

1.4 Competitions & Safety Plans

Is your competition safely managed?

Responsibilities

Personal

- Read and understand the instructions to competitors
- Report any incidents at the competition

Club

- Distribute instructions to competitors
- Provide a representative to attend any safety briefings

Coach

- Read and understand the instructions to competitors
- Discuss these plans with your crews and check their understanding

Competition Safety Adviser

- Facilitate the production of the Competition Safety Plan for the competition

Competition Organisers

- Ensure that an effective Competition Safety Plan is produced
- Ensure that the Competition Safety Plan is distributed to all competing clubs and other relevant parties

Race Officials, Safety Boat and other personnel

- Read and understand the Competition Safety Plan
- Keep competition organisers informed with ongoing safety aspects of the competition

Regional Water Safety Adviser

- Advise on the effectiveness of the Competition Safety Plan

Regional Rowing Council

- Approve the Competition Safety Plan

Minimum standards to be adopted

Safety Plan: The primary purpose of the Competition Safety Plan is to ensure the safety of competitors, officials, other water users and the public at large.

- The Competition Safety Plan must be formulated, published and circulated by the Competition Organisers
- It is vital that those affected by the Competition Safety Plan know what actions are to be taken, by whom and when, and in what sequence, to maintain effective control and co-ordination
- Competition Safety Plans or relevant off-prints must be received by both competitors and officials at least three days prior to the competition
- Competition Safety Plans must be in place even for small private competitions



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Topics to be addressed by the Competition Safety Plan (complete Competition Safety Audit Sheet):

- Vehicle and trailer access routes
- Circulation patterns to be followed at all times during the period of racing and during practice sessions on, or in the neighbourhood of, the course
- Any special points of danger on or near the course
- Safety boat type, numbers and locations
- First Aid positions
- Safety equipment required for the competition
- Summoning help
- Cancelling or suspension of the competition
- Medical support arrangements
- Location of emergency telephones and suitable communications systems, (including back-up) covering on the water, internally and to outside agencies and emergency services
- Marshalling instructions and control
- When and where crews can practice, warm up and cool down on the water
- Access and transport arrangements (there needs to be a distinction between the levels of response needed for major and minor incidents)
- Racking and boat storage arrangements
- Launching and landing provision
- Emergency Action Plan with details of immediate actions to be taken

Further good practice

(In addition to minimum standards to be adopted)

- Off-prints of, or information and instructions based on, the Competition Safety Plan should be produced to give separate succinct information to the competitors and to the various officials to highlight individual responsibilities
- Pre-competition meetings for coxswains, coaches, officials etc. to reinforce the requirements of the Competition Safety Plan
- Emergency services and local navigation authorities should be provided with a copy of the Competition Safety Plan in sufficient time for any comment or suggestion to be made
- Competition Safety Plans should be modified in the light of the competition review or any changes in the risk assessment
- Competition organisers should set the criteria to enable them to judge when a competition should be cancelled or suspended (eg strong winds, poor visibility, rough or fast flowing water etc.)

Further information

Row Safe – related sections

- 1.2 Risk Assessment
- 1.7 Weather & the Environment
- 1.8 Cold Water Immersion & Hypothermia

ARA website

- Guidelines for Rowing Competitions – ARA Safeguarding & Protecting Children Policy guidance (SPCG 11)
- ARA Rules of Racing

