

The North of England Sprint Rowing Championships 2021

At Hollingworth Lake Rowing Club, Littleborough OL15 0DQ



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Introduction

The Annual North of England Sprint Rowing Championships will be held on Hollingworth Lake on the 4th September 2021. The competition boasts a three-lane buoyed course. Please see the included Lake Launching Document. The competitions will be held under BR Rules of Racing and the BR Row Safe Guide offered in categories – Seniors, Masters and Juniors with no restrictions on fine boat type. The most successful Junior and Senior club on the day will return home with The Victor Ludorum Prize of £500.

The Club is located at OL15 0DQ. The Lakebank Car Park will be closed to the general public and made available for the visiting clubs to store their trailers. Towing vehicles and cars will need to be positioned in other nearby Car Parks once the club trailers are in position. The Hollingworth Road and Visitor Centre Car Parks will not be affected and will be available for towing vehicles, competitors and visitors, all day costs are £5. The parking metres have recently been changed to card readers.

The safety plan explains safety measures that have been introduced as a result of the competition risk assessment and specific details linked to BR requirements.

Event Organisation

Organising Committee (Hollingworth Lake Rowing Club)

- Keith Lawton (President)
- Ian John (Captain)
- Denise John (Safety Advisor)
- Julia Henry (Event Welfare Officer)
- Elaine Huskinson (Regatta Secretary)
- Nigel Price (Club Secretary)
- Simon Reeves (Chair of the Race Committee)

Race Control and Registration will be located in the Club House who can redirect any specific enquiries to the appropriate officers – please see the Regatta facilities and boating map.

Communications

*Competitors and organisers must be made aware of the safety arrangements before and during the event in order to prevent incidents and to enable incidents to be dealt with efficiently if they do occur. The following actions should be undertaken to ensure effective communication between all parties: **Priority will be given to safety messages at all times.***

Prior to the event

The following documentation will be made available on the web before the event. It is the responsibility of all participating clubs to make sure their crews are made aware of the content:

- Regatta circulation and course hazard map
- Safety Plan
- Risk Assessment

All information is available online on the Hollingworth Lake Rowing Club website.

Other water users have been advised in writing. The North of England Sprint Rowing Championships 2021 will have sole use of Hollingworth Lake during the event.

Cancellation or Suspension of Racing

- Cancellation of the Regatta will be communicated to visiting clubs by telephone or email. If it has not been included on all of your club's entry forms, please ask your club's representative to email their telephone number to hlrc.regatta@gmail.com
- Suspension of racing will be communicated to everyone at the Regatta using the public address system.

Cancellation or Suspension of Racing during the event

Communication between all Race Officials, Safety Launch personnel and Race Control will be by radio provided by the North West Rowing Council.

A public address system will be available for the Organising Committee to address competitors and visitors who are in the vicinity of the boathouse.

The event

Dress Code

BR Rules of racing 7-2-5 Dress states:

- a. Every competitor, except coxes, shall wear the racing strip of the club they represent. This shall consist of at least a singlet and shorts combination or an equivalent one-piece garment.*
- b. Crews representing a single club shall wear a uniform racing strip. This rule shall only apply to the outermost garment worn above the waist; garments worn below the waist and any secondary garment under the racing strip shall not be subject to this rule unless specifically required by the particular competition's regulations. Minor differences may be overlooked, but major differences (e.g. a mix of diagonal and horizontal stripes) should not be allowed.*
- c. In composite crews each competitor shall wear the racing strip of the club they represent.*
- d. In mixed crews, men and women may retain the racing strip they would normally wear.*

The North of England Sprint Championships understands that not all competitors may have club colours. We have taken guidance from the North West Regional Rowing Council (NWRRC) and clubs can race in similar colour tops.

Registration

Located on 1st Floor of the Boathouse please see Regatta facilities and boating map
Race numbers may be collected one hour before the event begins.

To obtain their racing number, a crew must;

- Have paid its fees in full.
- Have their coxswain weigh-in (with additional dead weight, if necessary).

