



SAFETY STATEMENT

Muckross HOR

It should be noted that this statement is an **overview** of important points regarding event safety. The entire event will be run under the rules, regulations and guidelines as laid down by Rowing Ireland.

- 1 The course is run over 3000 m and all rowers are expected to be physically capable of rowing over the requisite distance.
- 2 All participants are expected to be able to swim at least 100 m.
- 3 All present at the event must fully co-operate with the instructions of official Stewards and Umpires and the said officers reserve the right to immediately disqualify any crew/rower before, during or after a timed piece in the event of non co-operation.
- 4 All crews* must follow the course as is on the day and alternation from this course may result in disqualification. Details of the circulation pattern are set out in the Course Map which is published online and will be posted in the NRC on the day.
- 5 All crews* must be aware of other boats around and/or near them at all times.
- 6 Crews* must at all times give way to overtaking crews/boats. Coxes and those steering coxless boats shall be vigilant in this regard.
- 7 Crews* must obey the instructions of Umpires, Stewards and Safety Officials at all times.
- 8 Neither Muckross Rowing Club nor the organisers of Muckross Head Of the River 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.
- 9 All participants must be currently registered members of Rowing Ireland.
- 10 All boats must be adequately equipped as per Rowing Ireland regulations (heel restraints, hatch covers, bow balls, quick release foot stretchers *etc.*) and boats that are deemed unsafe will not be allowed on the water.
- 11 Safety officers will be on duty during the event both on the water and onshore. It is imperative that they receive full co-operation and event officials reserve the right to immediately disqualify any crew* at any stage in the event of non co-operation.
- 12 Safety boats will be positioned along the course and in proximity to the start and finish area. Safety boats will locate as required by conditions on the day and in response to safety concerns/incidents.
- 13 Coxes must (a) be equipped with appropriate buoyancy wear or life jacket of the standard approved by Rowing Ireland, (b) have attended the Coxes Meeting, (c) be fully attentive to umpire/steward/official instruction, (d) be aware of course layout, markers and overtaking procedure as outlined during the Coxes Meeting and (e) be fully responsible in his/her actions.
- 14 The slip and launching area 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 on the slip.
- 15 Clubs should ensure their insurance provides adequate cover for the event and travel to/from the event.
- 16 In the event of an accident, an ambulance providing first aid and medical emergency response will be based at the NRC. Emergency telephone numbers will be available at the Registration Desk.

* = For the purposes of this Safety Statement, the definition of 'crew' shall extend to include single scullers (1X).



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