



Lee Regatta Safety Plan 2024

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1.0 Introduction

Welcome to the annual Lee Regatta which takes place this year on the 18th May at the Marina, Cork. We hope that you all have an enjoyable, safe and successful day of racing. With your support and co-operation, we should survive the day in tact.

This Safety Plan incorporates the key points of all the rowing clubs involved, our aim is that all competitors, officials, and visitors will uphold all Good Practice that exist in Rowing throughout all the clubs participating in Lee Regatta 2024. A copy of the Safety Plan is lodged with Rowing Ireland and our medical professionals.

We encourage everyone to use common sense and to think safety first.

The Safety Plan has four primary objectives. These include.

1. To ensure that racing is conducted with due observance of all safety conditions as per the Rowing Ireland Rules of Racing.
2. To manage hazards specific to Lee Regatta which is 500 metre course that runs east to west in parallel to the clubhouse and all reasonably foreseeable hazards on the slip, pontoon, and boathouses.
3. To provide adequate First Aid and medical services at the regatta course.
4. To ensure yearly improvements in the safety plan through investigations of any incidents or near misses which occur during the regatta both on and off the water.

In support of our main objectives, we have enlisted the services of

St Johns Ambulance will be providing first aid on site on the day of the regatta. They will be present before the first race and approximately 20minutes after the last race of the day.

A dedicated safety launch crew provided by trained personnel from Cork River Rescue will be patrolling the short course throughout the event. This boat will be able to communicate with the other launches (including umpires and safety) on the day by means of two-way radio.

Umpires are equipped with loudhailers. Two-way radios and safety equipment.

Safety boats, umpires and other regatta officials are provided with radios operating on the Umpires Channel for communication.

The Marina is a unique promenade that is open to the public. There is construction work currently being undertaken here and we ask that all visitors stay clear of the construction area.

We ask that you respect the other users of the Marina at all times. This includes keeping the Marina clean and tidy. Rubbish bags will be provided to all clubs. Please ensure that you use

the bags for your rubbish and leave them tied up and ready for collection at the end of the day.

Our clubhouse is open, and all are welcome, and we hope that you all enjoy the day.

2.0 Safety Procedures and Preventive Measures

2.1 Safety Instructions and Information for Competitors Equipment

It is the responsibility of each crew to ensure that the equipment that they are using is safe and compliant with the requirements of World Rowing and the rules of Rowing Ireland.

Coxes presenting at the pre-launch inspection without the correct life jacket on will not be allowed on the water. Coxes of front-loading boats should ensure that their life jackets allow for a quick escape from their boat.

All boats must have secure bow balls, heel restraints and watertight buoyancy chambers.

Coxes must wear a life jacket or buoyancy aid in the correct manner and be familiar with the method of operation. In “front-loader” boats coxes must wear manually operated gas inflated life jackets. **Self-inflating lifejackets are forbidden.**

Inspections will be conducted on Lee Slip throughout the day and any omissions may lead to disqualification.

Swimming Ability:

Every competitor must be in good health and able to swim and tread water in their club racing gear. It is the responsibility of each club to ensure that their members competing in Lee Regatta are fully compliant with this basic control measure.

Competitors' Responsibility

While Lee Rowing Club will endeavour to provide a safe system at this event, each competitor and competing club also has a duty of care to themselves and others. Competitors and spectators have a duty of care to themselves and any third party both on the water and on land.

All clubs must ensure that equipment (boats, blades, buoyancy aids, etc.) are safe and prepared to the standards as required.

Spot checks will be made by marshals to check on bow ball, heel restraints or other quick release mechanisms and coxes' life jackets.

Clubs must ensure that their boats comply with the buoyancy requirements.

Clubs must adhere to the strict observance of the regatta traffic/circulation pattern and to follow instruction by officials at the holding area east of the start.

Competitors, including coxes are not permitted to stand up in boats once they leave the pontoon.

Competitors must always stay in an upright position at race completion.

2.2 River Hazards

Lee Regatta is a sprint regatta with continuous racing to facilitate the large entry.

Competitors must cooperate with fellow competitors on the river and listen to safety instruction from regatta officials.

Competitors must cooperate with regatta officials in the interest of safety.

2.3 Launch Plan

Crews are to launch from their respective slipways.

