version correct as of 27 July 2023

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### Event overview

#### Event format

The British Rowing Beach Sprints will take place on Saturday 29<sup>th</sup> July and Sunday 30<sup>th</sup> July 2023 at Exmouth Beach, Queen's Dr, Exmouth EX8 2AZ

All races will be in FISA Class Coastal boats and follow the British Rowing Rules of Racing for Beach Sprints which is available on the British Rowing Website ([www.britishrowing.org](http://www.britishrowing.org)).

The race starts with a sprint on the beach of between 10 and 50 m for the rower or one of the rowers. They then enter the boat and the boat slaloms around three buoys over a 250m course, and, for this event, will row straight back to the beach before one of the rowers exits the boat and runs to the finish line.

The following Open (O) and Women's (W) and mixed (Mx) events are offered in FISA Class coastal boats:

Men's Categories	Women's Categories	Mixed Boat
CO1x	CW1x	CMix2x
CJ181x	CWJ81x	CMixJ182x

# 2023 British Rowing Beach Sprints

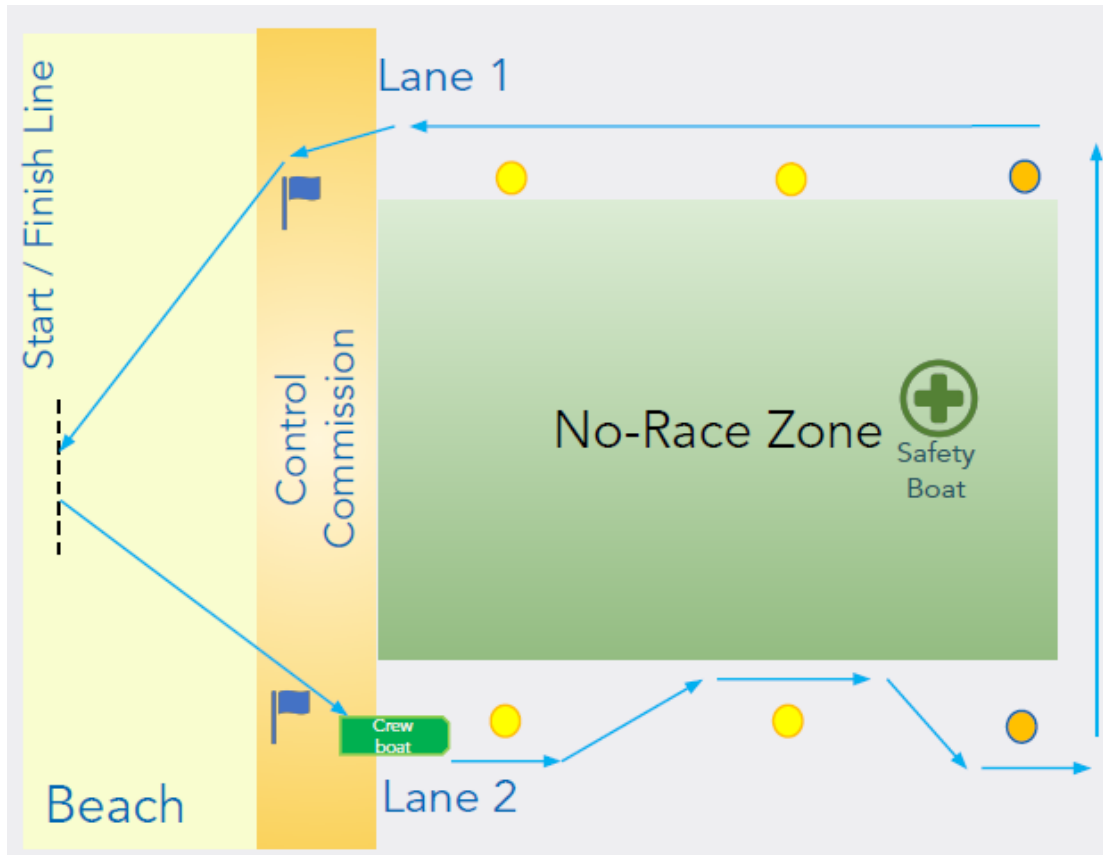


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**Course:**

*Time Trial Course*



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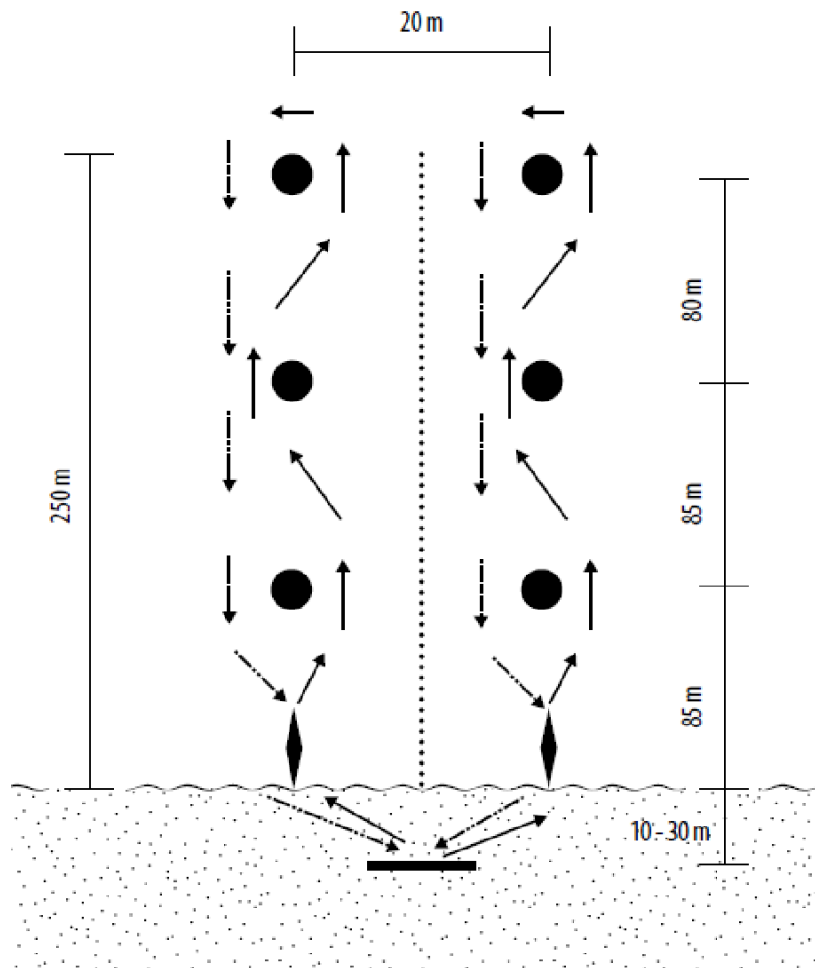


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### *Knockout Course*

The distance between courses will be 30 mtrs (not 20mtrs)



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*Approximate intended beach location – to the right (as you're looking out to sea) of the Exmouth RNLi Station*

### **Craft allowed**

Only craft meeting the FISA coastal design regulations are eligible to race. The FISA Class Coastal boats.

These rowing boats are much wider and more robust than 'fine' racing boats and UK coastal craft, with the shape designed specifically for dealing with waves and manoeuvrability in rougher water. The design greatly reduces the likelihood of capsizing or sinking.

All racing craft will be provided and inspected prior to racing.

The boat supplier will provide the boats in good working order.

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### General Safety provisions

All crews are expected to adhere to the British Rowing Rules of Racing for Beach Sprints which is available on the British Rowing Website. All teams shall:

- Be aware of how to safely unload boats using spotters for hazards
- Attend the Team briefing
- Assess the experience of the crew and their ability to cope with the conditions
- Be aware of other water users, groynes and slalom buoys
- Sign out before they go afloat for training
- Carry the minimum safety equipment required onboard
- Follow the instructions of the marshals and umpires
- Sign in when they come ashore from training

