

Lea Regatta

Race Documents

Competitors' instructions

Safety

All competitors, coaches and other participants must familiarise themselves with these instructions, as well as the Regatta Safety Plan below. They must follow all posted safety notices and obey instructions from Regatta Officials.

Safeguarding and protecting children

The organisers of Lea Spring regatta believe that the welfare and wellbeing of all children is paramount. All children, regardless of age, gender, ethnicity, religion or ability, have equal rights to safety and protection. All suspicions, concerns and allegations of harm will be taken seriously and responded to swiftly and appropriately, as outlined in the Welfare Plan below

A welfare officer/co-ordinator for the competition will be appointed annually and will act as the point of contact for any concerns or allegations. Their contact number will be posted in the boating area throughout the duration of the competition. Please initially report any concerns to the Regatta's welfare officer.

Parking

There are arrangements for trailers to enter and leave the grassed parking area behind the clubhouse via a gate halfway along Spring Hill near the junction with Lingwood Road (see map). Only towing vehicles or cars transporting sculling boats may be parked on the field.

All other vehicles, whether cars, vans or trucks, will need to be parked in the nearby streets.

No boats or equipment should be left on the road – except in transit between the parking area and the landing stage – in order to leave the road clear should access be needed for emergency vehicles. Boats should be rigged near the trailers.

The entry to the field for parking is very tricky, with two right angle turns. Trailer drivers should bring two spotters/banksmen with them to avoid damaging the boats and injuring pedestrians. There should be one banksman/spotter on each side of the trailer at all times when it is being manoeuvred in the field.

Trailer parking is only under the trees adjacent to the road.

No vehicles should be driven over the rugby pitches.

The field is invariably busy on regatta day, particularly as the local rugby club hosts an event on the same day therefore we ask the drivers of towing vehicles to be extra-sensitive to the needs (and sensibilities) of the rugby club members and their guests. Car sharing is advisable!

Rules of racing

The Regatta takes place under the British Rowing Rules of Racing.

Crew registration

Crew numbers will be ready for collection in the boathouse. Crew numbers will only be released when all crew details and any outstanding payments have been dealt with.

Any crew changes or scratched crews on the day must be made at Control as soon as possible.

Coxes

Coxes must report to be weighed at Control and must bring a lifejacket or buoyancy aid conforming with Row Safe requirements, which they will wear on the water. A certificate will be issued showing if any deadweight is required, as dictated in the Rules of Racing.

Deadweight must be carried safely and not attached to the cox. Deadweight may be reweighed after competing.

Boating

Racing will take place in divisions and access to the start will be between divisions.

Competitors going afloat for their division should only do so when the previous division has finished racing. They should use the upstream end of the landing stage. They should try to be prepared and ready to go upstream without delay at the end of the previous division's racing.

NO OTHER BOATS SHOULD BE ON THE COURSE, INCLUDING IN FRONT OF THE LANDING STAGE, WHILST COMPETITORS ARE RACING.

Warming up

The warm up area is upstream beyond the start above the marshalling area. Competitors are reminded that the rule of navigation is to travel on the RIGHT and to watch out for other river users. Between the start and the bridge upstream of the start there is a very long willow branch half blocking the river; rowers should keep a good lookout and avoid colliding with it.

Competitors must be near the start line in good time for their race, ready to follow marshals' and umpires' instructions.

Racing course

The racing course starts on stakeboats 600m upstream of the boathouse.

