



## England Rowing Trials Event

Sunday 13<sup>th</sup> July

### Safety Plan

Scope	<p>These instructions should be read in conjunction with British Rowing Row Safe documentation.</p> <p>These instructions apply to all competitors, volunteers and staff both on land and on water.</p>
Date of the Event	Sunday 13 <sup>th</sup> July
Spectators	This trial takes place in a public setting. Spectators are therefore allowed to be on site but are asked not to follow races.
<b>Safety Structure</b>	
Event Organiser:	Chris McManus mb: 07703 201 023
Safety Adviser:	Ellie Stevens mb: 07523 856 613
Event Location	Royal Albert Docks, London
What 3 Words Location:	///hung.drums.tried
Rules, Guidance and Instructions applying to the event	<p>The Trials are run in accordance with the British Rowing Rules of Racing and the Row Safe guide to good practice in rowing</p> <p>All crews must be made aware of the event specific instructions. These have been designed as an addition to the above in order to facilitate the smooth running of the trials and to ensure the safety of competitors, spectators and the general public.</p>
Incident reporting	All incidents should be reported to the Event Organiser. These incidents shall be reported through the British Rowing online reporting mechanism

Vehicle and Trailer Access	
Trailer Access	RADT staff will be on site to direct trailers to the designated parking areas along the side of the docks
Vehicle Access	Vehicles will not be permitted on the side of the docks unless at the direction of the RADT parking staff. Parking for private vehicles is available in the vicinity of the race venue
Racing	
Racing	<p>Agreement to Commence Racing - Agreed by Safety Advisor and Event Organiser.</p> <p>Temporary / Permanent Suspension of Racing - The Safety Advisor or Event Organiser can make this call at any time for any reason they see fit</p> <p>Resumption of Racing - only if both the Safety Advisor and Event Organiser are in agreement that the reason for the suspension of racing has cleared or reduced to a safe level</p>
Practice	Training on the dock is not permitted at any time
Warm-Up and Cool-Down	<p>All rowers must familiarise themselves with the Circulation Pattern for crews. Crews should be particularly careful when approaching and circulating at the start.</p> <p>Cool down is not permitted</p>
Circulation Pattern	<p>All rowers must familiarise themselves with the Circulation Pattern for crews. Crews should be particularly careful when approaching and circulating at the start</p> <p>In simple terms - the circulation pattern is clockwise.</p> <p><b>WEST to EAST</b></p> <p>Stay close to north wall until entering the start zone when boats need to move onto the rowing course when entering the 'start zone.</p> <p>Entering the Start Zone (travelling in an easterly direction)</p> <p>Stay close to the north wall</p> <p>Do not cross over until beyond the 250m mark</p> <p>No overtaking beyond 250m, forming an orderly queue.</p> <p><b>EAST to WEST</b></p> <p>Proceed in rowing lanes or stay close to the south wall.</p>

	A copy of the circulation pattern is displayed at reception and on the first (west)embarkation gate to the pontoons.
<b>Weather Consideration</b>	
Weather Conditions	<p>British weather can be varied. Competitors especially should ensure that they bring kit and clothing appropriate for all possibilities</p> <p>We will obtain regular weather forecasts and will also seek 'local' knowledge on conditions. The Safety Adviser and Event Organiser to assess water and weather conditions prior to each racing session.</p> <p>The Safety Advisor will monitor weather conditions throughout the event. Racing shall be suspended when conditions are deemed unsafe.</p>
Wind	Where wind conditions affect the safety of the crews, the event may be suspended or cancelled
Poor visibility / light / fog	In the event of Fog, poor visibility or low light, the event may be suspended or cancelled by either of the Safety Advisor or the Event Organiser. Resumption of racing requires both to be in agreement to resume
Lightning	A lightning tracker app will be used to monitor the development of local thunderstorms. If thunder is closer than 6 miles (thunder/lightning <30 secs) outings will be suspended. . If lightning is seen followed within 30 seconds by thunder, action is necessary. The aim will be to evacuate the dock safely and efficiently. Individuals should take shelter in a suitable vehicle / building.
Emergency Dock Evacuation	<p>Using the radios / mobile phones, the Event Organiser or Safety Advisor will instruct key Marshals to clear the course.</p> <p>All boating to cease immediately.</p> <p>Crews told to clear the boating area immediately.</p> <p>Any race in progress is to be allowed to complete normally, as this is the fastest way to get crews off the course. Coaches to be asked to go to rafts to assist getting crews off as quickly as possible.</p> <p>Crews warming down to be told to clear the course immediately, provided they do not get in the way of racing crews.</p> <p>Returning crews told to clear the rafts with all possible haste.</p> <p>Once rescue boats have ensured that they have instructed all crews to return to the boating rafts, they also should make their way back, while checking that crews are following instructions.</p>
Communications	An in person safety briefing will be held for all athletes and coaches

