

CARLOW ROWING CLUB REGATTA 2023

Safety Statement,
Plan and Risk
Assessments





Introduction

Welcome to Carlow Regatta 2023. We hope that you have an enjoyable, safe and successful regatta. This Safety Statement is a subset of the Safety Policy and its purpose is to outline the Carlow Rowing Clubs management program, in writing, for safeguarding health & safety of the people involved in Carlow Regatta.

The Carlow Rowing Club “Regatta” Safety Document provides a detailed process of how to create a safety program with a safety inspection checklist.

Any Outdoor Sport has Inherent risks. However, Rowing can be as safe as you make it. Therefore, the members of Carlow Rowing Club follow the below Safety Policy.

Date	Ver.	Description	Dev.By	Approved By
29-May-2017	1.0	Review of Final Draft	DS	CMTE
29-May-2018	1.1	Review & Final Draft	DS	CMTE
31-May-2019	1.2	Review & Final Draft	DS	CMTE
03-May-2022	1.3	Review & Final Draft	DS	CMTE
31-May-2023	2	Review & Final Draft	DS	CMTE

Statement

It Should be Noted that this statement is an overview of particularly important points regarding the events safety. The Entire Event will be run under the Rules, regulations and guidelines as laid down by Rowing Ireland and all participants should pay particular attention to the Rowing Ireland Safety Code which will be applied on the by the committee.

Method

Carlow Rowing Club will ensure that as far as it is reasonably practical, hazards are identified, eliminated, managed or controlled and to either eliminate them completely or if that is not possible to reduce the hazard to a reasonable level and minimise the consequences of the hazard.

Responsibilities

Every competitor and volunteer in or near water is expected to be in good health and able to

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This Document is meant as a guide to safe practices and is to be read in conjunction with the risk assessment for all activities. It represents the committee's commitment to safety and health and specifies the manner the organisation and the resources necessary, for maintaining and reviewing health and safety standards.

Safety has become an increasingly important issue in rowing and generally in our daily lives. Rowing is a safe sport when conducted with due consideration for the risks characteristically associated with any outdoor water sport. The purpose of this document is to provide guidance and direction.

The document contains best practice guidelines for Carlow Rowing club, Rowing Ireland and British Rowing. It incorporates the key aim that all competitors, officials and visitors will uphold the Good Practice that exist in Rowing.

All decisions regarding safety at Carlow Rowing Club will be based on risk management and assessments as no safety document can possibly cover all situations. By continually assessing likely risks and taking action to manage them, some generalised standards can be developed, enabling us to provide guidance on how to avoid and take action regarding unforeseen hazardous situations.

All clubs and crews have a responsibility to provide information, education and training about safety to their members. Individual members also have a responsibility to find out, learn, question and implement safety best practice. Having safety in mind at all times is an important part of what it means to be a club member.

This document is not meant as an all-inclusive treatment of rowing safety, as all possible situations and types of rowing could not be effectively covered. However, the guidelines contained in the document should serve as an outline for Carlow Rowing Club.

The Captain, shall designate a Safety Advisor of the Rowing Club. If the role is delegated on a permanent basis the captain must obtain the consent of the General Committee for such delegation. Each quarter, the Safety Advisor or Captain will report to the Committee on all safety issues, concerns and initiatives. An accident/incident report (in the form contained in the Appendices) must be completed after all such events



together with recommended changes to avoid repeats and presented at the next Committee meeting after such accident/incident. Any accidents or incidents must be reported to the captain by the coach or individuals involved.

A statement of general policy

Carlow Rowing Club is committed to develop and maintain a culture of safety in rowing and to support everyone involved in the sport in their efforts to achieve this.

Safe systems should become the standard practice for all activities after it has been thoroughly thought through and each element examined for hazards. Safe systems eliminate these hazards where practicable or provides adequate controls.

Although rowing is a relatively safe sport, there is the potential for serious accidents and injuries. In training, in learn-to-row programs, in competition, in every aspect of Club activities, safety is **ALWAYS** the most important consideration. Nothing takes precedence over safety! The success of the Club's safety depends on the commitment, effort and **ACTIONS** of all members.

Reviewing

This Safety Statement will be reviewed annually by the committee and signed by same. In the event of a major incident in rowing being brought to the attention of the club the committee will amend this Safety Statement if required.

Positions in the Association with responsibility for safety:

The primary responsibility for developing and maintaining a culture of safe practice in rowing lies with the Officers of the Committee of the Club.



Regattas and Processional Races (Taken from Club Safety Statement)

25. All Regattas held by Carlow Rowing Club shall appoint a Safety Adviser whose duty shall be to advise on the observance of the Rowing Ireland Code of Practice for Water Safety.

26. No regatta, processional race or sponsored row shall take place without full and prior consultation between the organisers, Waterways Ireland, as is appropriate, Gardai, ambulance services, life saving and first aid organisations to ensure that adequate safety measures are in force.

27. All Regattas or Races shall appoint a suitable qualified and equipped person to be Medical Officer who shall be responsible for ensuring that medical support is accessible to the regatta.

28. Safety boats suitable for the task of rescue manned by persons trained in boat handling and rescue techniques, and properly equipped, shall be available throughout the period of the regatta and during practice. They should be sufficient in number and so placed that rapid assistance and recovery can be provided wherever the need occurs. Numbers and location for craft should be discussed with the rescue services beforehand.

29. Officials and competitors shall be informed of local hazards and traffic rules shall be displayed and brought to the notice of competitors. Telephone numbers of Gardai, ambulance, medical and fire services shall be prominently displayed together with the location of the nearest telephone.

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30. Umpire's launches shall carry a life-buoy and line (throw-bag), thermal/exposure blanket and first aid equipment (listed and recorded as before).

31. Umpires shall wear life jackets (conforming to BS3595 standard) or buoyancy aids of approved design at all times when carrying out duties on the water.

