

**METROPOLITAN REGATTA
SAFETY / EMERGENCY ARRANGEMENTS 2016**

1. The Metropolitan Regatta adheres to the British Rowing Row Safe Guidelines. Competitors and Officials must follow this Code at all times.
2. Coxswains must provide and wear an appropriate functioning buoyancy aid or lifejacket when afloat and must be aware of its method of deployment. All Umpires, Officials and Staff must wear a buoyancy aid or lifejacket at all times before, during and after racing, when afloat - including when on the start pontoon.
3. All in-boat safety equipment must be in good working order. If a member of a crew should for any reason leave the boat once afloat, the crew MUST stop to assist that person in the water until a rescue boat arrives. Failure to stop will result in the crew not being placed in accordance with Paragraph 2-6-1b in the British Rowing Rules of Racing.
4. Crews will proceed to the start using the warm-up lake; within the warm-up lake boats will follow an ANTI-CLOCKWISE circulation pattern. Marshals at 100m and near the bridge at the start will control access to the start zone.
5. The racing lanes are numbered 1 to 7, from the left-hand side of the course as seen by the Starter (see plan). Lane 1 is on the side of the course nearest to the spectators. Crews proceeding towards the start must use the separate return lane and then enter the course carefully at the start. Marshals will be on duty to control this. Lane 8 is a closed lane separating traffic flow. A CLOCKWISE circulation pattern will operate at ALL times for Warm down on main racing lake. Four rescue boats will idle in Lane 0 (start, 750m, 1250m and finish) on the spectators side of the course and two will patrol the return lane. The Regatta does not provide rescue cover on the River Thames, adjacent to the course, and crews are NOT allowed to boat on the River from the Regatta site. There will also be no practising permitted before, during or after racing on either day. Only crews who have checked in and received a lane number will be permitted to boat.
6. Cars and motorbikes etc are NOT allowed to follow races on either side of the course. Cyclists may follow using the road on the island to the south side of the course by the finish tower. Please follow the one way system, exercise care at all times and especially when approaching the bridges on the cycle track. There should be a maximum of two bikes following each crew. For reasons of safety we separate pedestrians and cyclists, this means cycling is not permitted in front of the boat house, or on the path on the spectators side of the course. No pedestrians are permitted on the course road on the island between the finish tower and the start.
7. On land, the First Aid point (staffed by paramedics) is located near Check-in and the boating rafts. Instructions from rescue teams on arrival at an incident MUST be followed.
8. Umpires and rescue teams are equipped with radios on their own frequency. Management radios and Timing radios also link the Start and Finish, amongst others, to Race Control in the finish tower. Race Control can telephone to summon the Emergency Services.
9. If an injured person needs to be taken off the water, it will probably be best to disembark on the main boating raft. Umpires and/or Officials should use their radios to alert the rescue teams as necessary. The helipad (the circle of grass to the south of the Boat House) must be kept clear at all times.
10. Umpiring will be from launches. Umpires are reminded that their first duty to competitors is that of safety. If weather conditions deteriorate, the Race Committee will postpone or abandon racing. The decision to resume racing is at the discretion of the race committee and safety officer. Please listen for announcements on the PA system and radio nets.
11. Safety equipment, including First Aid, will be located at the Start, Finish and in Race Control. Fire extinguishers are located in the Boat Houses.
12. A mobile telephone is available in Race Control for emergency use with a list of emergency telephone numbers. There is no public telephone on site. The nearest Accident & Emergency Unit is at:
Wexham Park Hospital
Wexham Street ,
Slough,
Berkshire , SL2 4HL. Tel: 01753 633000.
13. The regatta adheres to the British Rowing safeguarding & Protecting Children Policy. If you have any queries please contact the secretary or safety officer.
14. Please let me know if you have any comments about the safety arrangements: 07515883325.

Andrew Shakespeare - Safety Adviser
Luke Dillon - Hon Secretary