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**Offaly Rowing Club**

**Tullamore Time Trial 2nd October 2021**

**Safety plan 2021**

We at Offaly Rowing Club welcome you to Tullamore Time Trial 2021. We hope to offer a day full of enjoyable, safe and successful day of racing to all. The combined effort of you and us we hope to achieve this.

This safety plan will incorporate key points of all the participating rowing clubs involved. Our aim mentioned above will be possible through all competitors, officials and visitors upholding all good practice that exists with rowing throughout all the clubs participating this weekend.

Safety is an upmost for us here at ORC so for the duration of all events we will have safety marshals along the course with a throwline in the event that a capsize were to occur. Boats will be checked before being allowed to launch with particular interest in the boats bow ball and the shoe straps for quick release.

It is the responsibility of each participating club to ensure that the equipment that they use is safe and compliant with the requirements of General Rule in principle, the Rules of Racing of FISA and Rowing Ireland’s safety manual. All boats being used for racing must have a secure bow ball attached, heel restraints, a quick release show strap and watertight buoyancy chambers.

We ask that all competitors to be in good health and to be able to swim approximately 25-50m unaided in their racing gear in the event that a capsize were to occur which is the responsibility of each participating club to ensure. As the canal is not too wide there is easy access from the bank for safety marshals or officials to aid the rower with their return into the boat.

We will endeavour to provide a safe system for the duration of this events, each competitor and competing club has a duty of care to themselves and others. We ask that clubs and competitors abide by ORCs traffic circulation patterns along with any competition specific safe provisions. If a competitor does not feel that they are capable or competent of participating in their event, they do not have to launch. Each competitor is asked to bring a spare change of clothing in the event that they do capsize. The changing rooms will be available for use with limited access in place. The changing rooms should be treated with respect by all users. If there is a spillage or a leaking pipe, committee members should be alerted. In this case floors may become slippery and it falls on all members/coaches/guests to make an effort to reduce or remove the risk when it arises.

While at ORC there are some hazards that you should be aware of;

* Approximately half-way through the racing course there is a slight bend in the canal, this bend will be marked with a line of buoys
* There may be aquatic weeds on/in the water that could cause an obstruction to competitors and their oars
* The canal poses a risk with bodied water. It is approx. 1.5m in depth with a muddy bottom and marginal aquatic weeds, trees, and vegetation. In the event of a capsize or collision with the banks, resulting in an unplanned swim which could lead to hypothermia, contamination, or drowning. To overcome this, rowers should row in the centre of the canal where possible, avoid any collisions with the bank and avoiding areas that have high vegetation growth.
* When crossing the road outside the club to get to the slip, all personnel must be aware that cars, trucks, and large agricultural vehicles may pass. This possess a risk of collision and a road traffic accident. All personnel must remember the roadway is a public road and should proceed with appropriate caution.
* Coaches and crews are to ensure that every care is taken to prevent injury when lifting boats in and out of the racks, trailers, and the canal.
* The Club has a No-Smoking policy and smoking is not permitted in any part of the Boathouse or club grounds.
* Extreme care is to be taken by all members when using the car park in order to prevent injury to people on foot or carrying boats. Cars are to be parked away from the boathouse doors and must not obstruct the way to the slip. Cars are parked at the owner’s risk and the club takes no responsibility to any damage caused.
* We try to cater up to 160 scullers over 4 races but as it is a public space there may be additional people/ civilians around. This could be hazardous for rowers as it creates unnecessary distractions which could lead to collisions or a capsize to occur

**Launch Plan and Racing:**

Rowers should launch at the slip in accordance to their bow number, high numbers launching first and lower numbers launching last. All rowers will be going in the same direction towards the starting area. At the starting area scullers may turn their boat and line up according to their bow number and stay until all rowers have reached the starting Zone. Scullers are asked to launch facing West (away from the lock). Scullers should arrive at the slip area with their gates opened and the footrest adjusted appropriately before slipping. As scullers proceed to the starting zone they should remain to the centre of the canal and left-centred around the bend. At the starting zone, high numbered boats may go to the bank and disembark if they wish until the race starts where odd numbers are on the south bank and even numbers on the north bank. (oars should remain off the road on the north bank. Scullers will then be called to the starting line by number and will race towards the slipway at the club house. Upon their arrival back to the club they can come into the slipway if there is a suitable gap and remove their boat from the water in a safe but quick manner as to allow other rowers access to the slip. There is no room for a warm-up in the starting zone so scullers must try to do so on their way up to the starting zone where it is safe to do so. It can take up to approximately 15-20 minutes to reach the starting zone from the launching area.

In the event of an emergency, the nearest Accident and Emergency unit is at Midlands Regional Hospital of Tullamore **057-9321501**

Emergency services can be contacted on 112 or 999 from any telephone

Club officials include the following:

**Person in charge on the day**- Frank Durkin 087-2544755 /

**Safety /Covid Advisor**- Stephen Harte 087-1621242

**First aiders**- Order of Malta/ Red cross?

There is no public telephone facility within Offaly Rowing Clubs boathouse and cell phone coverage may be limited. Most officials will have access to a mobile phone which can be used in the event of an emergency.

Access to the club grounds is along a narrow canal road in which cars, trucks and agricultural vehicles may use along with emergency vehicles in the event of an emergency. With this in mind we ask that all visiting clubs, competitors and public civilians be cautious of road usage and avoid blocking key areas along the road. Vehicles that may be towing club trailers should take particular care while crossing the humpbacked bridge on approach to club as it is narrow, and boats may hit off the side walls or electrical poles that are in place. Trailers can be parked in the club grounds, but vehicles may be asked to park in the adjoining field to allow access to the club.

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 HOR committee. The committee reserves the right to amend this plan if weather or competition conditions on the day make this necessary. Before the commencing of any races the course will be inspected for any obstructions or likely problems and assess the water conditions. A checklist will be completed and if any decisions regarding postponement will be then considered.

**Covid-19 Protocols**

Appropriate Covid Protocols will be in place during the time trial. All clubs should have an appointed Covid Officer for the day. Each individual club will have to carry out Covid-19 health screening prior to their arrival to Offaly Rowing Club and must fill out and supply Offaly Rowing Club with a signed declaration that participant health screening has taken place and that all participants are, to the best of the knowledge of the club, free from signs and symptoms of Covid and are not suffering from Covid-19. A club declaration form can be obtained from rowing Irelands website that declares the above and also mentions the number of participants and officials that will be in attendance on the day. This document should be sent to [offalyrowingclub@gmail.com](mailto:offalyrowingclub@gmail.com) prior to their arrival to club grounds. Social distance rules should be followed. We ask that all participating clubs and their members to wear suitable face coverings while on the club grounds as per the guidance from Rowing Ireland as it will be an area where a mixture of vaccinated and unvaccinated persons will be.