

Event Safety, Emergency Response Plan & Preparation for IIRC RACE SERIES

Name of Event	IIRC RACE SERIES: <ul style="list-style-type: none"> • Irish Indoor Rowing Championships • PROVINCES Indoor Rowing Competition
Date of Event(s)	25 November 2023 20 January 2024
Organiser	ROWfit & Joe Cantillon Tel: +353 (0)87 768 0636

Contents

1. Introduction.....	3
2. Communications.....	3
2.1 Organiser:.....	3
2.2 Race Coordinator:	3
2.3 Registration desk & T-Shirt shop.....	3
2.4 UL Arena Front Desk.....	4

2.5	Limerick Civil Defence	4
3.	Safety Procedures & Preventative Measures.....	4
3.1	Equipment	4
3.2	Competitor Physical Readiness	4
3.3	Hazards - sick.....	5
3.4	Hazards – tired/exhausted/dizzy competitors.....	5
3.5	Hazards – Covid19	5
3.6	Hazards – Fire	5
3.7	Hazards – Anti-social behaviour.....	5
4.	Emergency Response Plan.....	6
4.1	Actions to take in the event of a Medical Emergency.....	6
4.2	Actions to take in the event of a Fire.....	6
4.3	Actions to take in the event of anti-social behaviour.....	7
4.4	Actions to take in the event of a terrorist threat	7
4.5	Reporting of incidents	7
5	Emergency Services Access	8

1. Introduction

Have a safe and enjoyable time at the Irish Indoor Rowing Championships in the University of Limerick Sports Arena. The goal of this document is to ensure a safe event for all involved. If you wish to discuss, assist, or comment on the content please contact the Organiser.

The Safety Plan is available from the event website www.iirc.ie and with the Sports' governing body Rowing Ireland.

On the day of the event the Limerick Civil Defence/Red Cross and Ambulance crew are available until racing finishes. Medical emergencies will be dealt with via the EMS contactable on phone number 999 or via the University of Limerick Hospital phone 061 301111

2. Communications

As the event is being held within the confines of the UL Sports Arena, the Organiser & Staff will always be accessible & contactable within the Arena on the day of the event. Mobiles will be used in the event specific personnel are required and are temporarily not on the arena floor at that time.

At all times the race floor and viewing areas are directly supervised by the Organiser or Race Marshalls. The Race Coordinator is constantly viewing all racers before and after races.

It is intended that Race Marshalls are always on the floor responding to competitor needs.

The organiser and staff will regularly patrol the Warmup areas, Entrance, Exits and bleacher (seating area) to ensure compliance with safety requirements. Any irregularities will be responded to immediately.

2.1 Organiser:

Joe Cantillon is always available to respond to any emergency and requests that all irregularities, incidents, and emergencies get reported immediately to him. He is contactable by Walkie-Talkie or Mobile (087 768 0636) or via Public Announcement (PA) system accessible through the commentator.

2.2 Race Coordinator:

The Race Coordinator is Brian Hyland and will respond to any request for assistance if Joe Cantillon cannot be found. He can utilise the PA to request assistance. The race coordination control desk is located behind the screens displaying the races.

2.3 Registration desk & T-Shirt shop

The staff manning the T-Shirt shop & Registration desk are experienced and know where to direct any queries for assistance. Marie & Adrian Spelman are in residence during the event.

2.4 UL Arena Front Desk

In the event of an emergency or safety issue of any note, the front desk is fully capable of handling any issue and will notify the Organiser.

2.5 Limerick Civil Defence/Red Cross

Limerick Civil Defence or Red Cross are on site providing First Aid and First response care to competitors and spectators of the event. They are readily recognisable and if not on the race floor will also be based in the classroom beside the sprinting track.

3. Safety Procedures & Preventative Measures

3.1 Equipment

All machines used within the event are the Concept 2 RowERG. Competitors are expected to have used these machines in preparation for the event and to be familiar with the distances and times they are competing in. They should also have trialled the distances they intend to race in and at the intensity the race(s) will require. If they are unfamiliar, they should not race as the efforts involved are maximal and to many extents extreme.

3.2 Competitor Physical Readiness

All competitors must read and accept the Rules, Terms and Conditions available at www.iirc.ie and specifically the Medical Waiver when registering:

IMPORTANT MEDICAL INFORMATION

If on race day you feel unwell, have recently been suffering from a virus or are on medication, we recommend that you do not race. Indoor rowing racing requires maximal effort, and the Organiser takes no responsibility for illness or injury caused as a consequence. If you have any doubts, you should seek medical advice prior to racing.

WAIVER

Competitors must ensure their physical fitness is sufficient to undertake this event. Registration for the IIRC or PIRC confirms that you understand that participation involves risk of bodily injury, stroke, paralysis, heart attack & death, as well as loss or damage to property. Your decision to participate in the event is made by you in full recognition of these risks and is entirely voluntary. In registering for the IIRC or PIRC you agree that you, your executors, administrators & assignees hold harmless ROWfit, Rowing Ireland, their respective directors, officers, employees, representatives, agent successors and assignees from all liability on account of injury, loss, claim, or damage to your health, well-being, or property on account of your participation in the event.