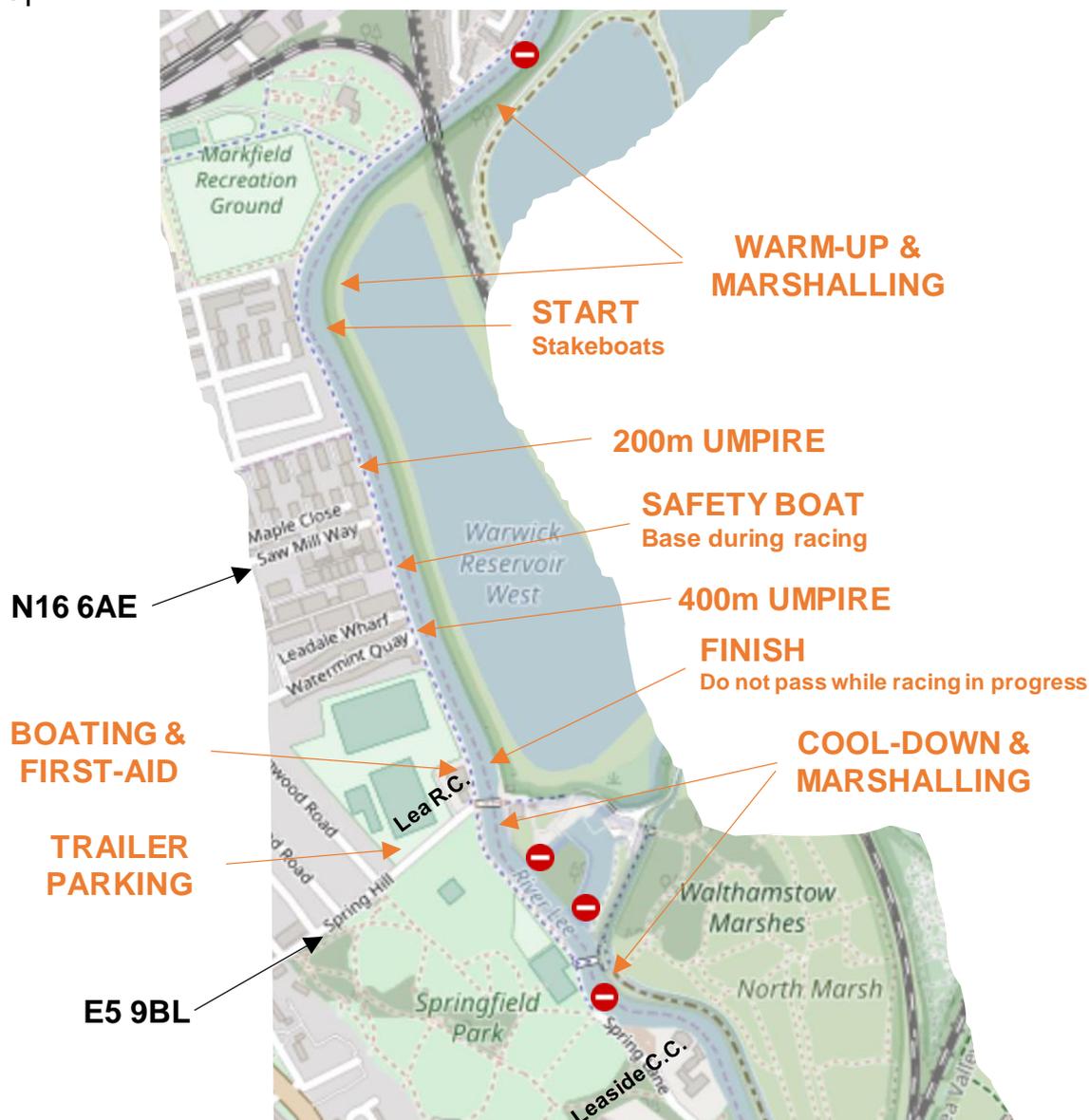
Note that it is not possible to launch or to proceed safely upstream on the course whilst racing is in progress. Competitors should be aware that there are moored boats on both sides of the course.

The finish line is opposite the boathouse. Competitors should clear the finish area quickly, taking care around moored boats and other crews in the warm down area.

Cooling down

Finishing competitors can cool down below the bridge at the finish and all competitors must go below the bridge to turn, paying attention to any other river users. Once the racing for their division is complete, and at all times heeding the instructions of the marshals, finishing competitors should disembark at the downstream end of the landing stage, should do so quickly, and should not leave their boats on the water.

Map



⊘ = No marshals beyond this point. Recommended not to pass

Boat licencing

The regatta takes place on Canal and River Trust water and boats should be licensed for use accordingly. This is solely the responsibility of the competitors and the easiest (and cheapest) way to purchase a day license is by telephoning 0303 040 4040 (option 1) during office hours Monday – Friday 8am – 6pm.

Photography

All competitors should be aware that this regatta takes place in a public space. The River Lea towpath is a public right of way, and there will be bystanders and passers-by. As such, it is not practicable for Lea Rowing Club to control all photography that happens along the length of the course.

If you wish to take photographs during the regatta, please be aware of the rights to privacy of all participants, and particularly of junior competitors. If you wish to take photographs for publication or for any commercial purpose you must seek written consent from the Regatta

Committee, and we will require you to seek consent from the athletes for the use of any images that are of identifiable individuals.