32. Procedures to be followed in the case of accident or emergency shall be prepared and communicated to competitors.

Carlow Regatta

Carlow Regatta Saturday 3rd, Sunday 4th of June 2023

The Event

Carlow Rowing Club will host its two day regatta, over 1200 meters on the 3rd and 4th of June 2023 on the River Barrow, The Quays Carlow. The Event is open to all rowers.

The event is open to Competitive, Adaptive and recreational Crews. Typically, 2 Crews enter each of the races as it is a two lane course. There may be roughly 100-150 races both days.

Policy

It is the policy of Carlow Rowing Club to implement water safety and awareness guidelines of the Rowing Ireland Water Safety Code.

The organising Committee of Carlow Regatta believes that the welfare and wellbeing of all Participants is paramount regardless of age, sex, 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 in an appropriate manner. **Ms. Kathryn Wall** is Welfare Officer for the event. HE/SHE will act as the point of contact for any concerns or allegations and can be contacted via Race Control.



Aims & Objectives

It is the intent of Carlow Rowing Club to ensure that:-

- ✓ As a Club it is committed to the safe operation of Carlow Regatta for all competitors, spectators, officials, stewards and members of the general public in the environs of the regatta event.
- ✓ In stating the above it is recognised and emphasised that all concerned with the regatta have a personal responsibility for their own safety and the safety of others. This applies to all members of crews and officials, both local and visiting.
- ✓ All rowing at the event is conducted in accordance with the current safety rules and guidelines of Rowing Ireland.
- ✓ All crews, boats and equipment are compliant prior to embarkation with Rowing Ireland safety requirements.

To this end Carlow Rowing Club will endeavour to ensure that current water Safety rules are adhered to by competitors at the regatta and that equipment Complies with Rowing Ireland Safety Rules and Guidelines.

- ✓ All participating clubs are made aware of the safety rules and instructions specific to the event.
- ✓ All Coxes, Scullers and steers people attend the safety briefing meeting for the event.
- ✓ Safety rules and instructions, both general and specific to the event are adhered to by all of the participants and officials at the event.
- ✓ 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.

Method

1. Rescue launches will be equipped in accordance with Rowing Ireland guidelines and manned by experienced operators.



2. Experienced race officials, Course Stewards and Umpires will be in attendance for the duration of the Regatta Timetable and may prevent crews or individuals from participating in the regatta if they consider that they are a risk to themselves or other competitors (the marshals will be wearing hi-viz jackets).
3. Slip/ Launch Area Marshals shall ensure Crews and Boats Safety Features are checked.

Crews slipping from the clubs steps should pay attention to the instructions of marshals at all times and not stray in the way of racing crews at any stage. Crews launching should cross the race course to the Graiguecullen station and make their way up to the start perpendicularly to the bank and only when cleared to do so by marshals. Crews should slip 40 minutes before their scheduled race time and follow the various timings listed in the course map when making their way to the start. Crews once finished their races should return to their slip as soon as possible, following the directions of marshals and crossing the racing course perpendicular to the bank if necessary. Crews should ensure they do not drift into the racing lanes when making their way to the start or returning to the slip.

4. If weather conditions deteriorate during the event the race committee may postpone or abandon racing. The decision to resume racing (if postponed) rests with the race committee and the event safety advisor.
5. A map of the course Contained in the Appendix will be available in the Launch/Slip Area, Race Control, Event Office/Tent area showing the circulation pattern for crews going to the start for racing and for returning to the slipping area after racing.



Responsibilities

1. It is the responsibility of each participating club to ensure that all of their crews are competent and adequately prepared to compete in the boat type and grade for which they are entered.

2. It is the responsibility of each participating club to ensure that all of their boats and equipment comply with Rowing Ireland safety regulations by ensuring that:
 - a. Hulls are sound and water tight.

 - b. All water tight compartments in boats are sealed in accordance with the manufacturers specifications.

 - c. Bow balls are of the correct type and securely fitted.

 - d. Heel restraints are fitted and set to the correct length (7cm).

 - e. Steering mechanisms are in good working order.

 - f. Coxes are wearing a suitable buoyancy aid that will not impede escape from a submerged boat.

 - g. All participants from their club comply with the Rowing Ireland criteria regarding their swimming ability.

 - h. Cox or steerperson must attend the coxes meeting and must register their attendance. This meeting will include a safety brief. A map of the Course will be provided. All equipment must comply with Rowing Ireland Safety regulations; especially bow balls and heel straps.

Coxes will not be allowed on the water without lifejackets on. Coxes of front-loading boats should ensure that their life jackets do not impede a quick escape from their boat.



Safety Rules Specific To The Event

1. All crews and scullers and those present at the event must fully co-operate with Stewards, Time keepers, Safety Advisors and race officials when on the river. Umpires reserve the right to disqualify any crew or rower before, during or after a timed piece in the event.
2. All participants must be currently registered members of Rowing Ireland and clubs may be required to present valid registration cards on the day.
3. All Participants are expected to be certified swimmers and capable of swimming 50m in open water
4. Clubs Should Ensure that their Insurance provides adequate cover for the event and for travel to and from same
5. All boats must be adequately equipped as per Rowing Ireland regulations (heel restraints, hatch covers, bow balls etc.) and boats that are deemed unsafe will not be allowed on the water.
6. Coxes must wear lifejackets of the standard approved by Rowing Ireland and be aware of the course layout, bridges and navigation marks and be fully responsible for their actions.
7. For safety reasons, the final course will be decided after due consideration of weather conditions on the day. Details of the exact course will be given on Friday the 2nd and made available at 08:30am on Saturday the 4th at the Race Control/Event Office/Tent/Van before races Commence. It is essential that all coxes, scullers and steerers attend this meeting.
8. All crews must follow the course as is on the day and any alternation from this course will result in immediate disqualification. Details of the circulation pattern are set out in the Course Map which is published online and will be posted at the Event Office/Tent, Race Control and at the Slip/Launch Areas on the day.
9. Crews should proceed to the start from the slip/launch area on the Graiguecullen side (River Right) of the course, then crossing over to River



Left @ The Montgomery Street Bend Equalising Buoy to the Carlow Side (River Left) of the course under the direction and guidance of stewards or race officials proceeding then towards the start and marshalling/warm up area.

