

Safety Statement

Swift Racing Irish Senior Coastal Championships 2024

Welcome to the Swift Racing Irish Senior Coastal Championships. We hope that you have an enjoyable, safe and successful regatta. With your help and cooperation, we look forward to a safe day of racing for everyone concerned. This safety plan incorporates the key points for everyone involved, our aim is that all competitors, officials and visitors will uphold all good practices that exist in Rowing throughout all the clubs participating over the course of the event. A copy of this safety plan will be available from the regatta secretary and it is also available via email by contacting Andrew Hurley

We take safety very seriously and we will have first aid crews both on land and on the water for the duration of the event. An ambulance will be on site for the duration of the regatta.

POLICY STATEMENT

Bantry Regatta Committee under the governing body Rowing Ireland is committed to running this regatta in a safe manner. The safety of the competitors, spectators and regatta officials is given the highest priority in the organisation and running of the event. The regatta Committee is committed to continuous improvement in health, safety and environmental standards for the 2024 Coastal Regatta.

It is the Regatta Committee's policy to:

- Comply with the relevant regulatory and legislative requirements and Codes of Practice.
- Conduct activities in such a way as to take foremost account of the health and safety of volunteers, and others who may be affected by our activities.
- Conduct activities with proper regard to the protection of the environment.
- Operates a management system for the events, in which the implementation of the health, safety and environmental policy is a management responsibility, encouraging active leadership and participation of all volunteers.
- Ensure that volunteers, have a good understanding of the health, safety and environmental impact of the events and how we are to manage these impacts;
- Provide the necessary training to enable our volunteers to carry out their health, safety and environmental responsibilities. The Regatta Committee has overall responsibility for the development and review of this policy, along with the development of Safety, Health and Environmental Guidance, Standards and event specific Procedures.

Safety Advisor: Huan Tan 086-8759814

Bantry Rowing Club Chairperson: Andrew Hurley

Regatta Director: Diarmuid Murphy

Regatta Secretary: Luke O Donovan

Event Medical Controller: Bantry Red Cross

OBJECTIVES

EVENT TEAM KEY PERSONNEL

The Safety Plan for the Coastal regatta has four main objectives:

- 1.To ensure that racing is conducted with due observance of all safety conditions in Rowing Ireland's Rules of Racing
- 2.To manage hazards specific to the regatta course in Bantry
- 3.To provide adequate First Aid and medical services at the regatta course
- 4.To investigate any incidents of a hazardous nature which occur during the regatta

RESPONSIBILITIES

In accordance with current guidelines it is the responsibility of each participating club committee to ensure the safety of their members while participating, including knowing what to do if they fall in, being competent to compete and wearing appropriate clothing for the weather conditions.

INTENT

It is the intention of the regatta committee to implement its own policy and to provide an example to participating clubs by creating a positive Safety Environment during the event.

METHOD

Safety awareness will be promoted by the following means:

- Informing Club Secretaries of the event rules in advance by correspondence.
- Holding a crew captains meeting prior to the racing.
- Stewards to be appointed to coordinate the crewing of boats.
- Appointing stewards as required on the course.
- Providing rescue launch boats and first aid crew on board.

SAFETY ASSESSMENT

It will be the responsibility of the event safety officer in conjunction with the Regatta Director to carry out an inspection of the course at least 90 minutes before the first race is due to start.

As part of this safety assessment the weather conditions should be checked and noted. A safety Assessment form should be completed and signed by those present for records.

SAFETY PROCEDURES AND PREVENTATIVE MEASURES

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 Rowing Ireland's rules. Coxswains must wear a personal flotation device in the correct manner and be familiar with the method of operation if

necessary i.e. Inflatable PFDs

Coxes:

All coxes and those rowers required by rules to wear personal flotation devices should be familiar with the method of operation of the PFD.

Competitors Responsibility:

While we endeavour to provide a safe system at this event, each competitor and competing club also has a duty of care to themselves and others. The Decision to compete is a club's own decision.