If you are concerned that these guidelines have been broken, then please contact the Regatta Welfare Officer, or any member of the Regatta Committee.

Contact details

Race Committee Chair (joint)	Tom Brown 07710 822668 David Porter 07876 540914
Regatta Welfare Co-ordinator	Sylvia Chew 07849 054231 Sally Lawrence 07740 86131 David Porter 07876 540914
Regatta Safety Advisor	Matt Pooley 07792 687765 rsa@learc.org.uk
British Rowing Safeguarding Officer	Laura Fieldman 020 8237 6700
NSPCC	0808 800 5000
Springfield Safer Neighbourhood Team	020 8721 2925
Canal and River Trust	0303 040 4040
Local Police (Stoke Newington)	101
Emergency Services	999

Safety plan

This Safety Plan has been formulated to meet the Lea Regatta Organising Committee's responsibilities.

Regatta Safety Adviser

The Regatta Organising Committee has appointed Matt Pooley (rsa@learc.org.uk) as Regatta Safety Adviser. He is a member of the Organising Committee and has reviewed this document and the updated 2019 Regatta Risk Assessment (available for viewing on the website).

Regatta Race Committee

A race committee of three licensed umpires will be chaired by the Chairman, the co-ordinating (bridge) umpire and the umpire at 200m. The Race Committee will undertake the duties detailed in British Rowing Rules of Racing 6-1-2 and 6-1-3. In particular, they will decide whether conditions are too dangerous to permit racing to continue.

Row Safe: A Guide to Good Practice in Rowing ('Row Safe')

It is compulsory that all crews attending Lea Spring Regatta comply fully with British Rowing Rules of Racing ('Rules of Racing') and all aspects of Row Safe. It is the responsibility of the competitors to ensure that their boats are safe and are prepared to standards required by Row Safe. Control Commission Umpires will randomly inspect boats for compliance with the requirements of Row Safe and the Rules of Racing.

All club/crew coaches are to ensure that their crews are correctly briefed on Row Safe, in particular in relation to capsizing procedures for scullers.

Circulation pattern and competitors' instructions

All competitors, coaches and other participants must familiarise themselves with the Regatta circulation pattern as described in the Competitors' Instructions. They must follow all posted safety notices and obey instructions from Regatta Officials.

First Aid

First Aid facilities are provided in the bar which is situated on the first floor of the boathouse overlooking the finish. Any junior requiring first aid treatment should be escorted to First Aid by a responsible adult, who will be expected to remain with the junior throughout his/her stay.

Safety Cover

Umpires along the course (stationed at the start, 200m, 400m and the finish) are each equipped with a throwline and thermal foil blanket in accordance with British Rowing rules.

There will be a rescue launch stationed in the bay at mid-course. Additional safety equipment as specified by Row Safe will be carried in the launch. The driver will have a radio, as will the marshals, the five course umpires on duty and race control.

Emergency Action Plan

The Race Committee Chairman (jointly Tom Brown/David Porter) will be contactable on mobile phone 07710822668 and 07876540914 respectively, and must be advised immediately of any incident:

- involving danger of, or actual, significant injury;
- requiring consideration of suspension of racing;
- involving loss of facilities required for safety and public health

The Race Committee Chairman will coordinate communication to the Race Umpires, Race Control, Starter and other officials, and (as appropriate) Emergency Services. Any notification of the emergency services, including the London Ambulance Service and/or Homerton Hospital, will be made through the First Aid Station or the Race Committee Chairman.

Accident and emergencies

The regatta has a network of radios spread along the course. In order to summon safety help for an incident on or off the water, please contact the nearest Regatta Official. They will report it by the nearest available radio link to the Safety Adviser and failing that to Race Control. The Safety Adviser or Race Control may assume control of the incident or delegate to the on-site Official.

Racing may be suspended if an incident has occurred anywhere on the course. Should the regatta need to be suspended or cancelled, umpires will be notified and they will then advise competitors by loudhailers.

Radio silence may be called for except from those involved in dealing with the incident to allow additional help to be summoned if required. Radio users will be advised when conditions return to normal.

