



ENGLAND
ROWING

Trials Event

Safety Plan

Home International Rowing Regatta Team

Saturday 11th July 2026

TEAMWORK | OPEN TO ALL | COMMITMENT

1. Scope

These instructions apply to all competitors, volunteers and staff both on land and on water.

Information on the Welfare and Safeguarding is covered by the [British Rowing safeguarding guidance](#) and the [England Rowing Trials Welfare Policy](#).

This trial takes place in a public setting at the National Water Sports Centre (NSWC) and, as such, members of the public may be present on site whilst the trials are taking place. Spectators are therefore allowed to be on site, but it is not permitted to accompany athletes over the course.

Date of the event: Saturday, 11 July 2026.

These instructions should be read in conjunction with [British Rowing Row Safe documentation](#).

2. Safety Structure

Event Organiser: Chris Callow – 07768 273 645

Safety Advisor: James Andrews – 07818 576 142

Safeguarding Officer: Lucy McNulty – 07903 355 177

Beth Fairfax – 07964 450 818

Location: The England Rowing Team trials event takes place at the National Water Sports Centre, Adbolton Ln, Holme Pierrepont, Nottingham NG12 2LU (OS Grid SK 62407 39238). What3words location: ///banana.extend.claps

3. England Rowing Contacts

Chris Callow	England Team Manager / Event Organiser	07768 273 645
Lucy McNulty Beth Fairfax	England Team – Welfare Officer(s)	07903 355 177 07964 450 818
Jane Day	England Team – Assistant Team Manager	07767 222 739
Emil Ghattas	England Team – Lead Coach (Seniors)	07534 595 422
Isabell Sellers	England Team – Lead Coach (Juniors)	07885 595 406
James Andrews	England Pathway Manager / Safety Advisor	07818 576 142
Amy Hoyle	Performance Programme Co-ordinator	0204 574 9918

4. Rules Applying to the Event

The Trials are run in accordance with the British Rowing Rules of Racing and the Row Safe guide to good practice in rowing.

All crews must be made aware of the event rules set out in the instructions to crews. These rules have been designed as an addition to the above to facilitate the smooth running of the trials and to ensure the safety of competitors, spectators and the general public.

5. Vehicles and Trailer Access

Parent/guardian and participants' cars will be allowed to stay on site and must remain in designated parking areas. **Please note that local parking charges apply.**

The site will open at 06:45hrs.

All drivers must observe the posted speed limits and ensure that extreme care is taken in pedestrian areas.

6. Spectator Access

Spectators are permitted on the scoreboard side of the course only.

NWSC buildings on the opposite side of the course to the scoreboard are out of bounds to all spectators.

7. Racing

Practice

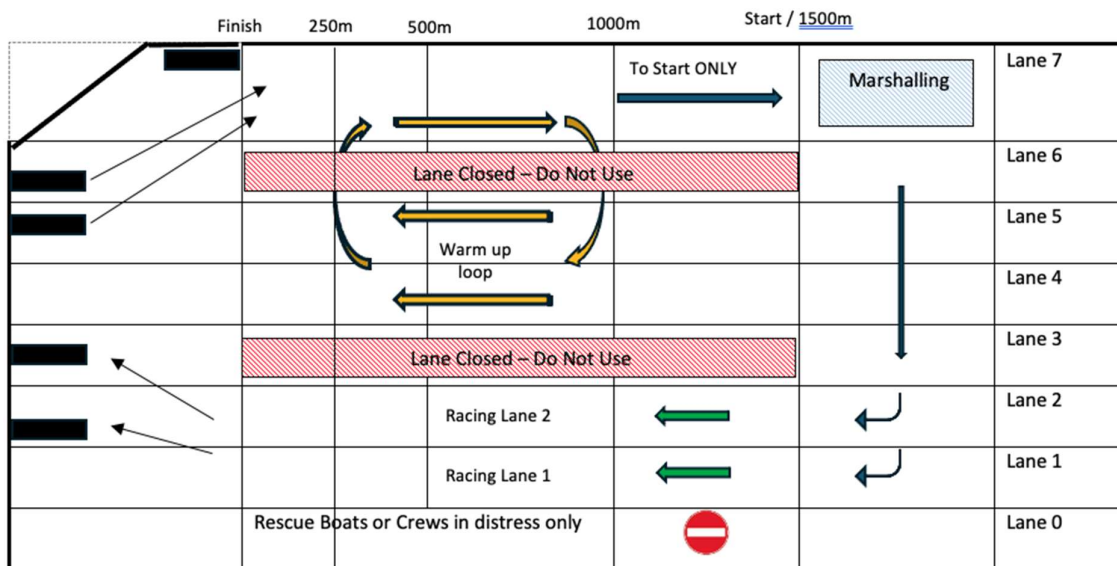
Training on the lake is not permitted at any time.

