



South Coast Championship Regatta Deal 2018

Safety & Emergency Action Plan

The SCCR 2018 will take place on Saturday 8th September 2018 at the DWKARC The Marina Deal Kent CT14 6NG.

The regatta is weather dependent and will be decided at the provisionally at SCCRC meeting 7th September 2018 and confirmed by the regatta team at or before 6am on the 8th Septemebr

There will be up to 9 lanes for racing and the event is planned to start at 09.30

The primary race course is shown in the map below starting just south of the sea scouts at Marine Road at the Club House detailed above heading south towards the pier to the first turn opposite the Royal Hotel Beach St, Deal CT14 6JD heading north back past the club house to Marine Court Flats to the second turn, crews will the return to the club house and the finish line.

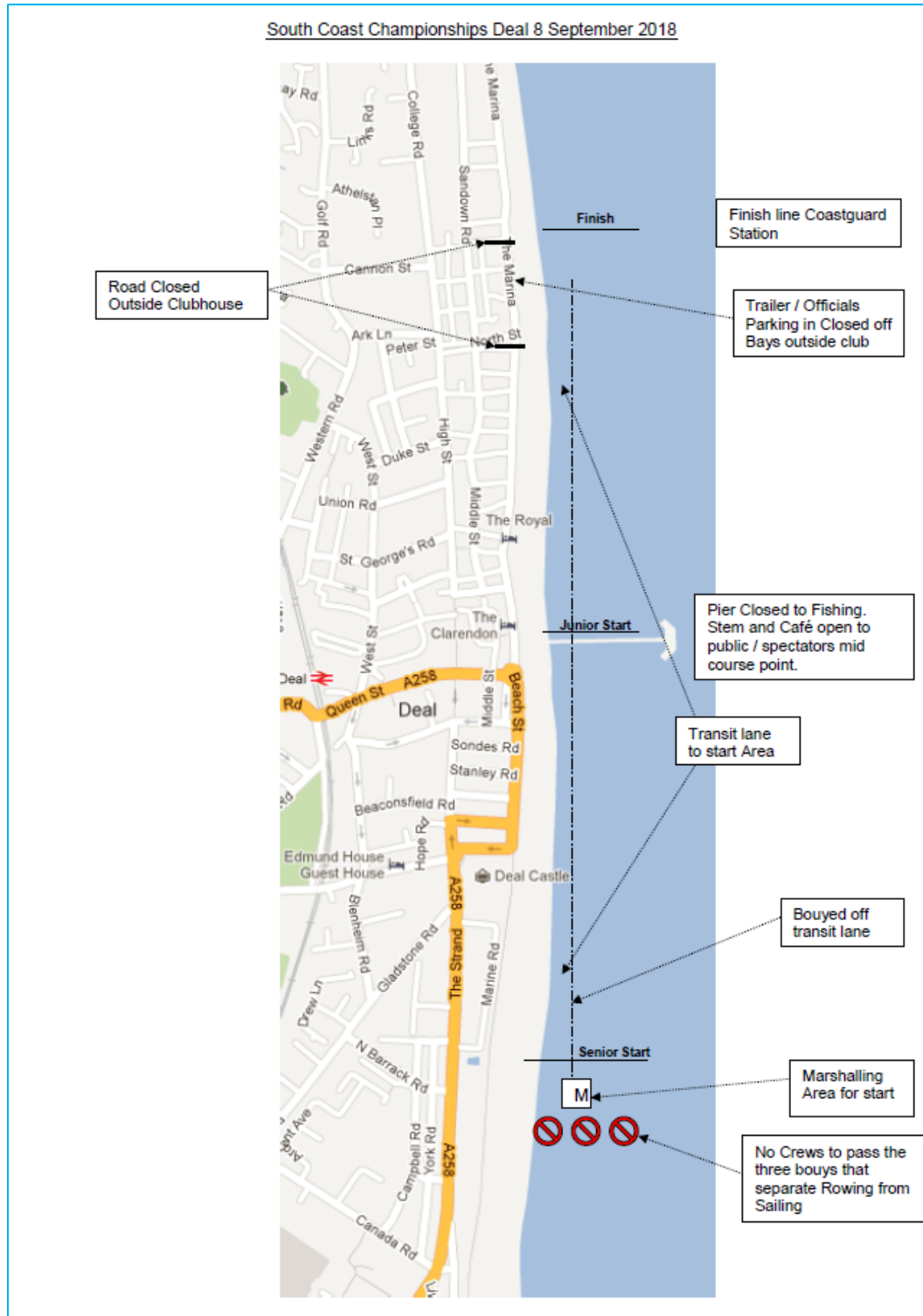
The beach has a number of groins some with poles and red marker baskets at the top to show the groins location as the tide rises.

