

Berwick LDS 2023

SAFETY INSTRUCTIONS FOR ALL COMPETITORS AND COACHES

Berwick LDS recognises the importance of safety at their event and has prepared the following notes to inform competitors of the essential safety information to allow the event to be completed safely. All competitors **must** read the notes. For clarification consult the Safety Advisor.

- 1 The race follows RowSafe which has been supplied to every club. Competing clubs are reminded that it is their responsibility to be familiar with and to take note of the guidance given.
- 2 Safety decisions such as modifying the course, cancellation, termination or suspension of racing, may be taken by the race committee, Safety Adviser or Event Secretary after discussion with the others (if available) other responsible persons may be consulted.
- 3 Safety Officer Ian Black, with help from Andrew Cairnes, Club Captain, will check conditions on the Monday prior to race day and one of them will report to NRC and Race Umpire on conditions and raise any concerns about weather conditions taking into account local river knowledge. This will be repeated on Wednesday and again on Friday prior to race day. Early cancellation will be of paramount importance to travelling competitors.
- 4 Clubs must ensure that all their boats competing in the competition must meet the minimum standards of safety required by the Rules of Racing, in particular safe and secure bow balls, heel restraints and buoyancy (if fitted). Any boat may be inspected and will be refused to race if not compliant. Crews should also be suitably dressed for the prevailing and changing weather conditions.
- 5 All coxswains must wear lifejackets of an approved type and be suitably dressed for the prevailing conditions.
- 6 Parking and welfare will be at Tweed Green as shown on the attached map.
- 7 All competitors must boat when requested to do so. You will need Wellington boots at Tweed Green boating – please bring them with you. When proceeding to the start crews should take the inside of the bend approx 1000m upstream of the railway bridge taking care as there may still be shallow areas. At race time there will be enough depth of water to race the inside line of the bend. Please see marked course plan. All boats must be upstream of the start line at least 15 minutes before race start time. Anyone not above the start at this time will be held back and not allowed to start until all boats have passed.
- 8 At the race start boats will queue with highest numbers furthest upstream with all boats well in to the South bank. Boats will remain with bows facing downstream into the current and remain on marked stations as per marshal's instructions. Boats **MUST** leave at least a 10 second gap between each other. Any boat not leaving sufficient gap will be held back at the start line.
- 9 The race will begin on the incoming tide. Racing will therefore be against the flow of the incoming tide. Crews should therefore make themselves familiar with the course. When

racing approx 150m upstream of the rail bridge there is stuck drift wood off bottom of the slake on the south side.

- 10 If an incident occurs during the race competitors should ensure that the incident is made known to a safety launch or race monitor. When necessary crews should stop racing and provide assistance.
- 11 Where possible speed boats and jet skiers will be notified of the event taking place and will be asked to give courtesy to racing crews. Although as Tweed is a public river with no restrictions on access competitors should be aware of possibility of these craft.
- 12 The race control is the coordination point for emergencies radio contact can be made to the race control by umpires and from the safety launch if emergency services are called directly please inform race control. If there is a need for a launch to attend an emergency then they will immediately stop any other activity and proceed to the incident and if necessary an umpire or marshal will stop the race.
- 13 At the finish crews should paddle clear of the finish line downstream and head to the boating area as soon as possible. Crews waiting to disembark **MUST** keep bows facing downstream and be mindful to hold their position on the river. **DO NOT** go downstream below either of the road bridges. There will be no safety cover downstream of the bridges.
- 14 First Aid cover will be provided by **Caring, Professional, Reliable, Healthcare Ltd** who will be in radio contact with race control and the safety launches. They will be station at Tweed Green boating area.
- 15 If external emergency services need to be called to provide assistance the recognised meeting points are:

Start: West Ord Riverside, Nearest Post Code TD15 2XQ. Follow Road to riverside

Mid Course: Sewerage Works Road, off Rotary Way, East Ord

Finish: Tweed Green, Tweedmouth, Berwick on Tweed.

Contact Information

Race Secretary	Northern Rowing Council	lds@nerowing.com
Club Captain	Andrew Cairnes	07825200621
Event Safety Advisor	Ian Black	07821253367
Welfare Officer	Gail Cassidy	07919428502
Chair of Race Committee	Charley Curtis	via radio

PLEASE SEE SUPPLIED MAP FOR COURSE DETAILS ON SEPARATE PAGE.