Many visiting clubs will launch from Lee Rowing Club, but some competitors may launch from both Shandon and Cork Boat Club.

Competitors based at Lee Rowing Club will be asked to launch when an appropriate safe gap in racing is presented and they are instructed to do so by a regatta marshal.

Crews are to row to the start upriver on the Marina side to the holding area just west of the shanty.

On completion of races, crews are to continue rowing past the finish to the turning circle which is east of Shandon Boat Club.

Crews will then make their way back to Lee Rowing Club Pontoon on the Marina side of the river. Crews heading east to Cork Boat Club must stay on the Marina bank of the river until they pass the holding point at which time, they should go down the centre of the Chanel.

Oars should be removed from the pontoon as quickly as possible.

A safety map of Lee Regatta is available on the regatta page.

2.4 River Traffic Plan

There will be no training allowed prior to the Regatta.

Competitors should make their way safely to the holding area when instructed by a regatta marshal.

Competitors will make their way to the start along the Marina bank of the river, pulling into the bank allow racing to pass when instructed by a marshal.

Practice fast starts are not permitted once you leave the pontoon. Crews will row upriver past the starters launch when it is safe to do so and instructed by a marshal.

While in the holding area crews should be always be aware of other crews and avoid collision. Competitors will wait to be called to the start by an umpire, marshal, or the race starter from an upriver position at the starters launch.

Crews will subsequently line up and await orders from the starter.

The sprint course is visible to strategically placed umpires and marshals. In the event of a capsize, crews are to **STAY WITH THEIR BOAT** and await instructions from a marshal.

3.0 Communication

3.1 Know the Rules

The Rules of World Rowing and Rowing Ireland will be used.

The marshalling rules are straightforward, umpires will stop racing if an unsafe situation develops. Listen for start marshals' instructions - they are all experienced in the job and know the event and the river well.

3.2 If you see an Accident.

Please report to the nearest official immediately, who will act or alert the rescue services by radio as necessary. Umpires, marshals, and officials will be the initial public contact points for reporting of emergencies.

This Safety Plan is distributed to umpires and other regatta officials by the regatta organising Committee.

3.3 Safety Boats

At least one dedicated Safety Boat will be available at all times, positioned along the course in a strategic position dependant on conditions. This boat shall be equipped with competent people, radios, throw lines, safety blankets and first aid equipment.

The dedicated safety boat is being provided by Cork River Rescue.

3.4 First Aid

First Aid cover is provided at Lee Rowing Club. This is being provided by St Johns Ambulance.

3.5 Emergency

In the event of an emergency please contact the following as set out below

Type of Emergency	Emergency Service	Phone Number
Hospital (Emergency Department)	Cork University Hospital	021 4920200

Major Emergency	Gardai ,Anglesea Street, Cork	021 4522000
Major Emergency	Cork City Fire Brigade, Anglesea Street, Cork	021 4966333

3.6 Key Personnel

Below are the persons responsible for the key areas of the regatta.

Role	Name	Phone Number
Regatta Secretary	Brian O’Flaherty	087 7511757
Safety Advisor	Mick Riordan	086 3953619
Safety Advisor	Liz Buckley	087 9338929
Chief Umpire	Eddie Davis	086 2633758
Assistant Umpire	Neil Creedon	086 0488601
First Aid	Teresita O’Callaghan	086 8934374

Race Committee on the Day

Role	Name	Phone Number
Race Committee (Chief Umpire)	Eddie Davis	086 2633758
Chair Race Committee (Umpire)	Susan Dunlea	087 7736319
Race Committee (Regatta Secretary)	Brian O’Flaherty	087 7511757