Competitors who cannot provide their Racing Licence for inspection;

- May be disqualified,
- Will not be awarded prizes before their eligibility has been confirmed.

Captain's, coaches and coxes briefing

A briefing will be held for all competing club officials and coxes. This will cover the key elements of this document. Briefings will take place at 7.00 am and 9.00 am.

Regatta Course

The Regatta Course is approximately 500m long. Beginning in Queen's Bay (in the south-west corner of the lake), it stretches NNE past the boathouse to the finish. Please see Regatta circulation and course hazard map

Please note that the area can get very crowded immediately before the start of the event; please listen carefully to the instruction of the Marshals. Officials will have copies of the Draw and Safety Plan. Each of the Rescue Launches has an aide memoire detailing what to do in an emergency. First Aid is provided by Qualified First Aiders; they can be located via Race Control using the Radio net.

Launching

- Regatta Officials will be present at HLRC boathouse and on the beach in front of the carpark. Each crew is responsible for the condition of all their equipment. If the equipment does not meet the standards set in the British Rowing Rules of Racing, then the Officials may prohibit a crew from launching.
- **All crews are advised to launch at least 20 minutes prior to their 1st race.**

- It will be helpful if you and your opposition proceed together to the Pre-start marshal - who will be afloat in the Pre-start area. Please do this prior to any protracted pre-race warm up.
- Clubs will be advised of where to launch from (and land at) prior to the event. This will either be from the HLRC boathouse or the beach area in front of the carpark. **All competitors must bring footwear suitable for wading in water. We recommend the use of sliders, flip flops or crocs over wellies. Broken glass, metal and sharp stones may be present at both boating areas, so bare feet will not be allowed. Beware of the potential for Weils disease and seek first aid for cleaning any open wounds.**

Proceeding to the start marshal

- From the beach or boathouse move directly out of shallow water and then follow the lake bank to pass between the water tower and finish marshal. Stay away from the racing lanes and **returning crews – passing unconventionally bowside to bowside.**
- Turn up lake (see direction arrows on map) and follow the outside racing lane alignment about 10 metres from the lane heading towards the pre-start marshal. Beware of the umpires launch about 150 metres from the finish.

Warm up

- First proceed to pre-start area. Make sure pre-start marshal has identified you. Then row down lake parallel to the course but keeping well to bowside (starboard) of crews paddling to pre-start. Crews who **do** not wish to use the warm-up area should proceed to the Start Marshaling Area.
- **Report to the Start Marshal at least 10 minutes before your race.**

Practice starts

- Check the course is clear sufficiently ahead and practice starts in the areas marked – up lake past the finish area on the way to the start or down lake in the warm-up area ensuring the course is clear for sufficient distance ahead. Do not practice starts elsewhere.

Pre-start

- You will be marshalled with the crew in lane 1 closest to the and lane 3 closest to the bank. Cross the lanes as shown, spin and back on to the stakeboat.

The start

- The Starter will call you on to your station on the start.
- All crews are asked to approach the stake boat on their station before spinning the boat and attaching the stern on the start.
- Crews arriving at the start after their published race time may only be allowed to compete at the discretion of the Starter
- Bows will be aligned with the start line.

The finish

- The finish will be identified by two yellow chips floating in the water. The four large red buoys demarcate the end of the over-run area, not the finish line.
- Crews who have crossed the finish line and won their heat should vacate the over-run area and return to the pre-start marshal immediately. Crews that do not do so may be disqualified.

- Heat winners return to the pre-start marshal by paddling clear of the finish line and turning to bowside (starboard) and rejoining the uplake route. Crews are strongly encouraged to remain afloat between heat and final and use the warm up loop.

Returning to the boating area

- Crews who have not qualified for another race should vacate the over-run area, then immediately return to the boating area.
- Whilst in the finish area paddle clear of finish line and turn to strokeside (port) and return between the racing lanes and crews proceeding to the start i.e. bowside to bowside (not the usual rule). If the boating area is busy go past and turn in to approach down lake. Do not re-enter the regatta course and give way to racing crews that may be off course.