Crews are to remain within the confines of the length of the pier as a general safety rule at Deal.



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Course Map





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The following events will be offered:

Ladies J14 Quad Sculls	Ladies J14 Quad Sculls	Ladies J16 Quad Sculls	Mens J16 Quad Sculls
Ladies Novice Fours	Ladies Junior Fours	Ladies Senior Fours	Mens Novice Fours
Mens Junior Fours	Mens Junior-Senior Fours	Mens Senior Fours	Open Masters Fours 40+
Open Masters Fours 50+	Ladies Masters 40+		

General Safety provisions

All crews are expected to adhere to the SCCRC Rules of Racing and all participating Club Captains shall attend a Safety Briefing prior to the start of racing.

There may be times when crews need to navigate with other water users as well as the groines,

The Event Organisers shall:

- Ensure there is First Aid cover, provided by: Hastings Lifeguards
- Provide instruction regarding unloading and trailer parking on arrival at the Clubhouse
- Provide sufficient and proficient marshals to assist on the day
- Communicate with club captains to ensure that no inexperienced coxswains are to be used in rough conditions or with inexperienced crews and no inexperienced rowers are to row in rough conditions
- Conduct a site inspection prior to the event and check for hazards such as tripping hazards from wires.

Safety Boats

There will be a minimum of two safety boats present with two occupants in each, who have been provided with a copy of the event safety & emergency action plan in advance, and properly briefed and understand, safety boats are being provided by Hastings Lifeguards and Downs Sailing Club who are practiced in rowing boat rescue techniques:-

- The load capacity of their boat
- How to provide assistance to rowing boats
- How to minimize wash
- The necessity of staying with each race and noting when races contain inexperienced /novice rowers
- How to summon assistance, including medical attention
- Where to take casualties



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In addition:

- The safety boat driver is preferred to be RYA qualified to level 2, if not, then the driver needs to have proven experience / competence
- Racing is to be halted if safety cover is interrupted
- It is recommended that each safety boat should carry up to 4 life jackets for crew members requiring rescue depending on boat capacity.

No rowing boats shall launch until the safety boats are on the water.

Boat and Life Jacket Safety

Clubs shall ensure:

- Correct rigging of the boats
- Heel restraints are strong, secure and durable and the correct length. They must be properly adjusted (each heel shall be restrained to prevent it from rising higher than 7cm measured at right angles, from the footplate) and in working order.
- Bow balls should be in good condition and securely fixed
- Fixing screws or bolts should not represent a hazard in the event of an accident. Any sharp protrusions should be covered or removed.
- Buoyancy compartments, seals, hatch covers, boat hull and ventilation bungs must be secure and watertight.
- Life jackets will be checked to ensure
 - Appropriate size for coxes weight
 - Inflators are present and not corroded
 - There are no holes or degeneration of the material on the folds
- Failures will not go on water and will be reported via incident reports (BR website) with expectation that clubs will update when rectified
- An inspection of the above will be conducted by Boat Safety Inspectors and the RNLI for lifejackets prior to any crews going afloat. Boats and Lifejackets will be tagged to ensure only approved equipment is used.

Communication

Regatta Control will be situated at the Coastguard Station Deal at the finish line, just North of DWKARC. Regatta Control will have radio contact with the umpires' and safety boats.



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Emergency Action Procedures

Medical support

First Aid will be situated: On the Promenade Outside DWKARC HQ in a dedicated event shelter marked by flags. This is provided by Hastings Lifeguard.

Lightning / Severe weather events

The local weather forecast will be monitored. If there is unexpected lightning / severe weather prior to the outing race crews will be told NOT to go afloat. If there is unexpected lightning / severe weather during the race, or when crews are already afloat, then crews will be told to come ashore and must do so immediately.

Follow the 30/30 rule. If the time between seeing the flash of lightning and hearing the thunder is less than 30 seconds, take shelter. You are in a strike area.

Remain in shelter for 30 minutes after the last flash of lightning.