10. Follow Direction of Race Marshalls and Rescue Boats at all Times
11. All crews must be aware of other boats around and/or near them at all times.
12. Do not go beyond the signs warning of shallow water.
13. Warming up before racing is allowed only in the designated area when it is safe.
14. Check course map for details of circulation pattern and warm-up areas.
15. Crews must at all times give way to crews/boats coming down river. Coxes and those steering coxless boats shall be vigilant in this regard.
16. At the end of the race crews / scullers must not delay at the finish line. Crews should vacate the finish zone immediately and proceed to the Slip/Launch Area under the Instruction of Stewards and Race Officials.
17. Crews should only return to the slip/Launch Area under the Instruction of Stewards and Race Officials when it is safe to so.
18. In the event of an incident on the river remain in the boat where possible. If the boat has capsized then remain with the boat and await a rescue boat. Do not attempt to swim to the shore.

Neither Carlow Rowing Club nor the organisers of Carlow Regatta will be in any way responsible for any deliberate, foul act committed by a person or persons which puts themselves or others at risk with regard to safety. However any person found responsible will be immediately disqualified from any timed piece (whether completed or not) and will be reported to their club, Rowing Ireland and if necessary An Garda Síochána.



Applicable Documentation

In preparing this document and plan the requirements of the following documents have been referred to and this document details event specific requirements.

The general requirements included within the following documents are to be followed but are not reproduced in this plan.

- ✓ Rowing Ireland Safety Document 2012
- ✓ Rowing Ireland Safety Manual 2017 and 2020
- ✓ 'Row Safe: A Guide to Safe Practice in Rowing'
- ✓ Carlow Rowing Clubs Safety Statement and Policy
- ✓ Carlow Rowing Club event Risk Assessments

Pre event

- ✓ Following a clubs request to enter the event, a map of the course along with the racing rules and instructions will be sent out along with the race entry draw. This information will also be available on our website at: <http://carlowrowingclub.com>.
[Or www.rowingireland.ie](http://www.rowingireland.ie)
- ✓ Carlow Rowing Club have carried out, within a month of the date of the regatta, A regatta Risk audit and assessment (attached - appendix 1)
- ✓ The Risk Assessment and Safety Plan for the event will be discussed with the local authorities, Waterways Ireland, Local Emergency Services, Local Clubs and other potential water users as well as the event Water rescue Crews. The event committee and event safety advisors will monitor water conditions and weather reports leading up to the day of the event. They will advise competitors as soon as possible in the event of either cancellation, amendment of the course or the need to exclude certain categories of competitors for health and safety reasons. If



there is a sudden change in conditions on the actual day these will be reviewed as soon as possible to give competitors notice.

- ✓ Permission to hold the event on the river has been obtained from Waterways Ireland. Other river users and local organisations will be informed of the event by e-mail, to include: Insurance Company, and Carlow County Council.
- ✓ Contact will be made to the Superintendent at Carlow Garda Station and the National Ambulance Service to log the event, although the likelihood of their direct involvement is low.

A regatta safety plan has been prepared, arising from this document which takes into account/specifies local emergency services, regatta emergency plan, Regatta course map, regatta safety advisor and safety team, alternative Communications system, location of safety boats, communication points, etc. (attached - appendix 2)

General Information available to crews, supporters, and spectators on the day

At Locations in around the launch areas, event offices/Tents and the event secretary, the following information will be displayed:

- ✓ Racing rules and instructions to competitors,
- ✓ Map of the course including hazards
- ✓ Emergency and other useful telephone numbers
- ✓ Information on, hospitals, GP surgery

All competitors, coxes and coaches will be reminded that persons using the water do so entirely at their own risk and are solely responsible for their own safety both on land and on water, to ensure that equipment used is up to the required 'rules of racing' 'Rowing Irelands Safety Document' and 'Row Safe' standard. The Regatta Secretary, advised by the Water Safety Advisors will assess the weather and water conditions for each race. If conditions are not favorable a decision may be made to progressively remove less



stable boats and/or more vulnerable crews (ie younger juniors). Or cancel the event entirely.

During the briefing the event officials will give advice on the prevailing weather and water conditions and decisions made on reducing entries (as above) but the coaches and competitors are responsible for deciding if they have sufficient competence to compete.

Boating

All competitors, coxes and coaches will be reminded about Launching times, these being 30 minutes before your scheduled race time. These launch times are dependent upon the number of entries. All crews will be given notice of launch times when the draw is produced. All crews must be away from the slip/launch area at least 30 minutes before each race is due to start and be in their marshalling positions 10 minutes before the start of each race. Abuse of this system may result in time penalties being added or disqualification. Crews must proceed to the start on the Graiguecullen (River Right) Side of the river and then Cross at the Montgomery Street Equalizing Buoy under the Direction of Marshals, Umpires or Event Officials to proceed to the start on the Carlow (River Left) Side. Please keep well away from any moored craft. On reaching the marshalling area crews will be allocated marshalling positions by the Launch/Umpire (See Map). Dependent upon entries, the Launch umpire may marshal crews on both sides of the river in the marshalling area. Competitors must only enter the marshalling area at low pressure, adhere to instructions from the umpires, stewards and race officials and under no circumstances practice starts.