On Water Safety

All Safety Launch crews will include RYA affiliated members who have excellent Water Safety and First Aid Skills. If extraction is required, this will be assessed on a incident by incident basis.

Water safety will be provided by Hollingworth Lake Rowing Club, Hollingworth Lake Sailing Club and Hollingworth Lake Water Activity Centre. In total six safety launches will be present at all times.

Safety Launch 1 and 2 (Water Activity Centre) located at equal distances (Launch 1, 160m from the Start, Launch 2 will be placed at 340m) down the course.

Launch 3 (The Sailing Club Launch) located at the finish and has the additional job of guiding crews returning to the boating area and crews launching to get to the start.

Launch 4 (Water Activity Centre) will transfer Umpires to and from Launch 1 & 2 alongside the course, during this time the competition will be stopped until all officials have been replaced/returned. Launch 4 will also be responsible for monitoring crews that are away from the course in the warm up area.

Launch 5 (Hollingworth Lake Rowing Club) will monitor crews in the start marshaling area and assist with getting crews ready in their race order.

Launch 6 (Sailing Club) will be positioned ready for launch in the Sailing Club/Rowing Club area specifically for rescue.

Accident and Emergency Procedures

First Aid Cover

A qualified First Aider will be available at all times. They will be based at the Water Activity Centre. Contact can be made to them by radio if required. First Aid Kits are located at Race Control.

Emergency Services

Local hospital with A&E facilities is Royal Oldham Hospital (0161 624 0420); Rochdale Road, Oldham, Lancashire, OL1 2JH. (6.9 mi.). It will take approximately 20 minutes to drive.

Any Emergency Services called will be asked to attend an appropriate location as advised at the time. A designated person will meet and direct them to any Emergency.

Club location

In the event emergency services are called the club location is:

Lake Bank
Smithybridge
Rochdale
OL15 0DQ

Grid Reference

SD 93370 (6 digits)

SD 93370 14997 (10 digits)

X 393370 Eastings Y 414997 Northings

Latitude, Longitude

53.631460, -2.1017267 (decimal)

53°.37'53"N, 002° 06'06"W (degs, mins, secs)

What three words

///mini.goad.engage

As the event covers a large area, we recommend downloading the What Three Words app to allow you to provide an accurate location of any incident.

Useful Numbers

Note: There is a landline at the Club and there is good mobile reception along the lakeside

Ambulance 999

Police 101

Club landline 01706 377 261

Welfare Officer Julia Henry - 07515 459 229

Regatta Secretary Elaine Huskinson - 07787 315 455

Emergency Equipment

In addition to the equipment present on the safety launches all Marshals and Umpires will have throw lines and thermal blankets available from them to use as and when required.

Pre-Boating Safety Checks

It is the responsibility of Clubs, Coaches and Crews to present all boats to the minimum standard laid down in the RowSafe Guide and BR Rules of Racing before being allowed to boat. A selection of boats will be checked by an Umpire before boating and any failures reported.

The following must be checked – heel restraints, buoyancy, bow balls, cox's lifejacket

Buoyancy - ALL boats buoyancy compartments, seals, hatch covers, boat hull and ventilation bungs are secure and watertight. Buoyancy Bags should have been installed if no under-seat buoyancy compartments are fitted.

Compromised bow / stern canvases must be repaired so they are watertight.

Bow Balls must be securely fixed – not flex out of the way on impact, fixing must not be a potential hazard.

Coxes must wear the correct type of life jacket for their boat, know how to use the life jacket and it is operational. Face masks are not required but are recommended. It is the coxes discretion if they chose to wear one.

In all boats the foot stretchers, shoes or other devices holding the feet of the rowers shall be a type which allows the rowers to get clear of the boat with no delay in an emergency. Where shoes or other devices holding the feet will remain in the boat, each shoe or device shall be independently restrained such that when the heel reaches the horizontal position the foot will be released from the shoe.