	prior to commencement of racing. Communication on the course will be through a radio network. Non urgent notices will be put on the relevant trials site or communicated via email. A QR code to the trials site will be made available for those coaches who do not already have access to the this.
<b>Rescue Boats and First Aid</b>	
Location of Medic:	To be advised at Athlete briefing
Location of Defibrillator(s):	Royal docks reception
Ambulance Access:	Dockside Rd, London E16 2QT
Nearest A&E:	Newham Hospital
A&E Address:	Glen Road, Whitechapel. London E13 8SL
A&E Contact number:	020 7476 4000
Rescue Boats (Training) :	Training is not permitted on the docks at any time
Rescue Boats (Racing)	<p>Prior to any competitor going afloat to race and through to the last competitor coming ashore, 2 safety launches will be deployed as</p> <p>In the event of an incident or other event reducing the number of available rescue boats but not requiring the suspension of racing, the remaining rescue boat shall be redeployed to provide maximum effectiveness</p>
Emergency Action Plan	It is important to note that, in any situation where it is believed that the attention of the emergency services is required, they should be called without delay by dialling 999
<b>Accident on the Water</b>	
Serious or Life-Threatening Injury	<p>In the event of a major incident or a change in environmental conditions requiring the evacuation of the dock, the actions under Emergency Dock Evacuation must be followed.</p> <p>Call for Rescue Boat(s) via Event Marshals.</p> <p>Remaining Rescue Boat to redeploy to provide optimal cover</p> <p>Boating stages to be cleared to allow for access to evacuate individual via the nearest landing stage</p> <p>Call for Medical support to attend giving the location</p> <p>Call 999 where appropriate provide them with clear directions to the</p>

	<p>incident.</p> <p>Suspend racing as necessary</p>
Actual or Suspected Minor Injury or Precautionary Measure	<p>Call for Rescue Boat(s) via Event Marshals. Remaining Rescue Boat to redeploy to provide optimal cover</p> <p>Individual evacuation to boating area</p> <p>Alert start to temporarily hold racing where appropriate</p> <p>Should emergency services be required, call 999 without delay</p>
<b>Accidents on Land</b>	
Accidents on Land	<p>While the highest concentration of spectators &amp; competitors on land is in the boating area, it is recognised that a land-based emergency can happen anywhere in the grounds.</p>
Serious or Life Threatening Injury	<p>Call for assistance via nearest Marshal or by phone to Event Organiser or Safety Adviser.</p> <p>Event Organiser to contact emergency services where appropriate</p>
Actual or Suspected Minor Injury or Precautionary Measure	<p>Where appropriate, alert Event Organiser / Safety Adviser by phone that Medical support is required to attend incident.</p> <p>Should emergency services be required, call 999 without delay</p>
Water Borne & Infectious Diseases	<p>Competitors should take the following action in order to reduce the risks of infection from water- borne disease:</p> <p>Do not drink water from the docks.</p> <p>Only drink from your own water bottle.</p> <p>Wash hands thoroughly and shower if necessary before eating or drinking.</p> <p>Avoid immersion in the water.</p> <p>Cover cuts and abrasions (including blisters) with waterproof dressings.</p> <p>Do not splash water from the river onto your face or body in order to cool down</p> <p>Shower after contact with the water.</p> <p>Wear footwear to avoid cuts and protect feet when paddling in the water (launching a boat).</p> <p>Avoid contact with Algal scum.</p>
Leptospirosis (Weil's	<p>The risk of contracting Leptospirosis from recreational water is small,</p>