3.3 Hazards - sick

Occasionally competitors will get sick after a race. Anyone attending the event will notice the buckets spread about for this purpose. In the event of a spillage event volunteers and staff will attempt to clean up as soon as possible.

3.4 Hazards – tired/exhausted/dizzy competitors

Competitors will often become dizzy or exhausted after a race. They will often flop down or sit recovering. If in doubt ask after their wellbeing and raise the concern to a Race Marshall, Civil Defence staff or the Organiser if unresponsive or poorly. If they present a hazard the staff will endeavour to help to move them somewhere safer for all involved.

3.5 Hazards – Covid19

There are currently no COVID-19 restrictions in Ireland. You should continue to follow public health advice to protect yourself and others.

Please note:

- Maximum ventilation of the Arena – large industrial back and front doors open.
- Race machines will be wiped down between races
- Race and warmup machines as far apart as possible
- Races viewable online with the Time Team Live tracker (same as virtual IRCs) so you can attend and watch races from a safe distance or outside the venue – or of course from anywhere that has access to internet
- Medals picked up and donned at a safe distance by medallists per Olympics
- If the Covid Police or venue owners' step with on-the-day concerns, these will be the response steps:
 - I. Non-Conformance (NC)/concern will announced on PA to cease & desist
 - II. If NC continues Racing paused, announcement on PA and Organiser will intervene until cessation, whereupon racing will resume
 - III. Still continuing? Racing paused, **transit areas cleared**, and further efforts made until cessation, whereupon racing will resume
 - IV. Really? Racing paused, **all seating areas cleared** along with efforts made until cessation, whereupon racing will resume
 - V. FFS. **Event will be suspended.**

3.6 Hazards – Fire

Unlikely as it would seem a fire alarm at the venue on race day has occurred due to an electrical fire. In the event of a fire being discovered or a fire alarm being activated the Organiser will pause racing, request clarification from the Venue staff and follow them or agree appropriate action. 40 space blankets are available for competitors forced out into the cold.

3.7 Hazards – Anti-social behaviour

Any behaviour of this nature will not be tolerated. Immediate action will be taken by the Organiser and venue staff. Racing will be paused and where necessary authorities notified. Racing will only resume when safe to do so.

4. Emergency Response Plan

The purpose of this plan is to provide clarity and information in the event of an emergency occurring during the event.

It is the responsibility of the event Organiser Joe Cantillon to ensure action is taken to mitigate harm against anyone competing, accompanying, or supporting a competitor attending the Indoor Rowing event.

Anybody (Competitor/Spectator/Staff member/Bystander) may initiate an emergency response.

On discovery of an incident one of the following should be informed

- Race Marshall
- Registration desk personnel
- Commentator
- Race Coordinator
- **Civil Defence Personnel**
- **UL Sports Arena Staff Member**
- **UL Sports Arena Desk**
- **Organiser – Joe Cantillon**

Anyone may initiate life saving measures (if trained) or notify the Organiser/Civil Defence/Sports Arena Personnel if un-trained.

Title	Name	Phone
Organiser	Joe Cantillon	087 768 0636
Red Cross		
Civil Defence		
Venue Staff	UL Arena Front Desk	061 213 555

Any one of these may determine the whether the emergency a medical or non-medical issue and subsequently if it is urgent or non-urgent medical issue.

4.1 Actions to take in the event of a Medical Emergency

The Organiser/Civil Defence/Venue Staff will take initial control, assess the situation, and decide whether to contact Emergency services or not.

4.2 Actions to take in the event of a Fire

In the event of a fire being discovered or a fire alarm being activated all attendees must calmly make their way to the exits and follow the instructions by the UL Arena Staff. In the absence of instructions, the Organiser will pause racing, request clarification from the Venue staff and follow them or agree appropriate action.

4.3 Actions to take in the event of anti-social behaviour

Immediate action will be taken by the Organiser and venue staff. Racing will be paused and where necessary authorities notified. Racing will only resume when safe to do so. Gardaí will be notified where necessary.

4.4 Actions to take in the event of a terrorist threat

On receipt of the threat the Organiser will contact the Gardai, pause racing, request clarification from the Venue staff and follow them or agree appropriate action.

4.5 Reporting of incidents

The organiser welcomes any assistance in reporting incidents on the Rowing Ireland IROWsafe online report system: <https://www.rowingireland.ie/about-irow-safe/>

5 Emergency Services Access

Emergency Medical Services Phone Number:

999

EMS Protocol

When you call EMS, provide the following:

- Your Name
- Address: UL Sports Arena, University of Limerick

V94 XT66

- Telephone number
- Number of individuals injured
- Condition of injured
- First aid treatment
- Specific directions
- Other information as requested.

Scene control: Limit scene to first aid providers and move bystanders away from area.

Hospital Name: University Hospital Limerick

Emergency Room Phone Number: 061-482120 or 061-482011

Hospital Directions/Eircode: V94 F858