

# Sudbury RC Regatta 3<sup>rd</sup> August 2019 – Competitor Safety Plan

## Introduction

This is the 139<sup>th</sup> Sudbury Annual Regatta. We aim to make this one as competitive, enjoyable and safe as all of our previous events. The Sudbury RC Regatta has adopted the guidance contained in Row Safe: A Guide to Good Practice in Rowing. This safety plan describes the controls we have in place and how you can contribute to a successful day. It is your responsibility to ensure that you comply with any requirements set out in Row Safe and that your equipment complies with expected standards.

## Location and Parking

The Regatta is at **FRIARS MEADOW, EDGWORTH ROAD, SUDBURY, CO10 2TG**. The location will be signposted around town but if in doubt Edgworth Road runs alongside the Waitrose supermarket. Turn down Edgworth Road and at the end of the road follow the signs down a track and over a former railway line – take care as it is a local footpath and cycle track. You will be directed to the parking area – boat trailers should park carefully at the far end of the meadow, please do not try to take non towing cars into this area.

## Launching and Racing

After registering at the Race Control Tent situated at the Regatta Finish please note that you will be called for your Division in good time via the public address system There will also be an indicator board located on the Control Tent which will identify the current Division being called.

Before launching please check your bow-ball, heel restraints, boat buoyancy, suitable cox life-jackets – the Boat Marshal or Umpire will be formally checking before you are allowed on the water and may disqualify you if you do not comply.

Please follow the directions of the Boat Marshal and aim to launch as swiftly as possible to help us ensure we keep to time. Once launched you should assemble upstream of the Regatta finish clear of competitors until the last race of the previous Division is completed. When the river is clear you will be directed to proceed to the Regatta Start. At the Start you will be given directions by a Marshal until you are ready to race when you come under the control of the Race Umpires.

Once you have finished your race please keep clear of the following races and the boats assembled for the next Division. Once directed by the Boat Marshal approach the landing stages and land your boat as quickly as possible.

[The Competitor's Instructions contain details of the circulation pattern you must adopt above the Finish of the course.](#)

## Capsize

In the event of a capsize please make for the Suffolk bank (north / bowside heading upstream) as the Essex side is inaccessible. Follow your usual capsize drill. Bank based Marshals, Umpires and a rescue boat will support you if required. In the case of injury First Aid will be contacted by radio and will attend to provide assistance

## Emergencies

For a minor injury, sunburn or someone feeling unwell First Aid will be located close to the Control Tent

In the event of an Emergency in addition to First Aid, Race Control will manage the incident and have mobile phones as well as radios to contact Emergency Services and will despatch someone to direct an ambulance or other services to the incident.

Course Umpires and Marshals will have radio communication with Race Control and should be the first contact in an Emergency that occurs away from the Race Control tent. They can be in immediate contact with Race Control to arrange support.

**The nearest A&E hospital is West Suffolk Hospital, Hardwick Lane, Bury St Edmunds, IP33 2QZ**

**Should you need to contact 999 direct please give the address as Edgworth Road Sudbury Suffolk CO10 2TG as they will not recognise Friars Meadow. Grid Reference TL 874410**