If crews decide to train on the River Trent, they do so at their own risk. It is recommended for seniors and essential for juniors to have a coach cycling on the bank at all times.

Racing Circulation Pattern

The following circulation pattern will be used for both time trials and any side-by-side 'race-offs' that are required. In simple terms, the circulation pattern is clockwise. This will be made available on the England Rowing Trials website, and a copy will be displayed at registration.

Note that lakeside markers count down from the Start (2000m) to the Finish (0m)



Warm up

All rowers must familiarise themselves with the Circulation Pattern for crews. Crews should be particularly careful when approaching and circulating at the start.

Crews are only allowed to warm up. There is **no cool down** at the event.

Agreement to Commence Racing

Before racing starts, the Event Organiser, along with the Safety Advisor, will assess the conditions of the course. Boating may not commence until permission to do so is issued. Course conditions will be monitored throughout the event to ensure safety is maintained.

Temporary / Permanent Suspension of Racing

The Safety Advisor or Event Organiser can make this call at any time for any reason they see fit.

If at any time it is felt that conditions jeopardise the requirements of safety or fair racing, racing will stop or be suspended, in total or by class of event, until such time as safe and fair conditions are restored. If conditions are unsafe, racing shall be postponed or abandoned.

Please note that any decision to suspend or resume racing will be based upon the minimum standard of watermanship expected from crews entering an event of this level. Crews and coaches should make their own decisions on whether they are capable of competing safely in the prevailing conditions.

Resumption of Racing

Racing may resume only if both the Safety Advisor and Event Organiser are in agreement that the reason for the suspension of racing has passed or has been reduced to a safe level. This may include changing the course or altering the lane draw for side-by-side racing.

Following a suspension in racing, the 'all clear' to resume racing will be communicated by the Event Organiser.

Coaches

Motorised vehicles **MUST NOT** drive alongside the course following crews or races.

All coaches will be allocated roles for the safe and effective running of the event.

Cyclists

Cyclists are **NOT PERMITTED** to follow racing, unless authorised by the Event Organiser.

Radios

Under the British Rowing Rules of Racing, it is not permitted to communicate with crews on the water by any electronic means; the use of devices for this purpose will result in the disqualification of the crew concerned.

8. Weather Conditions

We undertake to obtain regular weather forecasts and will also seek 'local' knowledge on conditions. The Event Organiser and Safety Advisor will assess water and weather conditions prior to each racing session.

The Safety Advisor will monitor weather conditions throughout the event. Racing shall be suspended when conditions are deemed unsafe.

Competitors, especially, should ensure that they bring kit and clothing appropriate for all possibilities.

Wind

Where wind conditions affect the safety of crews, the event may be suspended or cancelled.

Poor Visibility / Low Light

In the event of fog, poor visibility (less than 350m) or low light, the event may be suspended or cancelled by either 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), racing will be suspended. If lightning is seen followed within 30 seconds by thunder, action is necessary. The aim will be to evacuate the lake safely and efficiently. Individuals should take shelter in a suitable vehicle/building.

Emergency Lake Evacuation

Using the radios / WhatsApp contact group (Coaches/Volunteers), the Event Organiser or Safety Advisor will instruct all Marshals to clear the course.

- All boating is to cease immediately.
- Crews told to clear the rafts immediately.
- 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 in getting crews off as quickly as possible.
- Crews warming down to be told to clear the course immediately, provided they do not get in the way of racing crews.
- Returning crews to be told to use all 4 rafts for disembarking and to clear the rafts with all possible haste.

Once rescue boats have ensured that they have instructed all crews to return to the boating rafts, they should also make their way back, while checking that crews are following instructions.

9. Communications

An in-person safety briefing will be held for all athletes and coaches prior to the commencement of racing.

Radios to facilitate communication for safety purposes will be held by key members of the organising committee, and a WhatsApp group will be used for all marshals and officials.

The National Water Sports Centre does not have public telephone points; however, a mobile phone is held by the Event Organiser for the purpose of making emergency calls.

Non urgent notices will be put on the relevant trials website 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 this.

10. Rescue Boat and First Aid

Rescue boat cover will be provided by Northern Exposure Rescue and Volunteers (coaches) and will be present on the main lake to give assistance when necessary. The safety boat(s) will be available on the event's radio network.

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.

First Aid Support and the on-site Doctor will be based at the Registration Cabin during racing and may be contacted by radio or telephone.

The nearest A&E department is in **Queen's Medical Centre Campus, Derby Road, Nottingham, Nottinghamshire, NG7 2UH.**

Contact number: **0115 924 9924.**

11. Incident Reporting

All incidents should be reported to the Event Organiser. These incidents shall be reported through the British Rowing online reporting mechanism [British Rowing Incident Reporting](#).