Disease	<p>however the serious nature of the disease is such that everyone must be aware of the dangers and should take the simple precautions outlined above to reduce the risk of infection.</p> <p>If 'flu-like' symptoms develop shortly after contact with the water (1-3 weeks) then your doctor should be contacted and advised of the circumstances of exposure.</p>
<b>Information For Competitors</b>	
Responsibilities	<p>The Trials are run using the recommendations of the British Rowing Row Safe guide to good practice in rowing, and competitors are reminded of their obligations under Row Safe.</p> <p>All Competitors and Spectators must follow posted safety notices and obey instructions from Safety Marshals. Competitors with significant pre-existing medical issues should inform their coach prior to competition. Competitors are specifically reminded that persons competing do so at their own risk and are solely responsible for their own safety and their ability to meet the minimum standards required by Row Safe, to include but not exclusively defined as the following</p> <ul style="list-style-type: none"> <li>ability to swim</li> <li>awareness of capsize procedures</li> <li>ensuring that their boats are safe and are prepared to the standards required by the British Rowing Row Safe guide and the British Rowing Rules of Racing</li> <li>Deciding, together with their coaches, whether or not they are competent to compete in the prevailing weather conditions</li> <li>The strict observance of the circulation pattern and the minimum standards set by Row Safe.</li> </ul>
Equipment	<p>Athletes and Coaches are reminded that the equipment used by their crews should meet the minimum standards set by British Rowing and Row Safe. Athletes should ensure bow balls are in place, heel restraints are secured, and hatch covers are screwed tight before allowing their crews to boat. Raft marshals will confirm with athletes that necessary checks have been done</p>
Security	<p>Please ensure you keep your belongings secure. We can take no responsibility for loss of equipment.</p>
Boat Racking and Storage	<p>It is the responsibility of rowers to ensure that their boats are secured correctly when stored on permanent or temporary racks, trestles, boat trailers or roof racks.</p>

Coaches	No following of races. All coaches will have roles for the safe and effective running of the event
Cyclists	Cycling alongside races is not allowed unless authorised by the Event Organiser
Capsize	In the event of capsize always <b>STAY WITH YOUR BOAT</b> – it is your buoyancy aid. In the first instance, climb back in or make for the nearest shore
Cold Water Immersion	<p>All rowers should be aware of the actions to take in the event of immersion:</p> <p>Stay with the boat and use it to keep you afloat</p> <p>Get on top of the boat and attract attention immediately</p> <p>If you have to stay in the water, retain warmth by keeping arms and knees tucked into the body</p> <p>Stay calm and breathe deeply</p> <p>Do not waste energy by trying to right the boat</p> <p>Do not swim away from the boat because your swimming ability in cold conditions is dramatically reduced</p> <p>Know the emergency procedures to be able to help effectively if you see a capsize</p> <p>Keep warm and dry between rowing on the water</p>
<b>Information for Volunteers</b>	
Duty of Care	Everyone involved in the event has a duty of care to ensure that their actions both on and off the water are conducted in a manner which does not compromise the safety of others. Adults also have a personal responsibility for the own safety
Incident Reporting	<p>All Volunteers and Officials have a duty to report all safety incidents, including 'near-misses', to the Event Organiser who shall complete an Incident Report.</p> <p>If any aspect of the Trial gives a Volunteer or Official cause for concern with regard to safety, this should be reported directly to the Event Organiser</p>
Communications	Volunteers in key positions will be equipped with a radio to enable rapid communication. All other marshals / coaches will be contactable via mobile phone
Protection against	Volunteers and Officials are advised to bring kit and clothing

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	with, the Safety Adviser will announce this fact to all stations and allow normal radio traffic to resume.
Safe Use of Radios	<p>Radios should be switched off during any re-fuelling of launch fuel tanks.</p> <p>Look after the radios – they don't float, they don't like rain or drop tests. It is possible that a close lightning strike could render radio equipment inoperative. This would have a major impact on the safe and efficient running of the Trial.</p> <p>It should be noted that in the event of a major incident in the area, mobile phone usage may be severely affected with either a greatly reduced number of lines being available or the network being closed altogether</p>
Safety Plan Reviewed by	Alice Jenkinson, Regional Safety Advisor, Thanks Regional Rowing Council
Date	18th June 2025

The below diagram is the standard Royal Albert Dock circulation pattern. Specific lane utilisations will be advised at the event briefing.

#### Circulation Pattern