The Start

On being called to the start, keep a distance of two boat lengths between boats. Position your boat downstream of stakeboats and then back into same. Taking Up Position. Cox is to keep Hand clearly visible in the air and visible to starter when not ready. The Cox is then to lower his/her arm when boat is straight and ready. Once Crews are ready The starter will inform crews '**This Is the Start, Attention ... Go**'. Boats will be started approximately 4 Minute intervals.



The Finish

On finishing an Air Horn will sound, all crews must continue paddling until well clear of the finish before stopping to give following racing crews room. Proceed back to the Launch/Slip Area you launched from at Carlow Rowing Club. Ensuring that that you are between buoys and shallow water Markers (If Erected) and are aware of crews still racing. A finish umpire will be in position to ensure compliance. Penalties may still be applied if this instruction is abused. Crews and scullers are to keep between buoys and shallow water markers. No overtaking is allowed and they must wait to be called into the slip by slip stewards.

Barrow Towpath

Throughout the duration of the regatta it is vital that access to the Barrow Track towpath on the Carlow side of the river remains open and safe for normal users as well as allowing for the safe travel of regatta officials and safety officials on the day as this will be the main route for emergency personnel should there be an incident near the start line or middle of the course. As such, regatta attendees will not be permitted to follow the races on bicycles on the towpath and this will be strictly monitored by marshals. Umpires and regatta officials may make use of the clearly marked bicycle and pedestrian lanes on the towpath. There will be regular announcements over the PA system throughout the duration of the regatta warning park users of the presence of umpires and regatta officials on the towpath but all users must take responsibility for maintaining a safe route for officials and safety personnel, especially in the case of an emergency situation.



Organisation and Responsibilities

The event is organized by Carlow Rowing Club, which includes the following personnel:

Duties and Responsibilities	Name	Contact
Event Secretary	Michael Curran	087 6432830
Club Launches	Jim Keating	087 9104776
Safety Advisor	Dermot Scully	087 1236524
Safety/Rescue Boats	Dermot Scully	087 1236524
Asst: Safety Officer/Steward Manager	Tommy Snoddy	087 6992818
Start	Seamus Scully	086 6098412
Finish	Sean Jones	086 2589606
Slip/ Launch Area	Elaine Rowe	087 0601839
Loudhalers & PA	Martin Ryan	087 6432830
Draw Team	Eoin O'Brien, Niall Murphy and Joane Doyle	
Carlow Entries	Jim Keating	087 9104776
Welfare/Catering	Hillary Amond	
Cleaning Of Site/ HouseKeeping	Pat Slater	
Parking	Pat Salter & Ted Duggan	
First Aid	Order Of Malta + Nurse on Site	
Checking Of Bow Balls / Heal Restraints	Ted Duggan	
Bouys	Eoin O'Brien	
Insurance	Brian Lyons	



Registration	Michael Curran	087 6432830
Race Control	Sean Jones and Eoin O'Brien	086 258 9606
Slip Stewards	Niall O'Brien	
Umpire Launches	Jim Keating	087 9104776
Start Team	Seamus Scully & Audrey Dormer	086 815 8614 086 6098412
Finish Team	Sean Jones	086 2589606
Course Stewards	Tommy Snoddy	087 6992818
Parking Stewards	Ted Duggan	
Erection of Start	Barry Doogue and Rob Williamson	

On the day, various members of Carlow Rowing Club may volunteer to carry out roles allocated by the Committee and are split into the following:



H&S Arrangements and Welfare

The nearest Hospital facilities are at St. Luke's Hospital, Kilkenny. Location maps and telephone numbers of the hospital are available from Race Control, located at Race Control/Event Office/Tent/Van. Travel time to St. Likes Hospital Kilkenny is **35min via N9/M9** by car. First Aid cover and Ambulance will be provided and will be located in near the finish. Transport to a local hospital will also be available throughout the day via ambulance. First Aid Cover for the event will be The Order of Malta and/or Civil Defence, who will be carrying a defibrillator, all Order of Malta and/or Civil Defence personnel are fully trained EMFR's or EMT's. A Paramedic and Nurse will also be on site throughout the day.

Emergency information, instructions for competitors and a course map will be on display. Three rescue launches will be supplied and manned throughout the event (see below). **Warning signs will be displayed along the public footpath in front of the rigging area to advise members of the general public to exercise caution as there may be boats crossing.**

Separate male and female toilets with hand washing facilities are located at Carlow Rowing Club. Hot & cold refreshments and food will be on sale throughout the day available in the Rowing Club.

In addition to our H&S arrangements and Welfare, we have provided a separate welfare statement.

Note: The slip/Launch Areas must be kept clean of rubbish and free of gear, equipment and clutter. Crews are expected to be fully prepared and equipped when launching and not to cause any delay as to interfere with other crews. No equipment or gear is to be left idle in these areas or will be removed.

OARS AND FOOTWEAR ARE NOT TO BE LEFT ON THE STEPS OF THE SLIP AND ARE NOT TO BLOCK CIRCULATION ROUTES AS THIS CAUSES TRIPS AND FALLS! ITEMS WILL BE REMOVED



Emergency Procedures

In the event of an accident/incident on the water, the alarm should be raised by the nearest official, umpire or steward with a radio.

Details of the accident/incident must be relayed to Race Control and the nearest Safety boat using the radio. **All Radio traffic/communication is to cease/stop other than Race Control/Safety Advisor and Safety Boats This will be on Channel 1.** The start umpire may be instructed by Race Control to suspend racing. The safety boat in attendance may call for assistance from the other safety boats. In the event of injury, casualties should be taken to the Slip area or nearest Ambulance Loading Point/ALP for treatment. Access for emergency services along the course will be available and are to be kept clear, if injuries are more serious. In the event of an accident/incident on land the nearest Club representative should notify race control and the safety advisors. Casualties should be brought to the attention of the First Aid Crews for treatment.