The First Aid Station or Race Committee Chairman will initiate any "999" call by mobile phone should the incident require assistance beyond the scope of that available on the Regatta site. The Safety Adviser or Race Control will alert the Car Park Team to the imminent arrival of emergency services, provide a point of contact and clear directions to the incident

Thunderstorm safety plan

If the time between hearing thunder and lightning is 30 seconds or less (and that the direction of the thunderstorm passes over the Regatta Field/Course area) then we will react by evacuating all personnel from the river and advising all competitors, members of the public and regatta staff to take shelter. The Race Committee will make the decision once severity and direction of storm is established.

Co-ordinators responsible for each area will report back to Race Control when their area has been evacuated.

Other river traffic

Occasionally there may be other river traffic that might want to traverse the area. Everybody should be alert to this possibility and every effort will be made to warn people.

There will be signs at both ends of the course alerting river traffic to the fact that racing is in progress. There will be two marshals, one at each end of the course. In addition to directing the competitors, they will cope with other river traffic wanting to pass through the regatta area. Marshals will ask the vessels to wait for the course to be cleared and will advise the umpires and regatta control that there is a vessel waiting to get through. The procedure then will be to finish the race or division in progress then delay further racing and move crews otherwise on the river to make way for the traffic to proceed. The regatta will resume once the marshal at the other end has advised the river is clear.

Prior to the regatta any moored boats that pose a problem for racing crews will be asked to move.

Cycling

Due to potential incidents, the Organising Committee strongly discourage the following of races on cycles. This is discouraged on safety grounds as the tow path is a public right of way. Action will be taken against individuals and clubs reported cycling in a reckless manner and not giving pedestrians the right of way.

Other

Please note that the British Rowing personal accident insurance has limited validity. If there is any doubt about members' UK residence, it is best to clarify coverage with British Rowing. We cannot really be responsible for interpreting the coverage they have purchased on your and our behalf.

Regatta Incidents

All safety-related incidents, including "near misses", must be reported to Race Control who will record them and file an incident report with British Rowing.

Clean Sport Statement

Lea Rowing Club is committed to Clean Sport. All athletes, athlete support personnel and clubs are bound and must abide by the World Anti-Doping Agency Code. Athletes competing at the Lea Spring Regatta could be tested at any time, and by entering this event it will be deemed that consent to be tested has been given. To understand more about anti-doping, the rules and your responsibilities, go to <https://www.britishrowing.org/about-us/governance/anti-doping/> or email antidoping@britishrowing.org.

Distribution of data

This Safety Plan which includes Competitor Instructions and Circulation Pattern is freely available on the club's website. All competing clubs, umpires and race officials will receive an electronic copy.

Umpires, launch drivers and marshals will receive a race day umpire rota, which includes all relevant contact numbers, a radio protocol sheet and any other relevant information prior to the event.

Welfare plan

This Welfare Plan complies with British Rowing's 'Safeguarding and Protecting Children Policy', updated January 2013, and WG 3.4 Guidelines for Rowing Competitions August 2010

Issue	Action	Note
Who is responsible for welfare issues?	Lea RC Regatta Welfare Officer will be responsible for welfare issues at the Lea Spring Regatta 2019.	All officials and competitors will be notified who the Welfare Officer is through the Safeguarding and Protecting Children Policy posted on the website which will also be displayed at key boating positions on the day.
Awareness	The event will publicise the Welfare Plan and Safeguarding and Protecting Children Policy on the website and as an email attachment, along with the instructions for racing, and post it on boat shed doors on the day.	
Medical provision	The event Water Safety Adviser will brief First Aid on welfare issues.	WSA to distribute a copy of the Welfare Statement to safety and First Aid along with their instructions.
Appropriate level of security	The Organising Committee is to ensure that Heads of Department and/or coaches are aware of the need to safeguard the security of children where changing facilities are provided.	
Missing persons	Any missing persons should be reported to the nearest official who will inform the Regatta Secretary. If after contacting officials along the appropriate length of the course there is still concern that the person has not been located, the Regatta Secretary will contact the local police.	Regatta Secretary to have number of local police station.
Access to young people or their contact details	It is the responsibility of all visiting clubs to ensure that anyone undertaking supervisory roles or with access to young people's contact details should have undertaken a full DBS check.	
Photography	It is the responsibility of those in visiting clubs with responsibilities for safeguarding children to be aware of	

	people taking photographs. If they are concerned about the possible contents of photographs then they should either challenge the individual directly or report the incident to the Welfare Officer.	
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