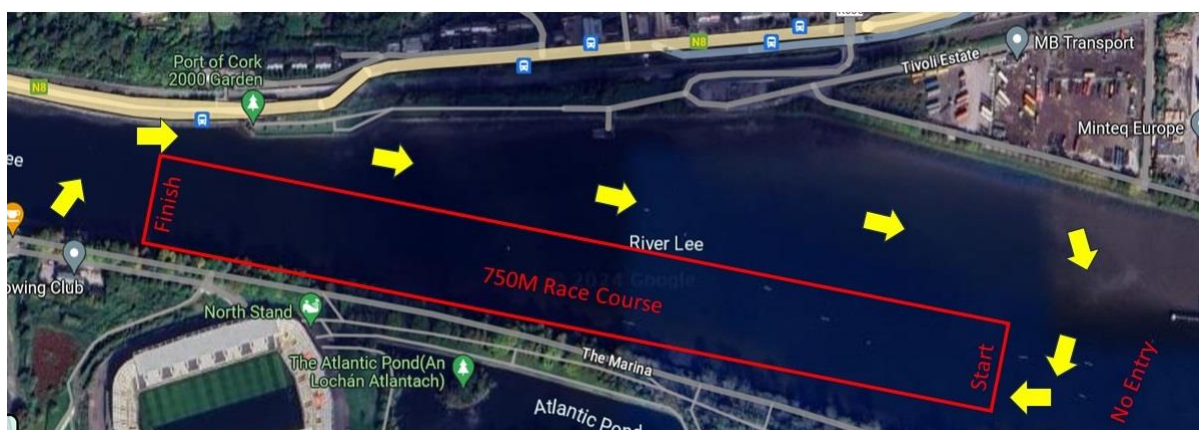
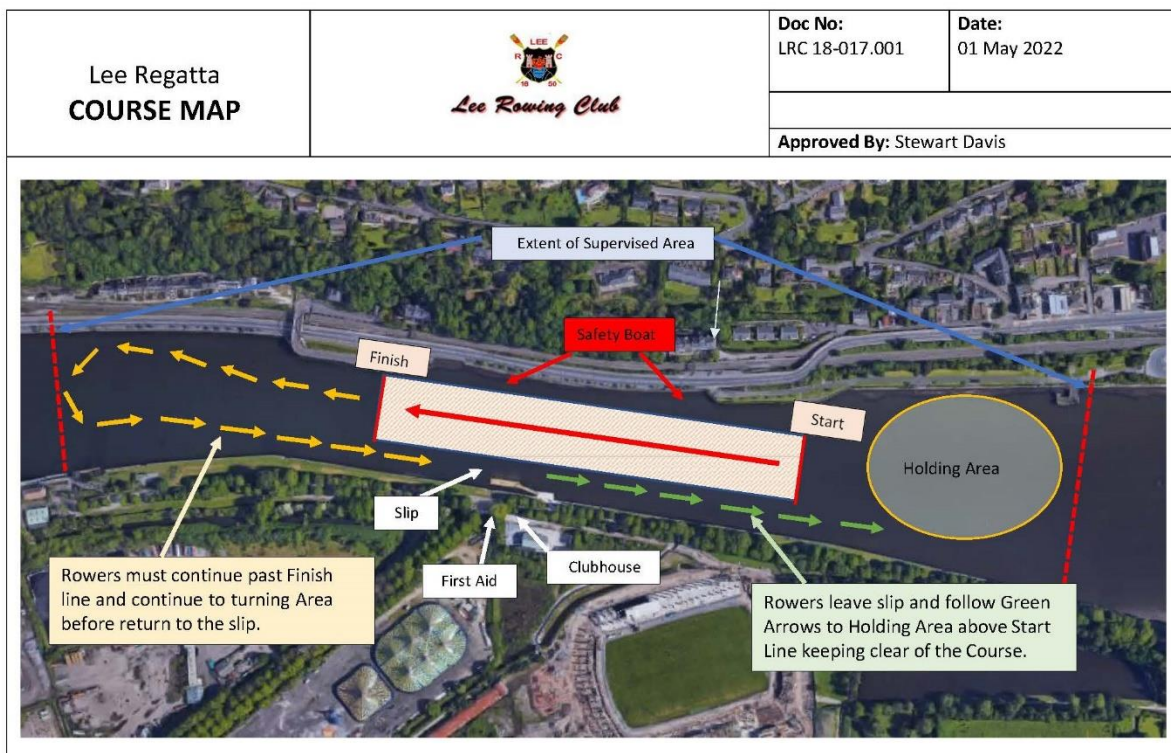
3.7 Accessibility

Access to the club is from the Centre Park Road.

Centre Park Road is accessible to the eastern and western link roads.

Trailers and towing vehicles will be catered for on the road heading to Shandon and also the road heading to Supervalu Pairc Ui Caoimh.

Lee Rowing Club’s gates must be kept clear for emergency vehicles. The local Garda have been informed of the event.