In severe cases contact the emergency services directly by dialling 999 or 112 and ask for the service you require (eg. National Ambulance Service, Fire and Rescue and An Garda Shiocana)

Any umpire or race official can request that the event be cancelled, or racing be stopped if in their opinion it is dangerous to run the event safely due to inclement weather, i.e. lightning strikes, strong winds, etc. Race Control will immediately consult with umpires and race officials and agree to either delay racing, or call the event off. The decision will then be relayed to all officials, competitors and spectators. Crews on the water at the time will be escorted back to the slip and launch area by safety and umpire boats.

Accident/Incident Reporting

Any accident/incident should be reported to race control and the event Safety Advisors. The Safety Advisors will record any incidents/accidents in the clubs accident/incident log and Inform Rowing Ireland. Any competitor, official, coach or spectator is encouraged to log any incidents to race official or via email to Carlow Rowing Clubs Secretary.

The Regatta Committee 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.

Monitoring Safety

All Stewards/volunteers will receive a briefing on the day of the event and will be made aware of the event risk assessment. It is the responsibility of each Steward/volunteer to monitor safety in his or her area of influence. Any issues are to be raised between the Secretary of the race committee and the Safety Advisors so that appropriate action can be taken.

Safety/Rescue Boat and Launch Safety Code

1. Be aware of the weather forecast for the day.
2. Check your engine, oars, oarlocks, bailer, fuel tank, bung and painter to ensure that they are secured properly and in good working order. It is good practice to carry alternative source of propulsion.
3. Carry out a visual inspection of the hull for damage.
4. Ensure that each person on board wears a lifejacket or buoyancy aid.
5. Check the propeller for dents and nicks which could cause the engine to vibrate.
6. Make sure that nobody is standing in the water near the propeller and that no one is standing behind you when pulling the starting cord.
7. Consult the handbooks or Manuals if in doubt about operation of the engine, carburettor flooding or any other issue such as tilting mechanism as these are necessary skills in the event of a rescue of rowers.
8. When the engine fires check the cooling water tell tale and allow the engine to run momentarily before closing the choke.
9. Make a visual check to ensure that you have sufficient fuel.
10. Forbid horseplay and never drink alcohol.
11. Do not carry more than the authorised number of passengers in your boat as recommended by the manufacturer.
12. Make sure that you co-ordinate your movements on the river with the needs of the Safety Advisor or Co-ordinator and keep in regular communication.
13. Respond to all Incidents along the course within 2 minutes



Rescue Procedure for Rescue/Safety Boats

1. Within 2 Minutes of initial call Approach the incident location from down wind where possible.
2. Inform other Stewards/Marshalls in the area and the Safety Advisor/ Coordinator immediately so that other services can be informed and/or rerouted.
3. Secure the Safety/Rescue craft to the bow or stern of the boat requiring assistance.
4. Stop the engine before giving further assistance due to danger from the propeller.
5. For Club or Umpire Launches Recover the persons in the water over the stern only
6. After recovery of persons needing assistance bring them to the Slip or Launch Area for further Treatment by the Onsite Ambulance Crews

The safety of competitors, event organisers, spectators and other river users is the priority activity. Unless abandoned boats or equipment represent a hazard to others their recovery should be left until after the event when river traffic has eased

Communication

Communication will be maintained using Radio's (Channel 1 unless otherwise instructed)

CH 1	Race Control to All Stations
	Rescue Crews and Ambulance will stay on Chanel 1 monitoring radio traffic.

For this Event make Race Control/Safety Officer aware of an Incident by Calling "RESCUE RESCUE RESCUE" wait for Control/Safety Officer to respond requesting information. Identify Yourself, Report the type of Incident, Location and how many persons involved. Rescue Crews will respond based on this information and will communicate accordingly.

In the Event of an Incident all Radio Traffic must STOP to allow Race Control, Rescue Boats and Ambulance Crew to Communicate Freely.



Stewarding/Marshals/Umpires and Safety

Stewards/Marshals are requested to assist voluntarily in the safe running of the event by

1. Providing a presence on the river
2. Marshalling crews to the start in a prompt and orderly manner and return to slipping area when finished
3. Giving information to the other river users
4. Assisting crews in the event of equipment failure, collision or an accident

Stewards/Marshals are concerned with encouraging the Safety of

1. Themselves
2. Competitors
3. Event Organisers
4. Other River users

Race Officials, Stewards and Umpires will have individual responsibilities but will generally be there to ensure a safe and fair event. All instructions given by these people must be acted upon; otherwise the offending crew may receive penalties. Stewards will be in position on the bank and safety boats will be on hand to assist the crews on their way to the start, during the race, at finish and at disembarking. The locations of safety boats will be at areas of most risk of collision, and at positions to maintain the best possible line of site to allow for rapid casualty extraction from the water if required, these points will be marked on the attached map (Launch 1) (Rescue 1) (Rescue 2). Launch 1 will follow the last competitor down the course and be joined by Rescue 1 as they pass.

Each launch and Safety Boat is equipped with buoyancy aids, throw bags, thermal blankets, knife and first aid kits and radio. Maritime Radio to Only be operated Trained persons who hold the appropriate Department of Transport (DTTAS) Licence.

Radio Operator personnel on small craft should carefully note the following:

- **The international maritime radiotelephony VHF channel for all Distress, Urgency and Safety calls is Channel 16 (156.800 MHz).**
- **VHF Transceiver should be set to Ch16 at all times.**

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- If it is necessary for a vessel to monitor a VHF Channel other than CH16, use should be made of the Dual Watch facility on the Transceiver, thus ensuring that a watch is being maintained on VHF CH16 in addition to the second VHF Channel

The launches will be on the water at least 15minutes before crews are due to be on the water for the first race of the day to ensure that the course is clear.