Medical Return

In the event of an accident or incident resulting in significant injury or requiring transfer to hospital, the Event Organiser shall complete a Medical Return Form to be sent to the British Rowing Chief Medical Officer.

12. Equipment

Coaches are reminded that the equipment used by their crews should meet the minimum standards set by British Rowing and Row Safe. Coaches & athletes should ensure bow balls are in place and hatch covers / heel restraints are secured before allowing their crews to boat.

13. Emergency Action Plan

- Call for Rescue Boat(s) by radio via Safety Marshals. The remaining rescue boat is to redeploy to provide optimal cover
- Evacuate the individual to the nearest land point
- Call for a First Aider to attend giving the location
- Call 999, where appropriate, provide them with clear directions to the incident
- Actual or Suspected Minor Injury or Precautionary Measure
- Call for Rescue Boat(s) by radio via Safety Marshals. The remaining rescue boat is to redeploy to provide optimal cover
- Individual evacuation to the boating area
- Alert the start to temporarily hold racing where appropriate
- Should emergency services be required, call 999 without delay
- Call for assistance by radio via a Safety Marshal
- Event Organiser to contact emergency services where appropriate
- Where appropriate, alert First Aiders to attend the incident
- Should emergency services be required, call 999 without delay.

14. Water Borne and Infectious Diseases

General Advice

Competitors should take the following action in order to reduce the risks of infection from water-borne disease:

- Do not drink water from the lake.
- Only drink from your own water bottle.
- Wash hands thoroughly and shower if necessary before eating or drinking.
- Avoid immersion in the water.
- Cover cuts and abrasions (including blisters) with waterproof dressings.
- Do not splash water from the lake onto your face or body in order to cool down.
- Shower after contact with the water.

- Wear footwear to avoid cuts and protect feet when paddling in the water (launching a boat).
- Avoid contact with Algal scum.

Leptospirosis (Weil's Disease)

The risk of contracting Leptospirosis from recreational water is small, 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.

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.

15. Radio Protocol

Summary

We have radio equipment for use during the trials.

Radio Frequencies

We will use channel (TBC on the day) to communicate for Emergencies only. Radios will be held at the following points:

- Boating Pontoons Marshalls
- Start Leader
- 1000m Marshall
- Finish Leader
- Registration Cabin – Event Organiser (England Team Manager)
- Registration Cabin – Safety Advisor
- Registration Cabin – Doctor
- Safety Boat(s)

Standard Operating Procedures (SOP)

- Ensure the radio is switched on and that the correct channel is selected.
- Hold the radio so that the aerial is vertical.
- Being at the bottom of the bank reduces the range of the radio.
- Listen for other traffic using the frequency and don't just cut in over them.
- Think about what you will say before transmitting and keep it short.
- Hold the transmit (PTT) button down for two seconds before starting to transmit.
- Say the call sign of the station you are calling first **BEFORE** you identify yourself (e.g. Start Marshal wishing to speak to Finish Marshal: "Finish Marshal, Finish Marshal, Start Marshal, over".)
- Release the PTT button when finished transmitting.

REMEMBER, this is an open network and competitors and members of the public may be able to hear sensitive conversations.

Prowords

Over	the invitation to the other station to reply to your transmission
Out	end of working with another station
Received	information received

I say again ...	information to be repeated for clarity
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I repeat ...	information being stressed
Radio check	Answer as appropriate: Loud and clear / Un-workable
Say again all after/before	[Race 17 for example]
Station calling	[Start for example] but only if you are sure that the call was addressed to your station.
I spell	Spell words using phonetic alphabet if necessary for clarity.
In figures	if it is necessary for numbers to be written down by another station in figures rather than words.

Emergency Operating Procedures (EOP)

Any Marshal who sees or finds an accident should radio the Safety Advisor or Event Organiser by radio or phone.

For anything other than a trivial incident, the Safety Advisor will announce that there is an emergency and that they assume control of the incident. The Safety Advisor will then ask for details: location, type of incident, number of people involved, severity and whether additional resources are required. Thereafter, the appropriate rescue will be called for. Radio Silence will be maintained until the incident has been dealt with. The Safety Advisor will record the incident.

For a major incident, any marshal or other person should telephone the emergency services using 999.

Once the incident has been dealt with, the Safety Advisor will announce this fact to all stations and allow normal radio traffic to resume.

Safe Use of Radios

Radios should be switched off when adjacent to the petrol store and/or switched off during the refuelling of launch fuel tanks.

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.

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.



Event Safety Plan Reviewed by

Richard Donnor, Regional Safety Advisor, East Midlands Regional Rowing Council

Date 4 July 2026

Event Safety Plan Prepared by

Chris Callow, England Rowing Team Manager

Date 4 July 2026