- Their own safety, remembering that they have a duty of care to themselves and any third party both on the water and on land.
- Ensuring that any equipment (e.g. boats, blades, PFD's, etc.) are safe and prepared to the standards as required. Spot checks may be made by stewards and safety team members on any of the equipment.
- Adequate clothing and protection is worn depending on weather conditions • In the event of cold weather conditions rowers, stewards, and all involved should ensure they are properly clothed.

SAFETY BRIEFINGS

In order to ensure the smooth and safe running of the Coastal regatta the safety briefing will take place in the morning before racing commences.

The briefings shall be as follows:

Shore Stewards

This will include stewards carrying out the following roles for the event:

- Traffic / Venue Access
- Parking
- Crewing Areas/Beach masters

This briefing shall outline the various risks associated in the above areas and the rules that are in place for the Regatta. It shall also be used to review any issues that may arise.

Race Stewards

This will include stewards carrying out the following roles for the event:

- Race Stewards (Water and Shore Based)

This briefing shall outline the rules associated with the day's racing. It shall also outline that above all safety is our utmost priority. A steward's information sheet shall be given to all stewards and on this shall be the racing rules as well as the procedure for use to the two-way radio system including call signs etc for the event.

First Aid / Medical Personnel

This briefing shall outline to everyone involved with the First Aid / Medical event team the plans that are in place should a first aid / medical incident arise. The First Aid / Medical Assets shall have an Event Medical Sheet with them which shall show the various access points to the Shore and Water and also contact details for the main medical centres in the area. It shall also detail the two-way radio procedure in the event of an emergency taking place.

Coxes / Crew Captains

This will include the following:

- All coxes for the event
- Crew Captains

This briefing shall outline the various risks associated in the above areas and the rules that are in place for the championships. It shall also outline any relevant weather information that may have an effect on racing that day. It shall also be used to review any issues that may have arisen the previous day that may need to be addressed for the day ahead.

Stewards are requested to assist voluntarily in the running of the event in the following ways

- providing a presence on the rowing course.
- Managing access to the beach crewing areas.
- Marshalling crews on the course and at the start and finish areas.
- Ensuring the racing rules of the event are enforced at all times.
- giving information to other local users.
- assisting crews in the event of equipment failure, collision or an accident.

Stewards are concerned at all times with encouraging the safety of:

- themselves
- competitors
- event organizers
- other water users

The Venue

The venue for Bantry Coastal Regatta is Bantry Airstrip ,Bantry Co. Cork. The venue regularly hosts water activities including other regattas.

EVENT CENTER ACCESS

Please ensure your trailer is parked safely and not causing any obstruction

The Red Route outlined on the map below must be kept clear at all times in the event that emergency vehicle movement is required.

If an emergency vehicle is moving on site as a result of an urgent matter it shall do so with blue lights flashing and sirens sounding to make people aware of its movement.

WATER SAFETY

Bantry Coastal Regatta is being run in accordance with the Rowing Ireland guidelines for regattas along with the relevant aspects of the Water Safety Code. It is the intention of the Regatta Committee to encourage water safety awareness throughout the Regatta event.

CREW CHANGEOVER POINTS

At all times safety is our priority. In order to maintain this the following shall be the rules enforced for the beach areas:

- Beach master present to sign your crew in and off the water Stewards in high visibility vests shall manage this / egress at these points.
- Any person(s) passing beyond this point must be wearing a life jacket/PFD.
- Only crews and boat handlers who are taking part in a crew changeover, club maintenance crews, coxes or those who require access to these areas shall be permitted in there so as to ensure that it does not become overcrowded around any launch boat.

Clubs shall ensure that all of their equipment is removed from the beach area when not being used.

BOATS AND EQUIPMENT

It is the responsibility of each club at the event to ensure that their boats / equipment are in good order and safe for use. All boats and equipment used at the regatta should be inspected before launching. If any equipment is found to be defective or unsafe then it shall not be used in the regatta. All boats should have a bow line (rope) attached to the bow of the boat of at least 7 meters in case a tow is required at any time or for any reason.

