

SAFETY INSTRUCTIONS SBH 2010

These notes should be read in conjunction with British Rowing's 'Row Safe'.

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. Umpires may carry out spot checks and race numbers may be withdrawn if boats do not meet the required standards.
- All coxes **MUST** wear life jackets (or approved buoyancy aids), in accordance with British Rowing's Row Safe Code.
- 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 'MARSHAL', 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 incident has been resolved. Crews that stopped racing may go back to the start. Racing will resume under the instructions of the Start Marshals.
- No racing 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. Less experienced competitors are encouraged to have bank party attending.

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 kept at the start and finish and also at Race Control. 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 Surgeries

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

Environmental incidents 0800 807060