Description	No. Required	Responsibilities
Start	2	Ensure boats moving up to turning area and in turning area are controlled. Start of race and assist with timings.
Stewards down Stream of Start	5	Ensure boats queuing to race are in order and keep in to the bank to avoid collisions with other boats.
Finish	5	Ensure boats clear the finish and turn safely. Assist with timing.
Slip/Launch Area Control	2	Check boats and crew before boating; record any failures. Assist with boats coming up steps from trailer area.
Foot Bridge (Murnane Bridge) Steward 1	1	
Montgomery Street Bend (Equalizing Bouy) Steward 2	1	
Shaw Park Gates Steward 3	1	
Bishops Straight Steward 4	1	
Duggan Bridge Steward 5	1	



Marshals/Stewards will be posted along the course with radios at designated locations, as listed above. Should you have any need to contact race officials or have any difficulties either as a competitor or attendee the stewards can act as a first point of contact and can escalate any situation to the appropriate official(s)

Rescue Crews

Civil Defence will crew safety boats. Coxwains to be RYA, ISA, Irish Water Safety Or Rescue 3 Europe qualified with a qualified first aider as crew.

Welfare

The club welfare and Catering officers on the day, Kathryn Wall, will be available throughout the event, contact numbers above and on posters around the event. Visiting club coaches, umpires and competitors are encouraged to inform the welfare officer of any known issues which may need addressing during the event. Any visiting club with juniors should notify Carlow Rowing Club, details of an appointed contact person/persons for the day, prior to the event.

Security of The Event

The event organizers will brief all helpers and volunteers on the Welfare Plan, and ask them to report any inappropriate behaviour to race control. The event attracts Junior competitors, who would usually be under the care of a parent or coach. A name and mobile telephone number is requested by the Entries Secretary for each club entering Junior crews. The list of contacts is held at Registration and Race Control so that the responsible adult can be contacted easily in case of incident. No personal contact details for children are held.

Plan Approval and Review

The Event Committee and the Safety Advisors will approve this plan prior to the event taking place. The plan will be reviewed annually by the Carlow Rowing Club Committee prior to the event in order to be current and to allow sufficient time for the implementation of additional measures or alterations.



APPENDIX 2

CARLOW REGATTA – SAFETY PLAN 2023

Saturday June 3rd & Sunday June 4th 2023

Safety Plan Is Based On Regatta Safety Statement

Safety Advisor	Dermot Scully	087 123 6524
Asst. Safety Advisor	Tommy Snoddy	087 699 2818
Regatta Secretary	Michael Curran	087 643 2830
Slip/Club Area Controller	Elaine Rowe	0870601839
Finish Area Controller	Sean Jones	086 258 9606
Start Area Controller	Audrey Dormer Seamus Scully	086 815 8614 086 6098412

Safety boats are located at footbridge to town Park (Murnane Bridge), RIP sign at Cemetery & start area. Should assistance be required, immediately inform one of the communication points or call one of the above mobile numbers. Communication points at Club, Slips, Finish, RIP sign, Duggan Bridge & Start.

Emergencies Only	Fire, Ambulance, Garda	112 or 999
24hr Doctor	Caredoc, St Dymphna's Hospital, Athy Road, Carlow. (800m From Finish On Athy Road)	059 91 34999
Hospital	St. Lukes, Kilkenny (35km from Carlow via M9/N9)	056 7785000
Gardai	Carlow Garda Staion, Athy Road, Carlow (500m from Finish)	059 91 36620



Safety Is A Priority At Carlow Regatta

It takes precedence over everything else & is the responsibility of ALL OFFICIALS & COMPETITORS.

It is the responsibility of competing clubs to ensure that their members are instructed in Safety Procedures & that they are competent certified swimmers capable of swimming 100mm in open water. Inform Safety Advisor and Regatta of special requirements and of any Adaptive Crews. (Crews with disabilities that include visual, intellectual, and physical.)

Rowing Ireland Safety Rule 2.38

This Rule will be strictly implemented - with particular emphasis on Bowballs, Quick Release Stretchers, Hatch Covers & Lifejackets.

Obey Safety Stewards & Marshalls On Course

Follow Guidance and Instruction particularly when rowing up-river. Stop/pull in for all approaching races.

(Note - Rowing Ireland Rule 2.30)

Do Not Risk A Collision

Ask at Clubhouse or Finish for Cox/Course instruction map. (All clubs will have received Safety Plan with Regatta Prospectus)

Please Read Attached Event Specific Safety Rules & Course Map.

It is the responsibility of visiting Club Officials to ensure that their Crews are familiar with local conditions/hazards/safety rules. Note course hazards. (Sandbank opposite slip & Stone reinforcing at Montgomery street bend - Part of Flood Defence Wall)

No Crew Is To Pass Down Stream Of Club House. Risk Of Pinning Against Bridge Or Going Over Weir.



APPENDIX 3

Carlow Regatta Emergency Procedure 2023

Safety Advisor	Dermot Scully	087 123 6524	Moving Role
Asst. Safety Advisor	Tommy Snoddy	087 699 2818	Moving Role

NOTE - Safety Advisors Will Proceed Immediately To Incident & Delegate Responsibilities/Action.

In Certain Cases Relatives Will Be Contacted & Religious Assistance Sought.

Incident Team

Audery Dormer		Start
Michael Curran	087 643 2830	Club/Slips
Sean Jones	086 2589606	Finish
Seamus Scully	086 6098412	Start

1 Procedure - Accident/Injury/Illness

- ✓ Radio For Order of Malta and/or Civil Defence
- ✓ Call Regatta (Finish) **087 2589606 Or 087 2888966**
- ✓ Order Of Malta/Ambulance At Finish
- ✓ Call Caredoc (At the Request Of Order of Malta) 059 91 34999
- ✓ Open Route For Ambulance/Medical Access

2 Procedure - Capsize

Call Rescue Boat (Civil Defence) via Radio Channel 1& Or Finish Doctor (Any Of Above Numbers Or Regatta Communication Point)

Depending On Situation/Severity Proceed As For 1 Above.