The Rope should be of sufficient strength to ensure that a boat and crew can be towed by a safety boat without the rope parting. (Safe working load = 3 x Boat and crew)

PERSONAL FLOTATION DEVICES (PFDs)

Life Jackets / buoyancy aids shall be worn in all areas where the designation requires. They shall also be worn by coxes on the water always and either worn by the crew or in the boat with the crew as required by the regatta rules. All inflatable PFDs must be in working condition, tested in date and certified in accordance with the manufacturer's instructions.

Damaged PFDs may not function as required and as such clubs are ultimately responsible for the safety of their members.

Crew Captains

All crew captains must attend the morning briefing each day before racing commences. At all times crew captains must ensure the safety of their crew is their utmost priority.

COURSE MAP

A copy of the course map shall be made available to all clubs. This map shall outline the course and also advised warm up / cool down areas and also identify areas where no boats are permitted to enter.

FIRST AID

As with any event of this nature it is essential that a detailed first aid plan is in place for the duration of the Regatta.

Ambulance

A fully equipped ambulance shall be on site for the duration of the regatta. The location of the ambulance shall be agreed on arrival at the venue. The ambulance shall have a two-way radio so that it can be contacted at all times. Please refer to call signs for Two Way Radio communication in this report.

In the event that the ambulance must move to another location in an emergency situation then it shall do so with its sirens and blue light flashing so as to ensure people are aware of its movement. Any stewards in the vicinity shall also assist to ensure a clear passage for the vehicle is available. The use of blue light & sirens are means of communicating an active warning to the public. Their use in a public place is covered by S.I. NO. 342 of 2006 and their use for this event will be restricted to the intention set out in the legislation – "Where a vehicle equipped with a lamp in accordance with article 52(18) is used in a public place, the lamp may only be used – if necessary in the circumstances.

The ambulance to be used at this event will be marked with passive warning systems such as reflective markings running the full length of the vehicle.

Use of light and sirens should be based on the clinical need of the patient.

In the event that the ambulance must transfer the patient to a nearby hospital then the regatta committee must agree a procedure for this in advance of the regatta.

The ambulance crew shall keep a record of any incidents / accidents that they tend to on the day and a copy of these reports shall be given to the event safety adviser or regatta director at the end of the day.

Safety Boats

A suitable number of safety boats shall be on the water at all times with a first aider / medical trained person on board. These boats shall be fast boats capable of taking on board at least 8 persons. The safety boats shall maintain a position close to the racing course but so as to ensure it does not interfere with the racing while being in its standby position. In the event of an incident please refer to the Accident / Incident Procedure Section of this report.

Welfare Facilities

Snacks will be provided for all members of the Voluntary Emergency Services by Bantry Rowing Club. There will be toilet facilities on site also.

PPE (Personal Protective Equipment)

Personal Protective Equipment will be worn by all members of the medical providers while on duty during the event.

PATIENT MANAGEMENT PROCEDURES

A patient report form (PHECC PCR) should be completed for each patient. All patient activity will be reported to the Event Safety Advisor.

EMERGENCY ACTION PLAN

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

Responsibility:

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

Actions in the event of a medical emergency:

For all emergencies the following procedures should be observed. 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 lifesaving measures are in hand Race Control (if not aware) will be notified. If emergency assistance is required, the Official will call Code-Red (urgent medical issue) and Code-Blue (non-urgent) on his radio and all other radio users will observe radio silence and follow instructions given by that official. For any other situation (obstacles, debris etc) normal radio protocol should be used.

The initial incident report for a Code-Red should briefly include;

- What is needed (first aid or higher or safety boat).
- Location stretch of river or bankside that the service is 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 by mobile phone.

Emergency services not familiar with the embankment and requiring detailed information about an incident location can contact Race Control for grid references & post codes. The security personnel should have the exact location and directions to the incident site. All traffic movement should cease when emergency services arrive on scene.