3.8 Incidents

Collisions & Capsizes

Remove any boat that is damaged and unable to proceed to the side.

On the course:

Remove any boat that is damaged and unable to proceed off the water as safely as possible. Crews can then either be helped back into their boat by a marshal or can be collected by a safety launch.

Umpires and marshals:

Shall pay particular attention to any incident on the river. Should a crew be involved in a collision or suffer any injury that requires assistance, or a crew member falls out of a boat,

the official shall summon a safety launch by radio. If the course is blocked, the official shall also advise the start that no further races shall be started.

Capsize:

The whole course is visible to marshals. Every marshalling position is equipped with a radio to inform Race Control. **STAY WITH THE BOAT!**

Extreme weather conditions & other threats

Where extreme weather conditions or other situations that could require the cancellation or postponement of racing, either for the day or until the conditions change, the decision will be the responsibility of the regatta secretary. The regatta secretary or the Safety Advisor also reserve the right to amend this plan if weather or competition conditions on the day make this necessary. Amendments, postponement or cancellation will be published at Race Control and announced over the public-address system.

4.0 Emergency Action Plan

4.1 Purpose

This Emergency Action Plan sets out mitigation and procedures in relation to an emergency which represents a general threat to regatta participants.

4.2 Responsibility

Responsibility for actions in the event of an emergency rests with the Regatta Committee. These individuals will always carry radios.

4.3 Actions

In the event of a medical emergency the nearest radio equipped Race Official on the scene will take initial control and will assess the situation.

If necessary, he/she will call emergency services.

As soon as immediate life saving measures are in hand Race Control (if not aware) will be notified.

If emergency assistance is required, the official will act immediately. Other radio users will observe radio silence and follow instructions given by that official.

For any other situation normal radio protocol should be used.

The initial incident report for an emergency should briefly include.

- The emergency responders required.
- Location of river stretch or bankside where the responders are needed.
- What has happened.
- The number of casualties.
- The severity of injuries or illness.
- If racing needs to be suspended.

As soon as an incident is reported, all stations on radio are to minimise their communications. Absolute priority is to be given to Race Control and those responding directly to the incident. In the event of any accident or emergency beyond that detailed in the safety plan and outside the capabilities of the regatta first aid and safety facilities, the emergency services will be called using 999 or 112 by mobile phone. Emergency services will receive accurate information on the location.

4.4 Fire

If anybody discovers a fire around, or in the club house they should raise the alarm immediately.

The responder on hand will tackle the fire ONLY if they are confident to do so and initially order local evacuation. If the emergency requires the stopping of racing or general evacuation, he/she will inform the regatta secretary. They will agree appropriate action.

4.5 Equipment Failure

Should there be a Radio failure during the event, Safety Boats and marshals etc shall use mobile phones and megaphones to raise alarm, providing the radio is to be replaced hastily. If this is not possible Race Control shall be informed and racing shall be suspended. . In the event of Safety Boat failure during the event then this must be reported to Race Control straight away to consider if racing should be suspended. .

4.6 Capsize

In the event of a capsize during a race the umpire will call “**Rescue, Rescue, Rescue** and state where the incident has occurred and whether additional assistance is required. All unnecessary radio traffic should be discontinued until the event is declared over.

4.7 Floating Hazard

Any significant floating debris or “hazard” seen on the water shall be reported to Race Control immediately. A safety boat shall be deployed to clear the water and racing shall be suspended if necessary.

4.8 Anti-Social Behaviour

A serious public disorder or violent behaviour shall be reported to Race Control immediately. If necessary, racing shall be suspended, and the Gardai shall be called.

5.0 Emergency Services Access

Emergency vehicle access to Lee Rowing Club is via the Centre Park Road. The emergency services will be met by a regatta official at the gate and directed to the location of the incident.

It is very important that the access to the premises is kept clear and free of obstructions from the early hours on May 13th.

If parked vehicles are causing an obstruction, it will be announced over the Public Address (PA) system and if the vehicle causing the obstruction is not moved in a reasonable amount of time, the vehicle will be removed by the regatta organisers.

The regatta organisers will use a local car removal service to remove the vehicle and all cost incurred will have to be paid by the vehicle owner.

Lee Rowing Club accepts no responsibility for damage caused to vehicles parked in such a way as to cause an obstruction to emergency vehicle access.