

TEES REGATTA 2009

SAFETY INSTRUCTIONS FOR ALL COMPETITORS

See attached map

It is the competing clubs' responsibility to ensure all of its crews and scullers abide by the ARA Water Safety Code, RowSafe, ARA Rules of Racing and the specific local rules as presented in the Competitors Instructions. Specifically:

1. **Clubs must ensure that all their boats competing in the Regatta comply with the ARA Water Safety Code / RowSafe.** Any boat may be inspected.
2. **All coxswains must wear lifejackets of an approved type** and be adequately dressed for the prevailing weather conditions. That inexperienced crews have experienced coxes and that inexperienced coxes are only used with experienced crews.
3. **Circulation Pattern:** See map overleaf.
4. Crews must depart from the steps and land at the pontoon.
5. Crews must be at the mid-course marshal at least 5 minutes before they are due to race.
6. **Crews must only leave the landing when it is safe to do so under the direction of the marshal, and must cross and clear the course quickly.**
7. Warming up is not allowed on or adjacent to the course. Please proceed upstream of the Princess of Wales Bridge to warm up. This section of the river is not closed so the normal rules apply and other craft may be using the river. The normal navigation rules are displayed in the boathouse.
8. Crews should approach the start via the south side of the course. When they pass the bridge pier, keep clear of the racing lanes. Follow the instructions of the launch marshals. They should wait adjacent to the mid-course marshal (near the large white buildings) who will direct them to the start when the course is clear.
9. Crews should stay clear of the booms downstream of the start area.
10. **After racing, crews should proceed past the buoys upstream of the finish before turning towards the north bank and return to the landing when the course is clear. Follow the instructions of the launch marshal.**
11. Every attempt is made to keep the course clear of obstructions. Any obstruction noted should be reported to an Umpire or Marshal.
12. **Safety decisions** such as cancelling the event, termination or suspension of some or all races, may be taken by the Race Committee. All competing clubs should provide Regatta Control with a contact number for use during the event in case of an incident involving their club.
13. **Regatta Control (at RTWC) is the co-ordination point for any emergency.** Radio contact can be made with regatta control by any Umpire and/or from the Safety launches. Regatta Control also has access to a mobile telephone for use by regatta officials in the case of an emergency. If emergency services are called directly, please inform Regatta Control.
14. **Safety Launches** will be stationed at the positions shown in radio contact, and the Umpire's Launch will follow some races. If there is a need for any launch to attend an emergency, then the Helmsman in charge will immediately stop any other activity and proceed rapidly to the incident. If a race is in progress, an umpire will (if necessary) stop the race.
15. A **First Aid Kit and Emergency Equipment** are available at Regatta Control and in the Safety Launches. In addition, First Aid is available from personnel at the Landing area, and this can be requested via Regatta Control.
16. If any External Emergency services are called to provide assistance the recognised **meeting locations** are:-
 - a) River Tees Watersports Centre (access via Dugdale Street).
 - b) Tees Barrage Slipway (access via A66 - Teesside Retail Park Intersection).
 - c) Stockton Corporation Slipway (access from Riverside Road).

CONTACT INFO

Regatta Secretary	Kate O'Sullivan	} Via	Police (Stockton)	999 or
Safety Adviser	Steve Vaslet	} Regatta	Barrage Control Room	01642 607114
Co-ordinating Umpire	Dilwyn Jones	} Control	Hospital	01642 617617
Regatta Control	07852134221 or	07768761399	Ambulance / Fire	999
Medical Adviser	David Cooper		RTWC	01642 628940