



The Henley Women's Regatta adheres to the British Rowing 'Row Safe' Guidelines. Competitors and Officials **must** follow this Code at all times.

REGATTA SAFETY ADVISER

The Safety Adviser for the regatta is Dave Gledhill who is a qualified paramedic. He can be contacted by radio or by mobile 07802 494591

ROW SAFE

It is compulsory for all crews and officials at Henley Women's Regatta to fully comply with British Rowing Rules of Racing and all aspects of 'Row Safe'.

Coxswains must provide and wear an appropriate functioning buoyancy aid or lifejacket when afloat and must be aware of its method of deployment.

All Umpires, Officials and Staff must wear a buoyancy aid or lifejacket at all times when afloat before, during and after racing, including when on the start pontoon.

It is the responsibility of all crews that their boats are safe and in full working order. Control Commission Umpires will randomly inspect boats for compliance with the rules of Row Safe and the Rules of Racing.

If a member of a crew should for any reason leave the boat once afloat, the crew **MUST** stop to assist that person in the water until a rescue boat arrives. Failure to stop will result in the crew not being placed in accordance with Paragraph 2, 6, 1b in the British Rowing Rules of Racing.

All competitors, coaches and other participants must familiarise themselves with the Henley Women's Regatta Competitors Instructions along with the differing circulation patterns, including those for the adaptive racing.

SAFETY COVER

Three professional rescue boats will patrol the course. They are referred to as 'Safety Start', 'Safety Centre' and 'Safety Finish'. See separate map for their positions. All safety boats are equipped with radios on the Regatta network.

Each Umpire's launch will carry safety equipment as specified by Row Safe

First Aid facilities are provided by St John Ambulance who are situated in the main regatta site, near to registration.

INCIDENTS

The regatta has a network of radio links along the course. Radio Control will monitor all radio traffic.

Should an incident occur, please contact the nearest Regatta Official. They will then report the incident to Radio Control and any necessary action will be taken.

Radio silence may be requested to allow for any incident to be dealt with.

Racing may also be suspended if an incident occurs along the course.

Keep all radio traffic to a minimum at all times.

The nearest Hospital for First Aid is Townlands Hospital, York Road, Henley-on-Thames, Oxfordshire RG9 2EB. Telephone: 01865 903703T.

The Royal Berks is the nearest hospital providing major incident support. It is based in Craven Road, Reading, RG1 5AN. Telephone 0118 322 5111

COURSE EVACUATION PLAN

Should the course need to be evacuated the following instructions should be followed:

Boats in the Warm Up Area below the Start

Boats to disembark at the pontoon below the start. This includes any umpires launches in the area. The start safety launch will supervise

Boats on the Start Pontoons

To be brought to the bank beside the start team

Boats racing along the Course

Will be directed to the nearest safe landing place by the race umpire, who will then disembark themselves.

Boats near the Finish

Will be directed to Upper Thames RC to disembark. The finish safety launch will supervise

Boats about to Race

Will be directed back to the pontoons by the crossing marshal and or Control Commission. The Safety Centre launch will oversee the boat on the water and check that all boats are off the course.

ADAPTIVE RACING

All adaptive races will embark and disembark from their designated landing stages at Upper Thames Rowing Club.

Upper Thames Rowing Club has the necessary changing and toilet facilities to accommodate wheelchair users.

Adaptive athletes should make themselves aware of the circulation pattern for their races in normal conditions and in bad weather.

A safety boat will follow each adaptive race along the course.

During racing, the Safety boats will have the necessary information regarding each athletes as to their needs should an incident occur.

WELFARE

The Welfare Officer for the event is Barbara Wilson. She can be contacted via radio or on 07836 774603

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