

SAFETY INFORMATION

These notes should be read in conjunction with the ARA Safety Code.

COMPETITOR'S RESPONSIBILITIES

- All competing crews should ensure that their equipment is 'fit for purpose', paying particular attention to: Bow balls, heel release mechanisms, rudder lines and buoyancy compartments/canvases. Spot checks will be made and race number may be withdrawn if boats do not meet the required standards.
- All coxes **MUST** wear life jackets (or approved buoyancy aids), in accordance with the A.R.A. Code of Practice.
- All competitors must be able to swim 100 meters in rowing kit. All crews must have adequate Third Party insurance.

SAFETY

- All race marshals will wear fluorescent yellow tabards stating 'CRA MARSHALL', also be in radio contact with all other race marshals, start and finish. In an emergency, the race marshal nearest to the incident will initially take charge. Racing may be stopped until the emergency has been resolved. Crews that stopped racing may go back to the start. Racing will resume under the instructions of the Start Marshall.
- No crew is allowed to paddle up stream before the race has started.
- The organisers will make their best endeavours to provide safe racing, but this does not absolve individual competitors from exercising a duty of care for themselves, any third party and their equipment

COURSE

- A plan of the course is attached showing the positions of marshals **CREWS ARE WARNED THERE IS A WEIR BELOW THE START**

PHONES

- Mobile phones will be at the start and finish (for emergency calls only). A public phone can be found just before the Pike & Eel/Penny Ferry pub at the junction of Water Lane/Fen Rd. In the main boathouse area there is a pay phone at 1st & 3rd Trinity boathouse.

Emergency services	999
Addenbrooke's Hospital A&E	01223 217118
Parkside Police Station	01223 358966
Cambridge Ambulance Service	01223 411444
Cambridgeshire Fire & Rescue	01223 324320
Local GPs Surgerys	
96 Chesterton Rd. (Red House)	01223 65555
125 Newmarket Rd.	01223 64116
20 Newmarket Rd.	01223 295151
Baitsbite Lock	01223 860527
River Foreman	01223 860484
Clerks to Conservators	01353 662203
NRA	
Environmental incidents	0800 807060