Actions by crews of Safety Boats

If heading for casualties do so with reasonable haste but consider wash and the possibility of swamping other craft upon approach

Approach slowly, use paddles or throw line for the final approach and watch for people in water

When rescuing those in the water use basic triage, supporting most in need and unable to help themselves before those who are faring better

Hazardous situations

Capsizing

Capsizing is most likely in the single sculls, pairs and double sculls, none of these types of crews are arcing at the SCCR 2018, unless the capsize has been caused by equipment failure or some other incident (like a collision or medical situation). Rower(s) are expected to right their boats and continue racing. The crews' eligibility in the race may be compromised if they receive outside assistance.

Actions shall be:

- On capsizing a crew should do a buddy check and then proceed to right the boat and get rowing as quickly as possible. In most cases this is the most preferable option.
- If a safety boat comes to a crew's assistance and they do not want help, it is important the crew makes it clear that they are OK and do NOT want assistance.
- The safety boat shall assess the situation and take action (unless requested not to by the crew). It shall:-
 - Establish that all persons are accounted for.



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- Standby until the crew is safely back in the boat and continuing to race or returning safely to the beach.
- If the crew needs, or requests, assistance, then:-
 - in the fours / quads if only one or two rowers need to be rescued, it may be safest to allow the remaining crew to row the boat back to shore.
 - if the whole crew from a four/quad requires rescue, it can be towed (do consider placing a person into the boat to assist in the direction stability and to steer) however the blades should be removed prior to towing.

Swamping

This may be of a rowing boat, a safety launch or an umpires' launch. The vessel may be taking on water due to rough water or to a collision or some structural failure.

Actions should be:

- Those in the swamped boat should stay with the boat and row, if possible.
- Wait for assistance from safety boat
- The crew involved should raise the alarm by waving to the nearest boat and/or calling for umpire and safety boats by radio
- Safety or another craft will:-
 - Retrieve that casualties from the boat or water
 - Establish that all persons are accounted for
 - Make safe or otherwise retrieve the craft (as above)

Person overboard

A person may fall from any craft into the water. It is likely to be one individual but it is possible that when assisting the recovery of a person overboard or when putting out / retrieving the weighted turns, another individual falls in.

Actions should be:

- Raise the alarm on the safety radio
- Retrieve the casualty from the water
- Establish that all casualties are accounted for
- Take casualty to shore

Fire on-board safety or umpires' launch

Any craft with an engine is capable of catching fire.

Actions should be:

- Raise the alarm on the safety /umpires' radio
- Extinguish the fire using the fire extinguisher on board
- If possible, make way to the shore
- If necessary, make preparations to abandon the craft
- Other craft should lend assistance and possibly retrieve casualties from water as necessary



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- CARA officials of the day, shall reassess risk to event as whole due to loss of craft and take appropriate action

Mechanical malfunction on safety or umpires' launch

Any craft with an engine is capable of becoming disabled.

There will be two water Marshall's boats afloat to support general water activities and in the event could be used to support the umpiring activity.

Actions should be:

- Raise the alarm on the event safety/umpires' radio
- Assign a suitable craft (with sufficient power and rope for towing) to assist the disabled craft
- Tow disabled craft to shore
- If resources permit, have second craft on standby to lend further assistance
- Regatta officials of the day, shall reassess the risk to event as whole due to loss of craft and take appropriate action

Safety First Aid or Fire Incidents on the shore / Promenade

Minor First Aid issues should report to the First Aid Tent

Any major First Aid should follow the instructions below

Fire incidents should follow the steps below requesting Fire rather than Ambulance



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Emergency Response - Key Steps in the event of an emergency or life-threatening injury

1. **Render assistance**
2. **Make contact** with Regatta control
3. **Call for Help & Emergency Medical Attention:**
 - 999 (112)
4. **Monitor and administer first aid**
5. **Send someone** to meet/direct Emergency Services
6. **Transfer** injured to care of Emergency Team
7. **Inform** key people (Regatta control)
8. **Complete an incident report**

Be prepared to tell 999:

- Who you are, your name and call back number
- Current location of injured person
- Description of boats (if requesting on-water help)
- Where you plan to bring injured person ashore
- Age/gender/number of injured people
- Type of injury/situation

Key Contact Details:

Regatta address for emergency services:

DWKARC 16-18 The Marina Deal Kent. CT14 6NG

Tel; 01304 373409

Minor injuries unit

Victoria Hospital

London Road

Deal, Kent

CT14 9UA

Tel: [01304 865400](tel:01304865400)

Tide times

High Tide is 10:57 at 6.5m and low tide 18:19 at 1.0m



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Rendezvous and Muster Locations