There may be times when crews need to navigate with other water users, it is expected that crews will follow the relevant COLREGs and local navigation rules.

It is not permitted to warm up or cool down on the water during racing, or row in the dark.

The Event Organisers shall:

- Ensure competitors are vetted for sea-rowing experience
- Employ a professional ambulance service with at least two ambulance technicians
- Ensure life-guard and beach safety team have received training
- Ensure that access routes for emergency services are clearly marked and checked at regular intervals
- Ensure that the tents are correctly erected and checked periodically
- Ensure that turns are put out and retrieved safely
- Conduct boat inspections prior to boats going afloat
- Conduct a beach inspection to check for sharp debris / stones
- Conduct a site inspection periodically checking toilet facilities for hygiene, and also for hazards such as tripping hazards from wires.
- Ensure there is a welfare officer present and contactable, and that there is a meeting place for missing children that is well publicised
- Ensure that drinking water is available.

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### Safety Boat

The safety boat driver will be qualified to at least RYA Level 2 Powerboat with experience of driving at sea and aware of how to pull people from the water.

All support craft will adhere to the local maritime rules of not exceeding 10 knots within the Harbour, unless there is an emergency situation. (see diagram below for harbour limit)



### During Racing

One safety boat will be on the water during races.

### During Training

There is no scheduled training times. Crews training are responsible for their own safety in line with their club's own rules.

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### **Safety on the Beach**

A lifeguard and beach pit crew will oversee the shoreline during the beach sprint starts and finishes. Boat zones and spectator spaces shall be clearly marked out on beach using crowd barriers, tape and signage to mark out areas. Marshals will be present to alert spectators that move too close to potential areas of risk.

### **Coordination and Communication**

The Race Committee Chair and Event Safety Adviser will be situated on the beach, contactable from Radio Control which is located close to the finish line. Radio control will monitor all VHF and coordinate race UHF traffic.

The Race Management Group (Race Committee Chair, Safety Advisor, Course Manager and Timing) will act as coordination point for any incident on the water.

Whilst the Race Committee Chair or the Safety Adviser will coordinate actions as far as possible, all safety crews will take actions under their own initiative as a first response. Radio Control should also be informed as to any incident.