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



Please note the hazard that Wellington Bridge beyond the launch area and Club House poses for crews and launches, this area should be avoided with the utmost rigour by both crews and launches and crews should give way at all times to crews avoiding the weir. Coaches/Captains should pay particular attention to advising inexperienced or junior crews and those unfamiliar with the Course.

3 Procedure - Boat Crash (Involving Injury Or Danger)

Call Rescue Boat (Civil Defence) Via Radio Channel 1 or Any Of Above Numbers Or Regatta Communication Point

Depending On Situation/Severity Proceed As For 1 Above

Note Details Of Crash, Witnesses, Statements, Time, Conditions, Etc.

4 Procedure - Person In Water

Call Safety Boat (Civil Defence) Via Radio Channel 1 or Any Of Above Number Or Regatta Communication Point

Know Location Of Life Bouys

Depending On Situation/Severity Proceed As For 1 Above

For this Event make Race Control/Safety Officer aware of an Incident on the water by Calling "RESCUE RESCUE RESCUE" wait for Control/Safety Officer to respond requesting information. Identify Yourself, Report the type of Incident, Location and how many persons involved. Rescue Crews will respond based on this information and will communicate accordingly.

In the Event of an Incident all Radio Traffic must STOP to allow Race Control, Rescue Boats and Ambulance Crew to Communicate Freely.

5 Procedure – Floating Hazard/Debris

Any significant floating debris or "hazard" seen on the water shall be reported to Race Control immediately. A Safety/Rescue Boat shall be deployed to clear the water and racing shall be suspended until it is confirmed that the course is clear.



6 Procedure - Traffic Accident

Depending On Situation/Severity Call Medical Assistance, Order of Malta on Site, HSE Ambulance Service and Gardai.

7 Emergency Services Access

Emergency vehicle access to the club house is via Centaur Street, Kennedy Street and Governey Square. Emergency Services also have Access Via Montgomery Street and Andy Murphy Road to the Barrow Track. The Emergency services will be met by a regatta safety official and directed to the location of the incident.

It is very important that the access to the club houses is kept clear and free of obstructions at all times including two hours before the regatta, during the regatta and for a reasonable time after the regatta.

If parked vehicles are causing an obstruction it will be announced once over the public 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.

Carlow Rowing Club and its committee accept no responsibility for damage caused to vehicles parked in such a way as to cause an obstruction to emergency vehicle access.



APPENDIX 4

Regatta Specific Event Rules 2023

1. Rowing Ireland rule 2.38 (rules for competitive rowing) must be strictly observed by all crews. Regatta safety advisor will make random checks. Boats/crews not conforming will not be allowed to leave the slip or to start a race.
2. Crews must obey the course marshalls/safety stewards. Failure to do this may result in disqualification and such behaviour will be reported to rowing Ireland (note - rowing Ireland rule 2.30)
3. Follow the instructions on the course map when going to the start. All clubs have received a copy If you do not have a copy request one from the regatta secretary at the finish
4. Do not pass downstream below the club slip - there is a bridge within 50 meters (bridge is not visible from the club) which has narrow arches, Fast currents and is considered a dangerous hazard - keep away) **Risk Of Pinning Against Bridge Or Going Over Weir.**
5. Always stop and pull in as race approaches
6. Do not row through finish line as race approaches. Wait at footbridge.
7. Do not cross at, or row through bends, unless course is clear
8. Note bouy at Montgomery Street bend - this is a course equalising bouy.
9. Swimming in the river is forbidden. Deep water throughout course and at slip. Use footwear if walking in water. (if water on slip) Protect cuts with waterproof covering. Shower after contact with water
10. All crews must have club number displayed on bow.
11. Row safely and with respect and consideration for others
12. Note - Sandbank opposite slips at head of island. Flagged or bouyed warning. Coxes/captains please note - avoid this area. Warn crews.

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13. Note - under - water stone reinforcing at Montgomery Street bend. Flagged or bouyed warning. Coxes/captains please note - warn crews. Carlow station crews keep out when racing.
14. Inexperienced crews must be accompanied by a club coach on way to start regatta safety plan 2023

Regatta Organisational Team 2023

Team Leader & Regatta Secretary - Michael Curran 087 6432830

Team

Anthony Dooley	086 8158614
Barry Doogue	087 7500301
Dermot Scully	087 123 6524
Tommy Snoddy	087 6992818
Eoin O Brien	085 7069276
Brian Lyons	087 8129945
Sean Jones	086 2589606
Seamus Scully	086 6098412
Elaine Rowe	0870601839



APPENDIX 6

Notes For Regatta Course Marshalls & Stewards 2023

1 Safety Is Regatta Priority

2 Note Regatta Safety Plan - Correct Course For Crews Rowing Upriver

3 Do Not Hesitate To Stop A Crew Going To Start - If Risk Present-Identify Crew/Club By Boat Number On Bow.

4 Inexperienced Crews Should Be Accompanied By A Club Coach On Way To Start

5 Should A Crew Fail To Obey A Safety Order Marshal Should Report Crew To Starter - A False Start May Be Awarded. (Always Give Boat Number For Identification -This Is The Reason For Having Boat Numbers Displayed)

6 Marshals/Stewards Should Wear Yellow Hi-Visibility Identification Jackets

7 Rescue Boats Are Stationed At 3 Points On Course. Call Rescue Boat (Civil Defence) via Radio Channel 1. They are Located at footbridge to town Park (Murnane Bridge), RIP sign at Cemetery & start area.

8 **“RESCUE RESCUE RESCUE”** Is A Serious Incident - Someone Injured Or In Trouble/Distress In The Water.