Where shoes or other devices holding the feet will not remain in the boat, each shoe or device must be able to be released by the rower without using their hands or with a single quick hand action of pulling on one easily accessible strap or release device.

In addition, where laces, Velcro or similar materials must be opened before the rower can remove their feet from the shoes or other device, all such materials must be able to be released immediately by the rower with a single quick hand action of pulling on one easily accessible strap.

The forward port and starboard rigger on all boats, other than single sculls, should be protected by a backstay.

Incident Reporting

Any incident or accident must be reported to Event Organiser and the Event Safety Adviser. The Safety Adviser will record any incidents and submit them online to British Rowing.

If in doubt any competitor, official, coach or spectator can and is encouraged to log any incidents on the BR website.

Emergency Response Plan / Incident Response Plan

The key to a successful Response is to have effective communication – be clear and concise with radio messages any communication in this regard should detail.

- a) Location
- b) Type of Boat (single, four, eight etc.) and
- c) Nature of incident (capsize, collision)

All casualties will be given immediate first aid by the safety boat crew and moved to Race Control as soon as possible– the full details can be recorded and passed on later.

Water based incidents will be controlled initially by the Umpires / Marshals on duty, before the Safety Launch and Safety Adviser take over responsibility.

Off Water Incidents can be controlled initially by those finding the incident until the Safety Adviser and or First Aider takes over responsibility.

Radio Procedure

Effective use of the radios relies on keeping transmissions short and to the point, speaking clearly and following basic internationally recognised procedure. The following guidelines are based on standard VHF radio procedure.

Only one radio can transmit successfully at a time so if you talk at the same time as someone else one of you will not be heard.

Radios provided come with a Radio protocol card which should be followed.

Sometimes it is important to tell everyone something e.g. that the lunch break has just started. To pass a message to everyone, call “All Stations”.

“All Stations, this is Control. Be aware that the lunch break has started and the next race is due to start at 13:00. **Out.**” This should be used when you need to communicate information to everyone.

The word Mayday is derived from the French m’aidez (help me). It is only to be used when there is grave and imminent danger of loss of life or a vessel and immediate assistance is required.

“Mayday” calls take precedence over all other transmissions.

The message prefix “Pan-pan” is used when there is a matter of urgency but where there is no imminent danger of loss of life or a vessel.

“Pan-pan” messages take precedence over all except “Mayday” messages and, although they do not impose radio silence automatically, further transmissions not associated with the incident should cease until the urgency has ended.

Abandonment Plan

The conditions that could cause racing not to take place would be severe winds, lightening or fog. All other conditions would see some form of racing taking place.

If the event is to be abandoned in its entirety this will be determined the Thursday before the event so that all clubs are made aware before they travel.

At the start of the race day an assessment will be made by the Race Committee in consultation with the Safety Adviser based on the fixed and variable aspects of the event e.g: Age, Experience / Category, 1x, 2x, Coxless, Front Loader, No under seat buoyancy, Weather, the course, Water Conditions, Other External Factors etc. as to what categories are deemed able to race. Any restrictions will be advised to all Club coaches.

An ongoing assessment will be made during the day by the Race

Notes for Club / Coach / Individual

The Competition / Event will endeavor to provide a safe environment in accordance with British Rowing's "Row Safe" guide, although competitors, coaches and clubs are specifically reminded that every person attending the event, including those competing, or officiating, do so entirely at their own risk and are solely responsible for:

1. their own safety;
2. ensuring that their boats are safe and are prepared to the standards required by British Rowing's "Row Safe" and the British Rowing Rules of Racing. Any boat found failing to meet the standard shall be excluded;
3. the strict observance of the circulation pattern and British Rowing's "Row Safe";
4. deciding, together with their coaches, whether or not they are competent to compete in the prevailing weather and water conditions;
5. ensuring 'a responsible adult' accompanies each junior competing in the event to assist them 'in loco parentis' with their responsibilities and assume responsibility for their welfare.