During racing, the Race Committee Chair will be on the beach, and available on UHF radio, VHF radio and mobile phone (for non-emergency and confidential matters). Prior to the first race of the day the Race Committee Chair will make a course inspection.

A full schedule of available communications, including mobile phone numbers for all concerned, will be included in the Safety Plan.

Communications Manager for British Rowing will coordinate any external communications on behalf of British Rowing throughout the event.

### Information

The following information will be displayed on notice boards

- The circulation pattern for the races
- Traffic patterns for beach start and finish
- Race schedule
- Draws
- Emergency numbers

Please see also the supporting documents:

- Emergency Plan
- Briefing for Captains and Officials
- Information for Participants and Officials Prior to the Event

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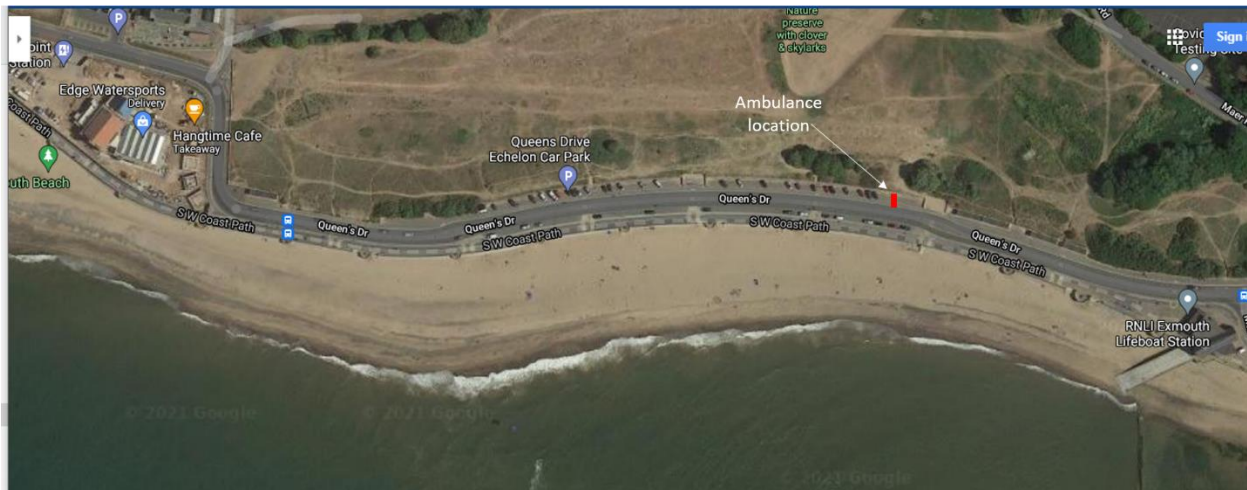
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### Record of participating boats

During training and racing all Participants/crews will sign in and out with Control Commission as they go onto the water and as they return. Race Umpires and race officials shall have event start list and be notified live of any withdrawals.

### **Casualty recovery locations**

The medical facilities will be situated in a parking bay to the rear of the race beach – see diagram below. Casualties coming ashore by safety boat should be landed on the beach.



Name	Postcode	Contact
Devon EMS Ambulance & First Aid Services	TQ2 7DS	01803 315251 [24 hour Answerphone Service] On Call Duty Officer 07779774983

If evacuation to hospital is necessary, the onsite Ambulance will transfer to Royal Devon and Exeter Hospital (Wonford), Barrack Road, Exeter, EX2 5DW. T: 01392 411611



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### Tide Times / Sunrise & Sunset Times

All times below are shown in local British Summer Time

28 <sup>th</sup> July		29 <sup>th</sup> July		30 <sup>th</sup> July	
HW 01:13	3.06m	HW 02:29	2.96m	HW 03:52	3.03m
LW 07:24	1.11m	LW 08:39	1.14m	LW 09:56	1.05m
HW 13:56	3.03m	HW 15:13	3.10m	HW 16:28	3.29m
LW 20:04	1.22m	LW 21:26	1.13m	LW 22:40	0.90m

	28 <sup>th</sup> July	29 <sup>th</sup> July	30 <sup>th</sup> July
Sunrise	05:34	05:35	05:37
Sunset	21:04	21:03	21:01

### Event schedule outline:

#### Saturday, 29th July 2023 - Time Trials

The Time Trials will be run at approximately 1 (one) minute per crew.

Time	Event
13:00	All crews to have registered
14:00	Captains Meeting
15:00	CO 1x
15:30	CO J18 1x
16:00	CW 1x
16:30	CW J18 1x
16:45	Mx 2x
17:10	CMx J18 2x
17:30	<i>End of Racing</i>

#### Sunday, 30th July 2023 - Knockout Rounds

The Knockout rounds will be run at 6 minute intervals.

Time	Event
08:30	Captains Meeting
09:00	CO 1x
10:00	CO J18 1x
11:00	CW 1x
12:00	CW J18 1x
13:00	Mx 2x
14:00	CMx J18 2x
14:30	<i>End of Racing</i>