9 In The Event Of A **“RESCUE”** Incident - Call A Rescue Boat By Immediately Contacting Any Of The Communication Points, Via Radio Channel 1 Or Mobile Numbers Listed Below. **Specify Location Clearly (See Attached Map)**

10 Order Of Malta/Ambulance At Finish - Call If Required

11 Every Race Will Have An Umpire - Report Any Incidents To The Umpire. (Or To The Start)



APPENDIX 7

Notice to all Junior 14 Crews and Under

We are requesting that coaches cycle up to the start with Jun 14 and under events.

Also please comply with Stewards who will be situated at various positions along the course to ensure the smooth running and safety of the Regatta



Appendix 9

Regatta Safety Check List

1.0	Water Safety Adviser and Welfare Officer	Yes	No	N/A
1.1	Has a person been appointed to act as Water Safety Adviser for the event as required by the ARA?			
1.2	Is the Water Safety Adviser a member of the Organising Committee?			
1.3	Is Water Safety a regular item at each meeting of the Organising Committee?			
1.4	Has a Welfare Officer been appointed?			
1.5	Is the Welfare Officer a member of the Organising Committee?			
1.6	Is Welfare and Safeguarding a regular item at each meeting of the Organising Committee?			
1.7	Is Water Safety part of the event review?			
1.8	Is Welfare and Safeguarding part of the event review?			

2.0	Risk Assessment	Yes	No	N/A
2.1	Has a Risk Assessment been undertaken covering situations on both land and water including the welfare and safeguarding of juniors or vulnerable adults?			
	Does the Risk Assessment incorporate welfare and safeguarding issues			
2.2	Is the nature of the course taken into account including the start and finish area, the room for crews to overtake over the majority of the course and room to accommodate other water users or crews not racing			
2.3	Is the Risk Assessment reviewed after each event taking account of previous incidents, changes to the course or new hazards?			

3.0	Safety Plan	Yes	No	N/A
3.1	Has a Safety Plan been formulated, based on your Risk Assessment?			
3.2	Does the Safety Plan incorporate welfare issues, or has a separate Welfare Plan been formulated			
3.3	Does the Safety Plan cover the decision making process for cancellation due to inclement conditions, rules applying to the event, communications, medical and first			



	aid, the start and finish, Race Monitors/Umpires, instructions to officials and competitors, emergency vehicle access and an Accident and Emergency Action Plan?			
3.4	Has the Safety Plan been shown to the police, water authority, ambulance service, life saving and first aid organisations to confirm that the event can take place under safe conditions for both competitors and the general public			
3.5	Do you ensure that officials, safety boat crews, umpires, first aiders and medical officer are fully briefed about your Accident and Emergency Action Plan?			

4.0	First Aid	Yes	No	N/A
4.1	Do you provide first aid cover?			
4.2	Do you appoint a Medical Adviser to ensure that all medical aspects, recovery and first aid are put in place?			
4.3	Do you ensure that competitors, supporters and the general public know where to obtain first aid?			
4.4	Do you have a medically qualified doctor on site to provide general medical support and advice?			
4.5	Do you have a method of communication to summon first aid to an accident?			

5.0	Safety/Rescue Boats	Yes	No	N/A
5.1	Do you provide safety boats suitable for the task in sufficient numbers to provide rapid response?			
5.2	Are the crews of your safety boats competent in boat handling and rescue techniques (preferably trained to RYA Powerboat Level 2 or Rescue 3 International)?			
5.3	Do your safety boats carry buoyancy aids, line throwing equipment, thermal blankets, first aid equipment, bailer, knife, paddle, engine cut-out lanyard device, anchor and line and simple hand holds fixed to the side?			
5.4	Are the crews in radio contact with Event Control?			
5.5	Do you provide lifejackets/buoyancy aids for all safety boat crews on duty?			

6.0	Umpires launches	Yes	No	N/A
6.1	Do your Umpires' launches carry buoyancy aids, line throwing equipment, thermal blankets and first aid equipment?			



6.2	Do you provide lifejackets/buoyancy aids for all Launch Umpires when on duty?			
6.3	Do you instruct your Umpires that in the event of an accident their first duty is to the safety of the competitor?			
6.4	Do you provide Launch Umpires with radio communication and loudhailers?			

7.0	Bank Umpiring	Yes	No	N/A
7.1	Where practical do you provide your Bank Umpires with line throwing equipment?			
7.2	Do you provide radio communication and loudhailers for Bank Umpires?			

8.0	Race Monitors in Processional Races	Yes	No	N/A
8.1	Do you appoint sufficient Race Monitors so that between them they can observe the full course?			
8.2	Do you place Race Monitors in positions where there are tight bends, narrow passages that prevent overtaking, or where special care needs to be taken?			
8.3	Do you provide Race Monitors with radio communication and loud hailers?			

9.0	Instructions to Officials and Competitors	Yes	No	N/A
9.1	Do you provide officials and competitors with instructions which include local racing rules, navigation rules, flow pattern and identification of local hazards together with a plan of the course illustrating these features?			
9.2	Do you advise competitors of the actions they should take in the event of an accident together with emergency telephone numbers and the location of the nearest telephone?			
9.3	Do you provide officials with specific instructions regarding their particular duty?			
9.4	Do you instruct course officials and safety launch crews to be in position prior to crews boating?			

10.0	Control Commission	Yes	No	N/A
10.1	Do you have a system in place to check competitors boats comply with the Rules of Racing regarding heel release mechanisms, bow balls, rudder lines and rudders,			

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	general boat condition and integrity, buoyancy compartment integrity and coxswains ability to escape from a front loader?			
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11.0	Signposting	Yes	No	N/A
11.1	Where required do you display warning notices of the event to other water users and the actions they should take?			
11.2	Where practical do you clearly buoy the racing course and traffic lanes for other passing river users as required by the local navigation or harbour authority?			