"Plan B"

Needed to cover for failure of any part of the planned safety arrangements – what, if, then, else

Failure of safety arrangements

In the event of:

- Loss of a safety boat / multiple launches will see a re-deployment to maintain a reasonable cover of key points.
- Loss of Umpire support will be covered by extended shifts or others suitably qualified officials and/or persons.
- Loss of Safety Adviser will be replaced by the Assistant Safety Advisor.
- Loss of medical cover within NRC will be covered by a qualified Event First Aider.
- Loss of radio communications will be covered by use of mobile phones.
- Changes to racing arrangements may see the length of the course being shortened, restrict racing to larger boats and/or competent crews.

These arrangements have been made based on experience of previous events and will be reviewed as situations develop.

Measures for Specific Hazards

Weather and water conditions

There will be some weather and water conditions that may require the event to be changed:

- Conditions and Possible Prevention and Mitigation Measures.
 - **Lightning** - Follow the 30:30 rule. Suspend racing and stop boating until storm blows over.
 - **Flooding** (high water levels) - Cancel event. Limit entries to older and more experienced crews and larger boats.
 - **Heavy rain** - Ensure appropriate clothing is worn at boat inspection and control commission.
 - **Water Level** - water level too low – cancel event

Debris barrier

In the summer of 2020 United Utilities installed a new debris barrier around the overflow. This is marked out on the regatta map. Yellow buoys have also been installed to mark out the area.



Slips and trips

- The boating and trailer areas should be kept free from blades, shoes, trestles, etc.
- Wet surfaces – close to the water's edge can be slippery.
- Submerged rocks- take care when boating and wear correct footwear.

Manual Handling Risks

- Launches onto water
- Movements of equipment
- Setting up of equipment and removal from trailers

Car Park and Trailing Area

Car and Trailer parking will be as designated.

Marshals will be present in the trailer park to help people decide where to park. If in doubt the following applies:

- Trailers may be unhitched in Lake Bank Car Park (immediately outside the boathouse). **Please do not leave any towing vehicles in this car park.** The space available is limited. As there is no provision for the racking of boats, visiting competitors are asked to bring suitable equipment for the assembly of their boats.
- Vehicles (for towing, carrying boats, competitors and spectators) may be parked on either the Hollingworth Road or Hollingworth Lake Visitors Centre car parks which are nearby, all day costs at £5. These take card payments.
- Hollingworth Road car park is nearest – but may not be open before 8am. A footpath from here leads up to Lake Bank on the corner of Heald Lane.
- Hollingworth Lake Visitors Centre Car Park is open early in the morning and can be found the NNE (Finish end of the 500m course)
- Please do not obstruct the roads and use car parks.

Hygiene

Separate male and female toilets and washing facilities are available in the boathouse and Water Activity Centre.

If utilities fail (water, sewerage, or electricity) the Event Committee will contact the appropriate utility or contractor to rectify the problem.

Litter bins are to be provided. Competition / Event area is to be inspected during and after the event.

Normal hygiene procedures apply and ensure washing facilities are available to people serving food.

Welfare

The welfare and well-being of all is paramount - regardless of age, sex, ethnicity, religion or ability, all have equal rights to safety and protection. The Event Committee believes that Special care is needed for children and vulnerable adults. The British Rowing Welfare Plan has been adopted by the Club Welfare Officer.

Should any welfare issue arise during the Event, the Event Organiser and/or Welfare Officer will report the matter to the British Rowing Child Protection Officer and the relevant authorities.

Copies of the Safety & Welfare Documentation will be available to view at Registration. The Safety Adviser will be available to discuss any matters arising.

If you would prefer to speak to the event Welfare Officer directly, Julia Henry can be contacted by phone (07515459229) or email hrcwelfare@gmail.com

Covid-19

As the rules, regulations, and advice for Covid-19 are ever changing, please refer to the Regatta Covid-19 Policy and risk assessment for further guidance.