Water Based Incident:

In the event of a water-based accident / medical situation the following is the procedures that apply:

1. the coxswain or other member of the subject boat shall raise their two hands to alert the stewards / safety boat that assistance is required.
2. The stewards / Safety Boat shall notify race control that they have been called upon and to standby for further updates.
3. The safety boat shall proceed in a prompt but safe manner to the subject boat.
4. Race Control Shall notify the First Aid Crew to standby for further information.
5. In the event that it is a medical matter then the safety boat shall contact the ambulance crew and given them a report on what has happened and where they will be bringing the boat ashore.
6. The safety boat with the assistance of other vessels if so required shall then bring the patient(s) to the agreed meeting point with the first aid personnel in a timely manner.
7. The ambulance / first aid team shall then proceed to the advised location and be prepared to treat the patient(s).
8. The event safety adviser shall also attend the scene and keep the regatta director updated on any news as available.

Land Based Incident:

In the event of a land-based accident / medical situation the following are the procedures that apply:

1. Proceed to the nearest steward / first aid personnel and inform them of the incident.
2. The stewards shall notify the First Aid team that they are required and given the details of location etc.
3. The ambulance / first aid team shall then proceed to the advised location and be prepared to treat the patient(s).
4. The event safety officer shall also attend the scene and keep the regatta director updated on any news as available.

Fire:

If anybody discovers a fire they should raise the alarm and he/she will assess the situation and tackle the fire ONLY if they are confident to do so and initially order local evacuation. If the emergency may require the stopping of racing or general evacuation, he/she will inform the Regatta Chairman through the nearest marshal, and they will agree the appropriate action.

Equipment failure:

Should there be a Radio failure during the event, Safety Boats and marshals etc shall use mobile phones & loudhailers 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 halted.

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.

Anti-social Behavior:

A serious public disorder or violent behavior shall be reported to Race Control immediately. If

necessary, racing shall be suspended, and the Gardai shall be called.

Terrorist Threat:

Any news that could be deemed a serious threat to life should be reported to the Gardai immediately. Evacuation of any area believed to be in threat shall be organised in the first instance by Regatta officials.

EMERGENCY RADIO PROCEDURES

Emergency radio messages should be given slowly, clearly and repeated once. When other radio users hear the words "ALL USERS, RESCUE, RESCUE, RESCUE" radio silence MUST be adhered to. Start with the words "ALL USERS, RESCUE, RESCUE. RESCUE" followed by location, type of incident, numbers in the water, if any crew are trapped or are all crew clear. Followed by responding launches and required assistance. The message should be repeated and ended with the word "OVER", only the emergency assistance required to attend the location should reply and then the Safety Adviser should acknowledge the emergency call.

It is important not to overwhelm the responding crews with messages as they will have their hands full with the actual rescue.

Emergency Radio Message for on the water emergencies

"Example Message"

"All Users"

"RESCUE, RESCUE, RESCUE", FOLLOWED BY LOCATION AND SITUATION

Example

All Users

"RESCUE, RESCUE, RESCUE, 1ST SET OF TURNING BUOYS, ROWER INJURED, RESCUE LAUNCH REQUIRED HAVE MEDICAL ON STANDBY FOR FURTHER INSTRUCTIONS

I repeat

"RESCUE, RESCUE, RESCUE, 1ST TURNING BUOY, ROWER INJURED, RESCUE LAUNCH REQUIRED HAVE MEDICAL ON STANDBY FOR FURTHER INSTRUCTIONS, OVER

GPS CO-ORDINATES: 51.8239° N, 10.2714° W

Incident Reporting

The Safety Advisor will maintain a register of all reported incidents where safety is concerned. All such incidents will be investigated in order to identify hazards to be managed in future regattas. All regatta officials will be instructed to report all incidents to the Safety Officer. Emergency Contacts
Emergency numbers: 999 or 112