

LEA REGATTA

RACE DOCUMENTS for COMPETITORS
and VISITING CLUBS



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General information

Overview

We are very pleased to be able to return to racing at Lea Autumn Regatta, we aim to make this event as competitive, enjoyable and safe as all of our previous editions. Lea RC has adopted the guidance contained in Row Safe: A Guide to Good Practice in Rowing. This document and safety plan contained within describes the controls we have in place and how you can contribute to a successful day. Although British Rowing and indeed national covid restrictions have been removed we have maintained some added guidance both here and in our risk assessment to mitigate against the risks of covid infection. It is your responsibility to follow this extra Covid-19 guidance.

Please do not attend the regatta if you suspect that you may have a Covid-19 infection or are exhibiting the publicised symptoms or have been in close contact with someone who is infected. If at all possible please complete a lateral flow test for Covid-19 up to 24 hrs before attending.

We would strongly encourage all visitors to wear a mask when moving around inside the boathouse, facilities and bar

There will be extra signage around the boathouse reminding of the need to socially distance and to wash hands and surfaces frequently, please observe these.

Please remember that we share the bank of our river with the local community and public and that we share the water with many other users such as cruisers, paddle boarders and kayakers; it is essential that we share the space courteously and respect each other's right to enjoy the water. Marshals will be briefed on engaging with other river traffic on the day so that you can row safely and they can proceed with their usual business.

Parking



Trailers

Hopefully we can return to boat trailers and their towing vehicles being parked in the rugby field behind the clubhouse, accessed via a gate just downhill from the junction of Spring Hill and Lingwood Road (E5 9BL).

Entry to the field is at the bottom of a steep, narrow road, and involves two 90-degree bends. Drivers must bring two or more assistants with them to avoid damaging the boats and injuring pedestrians. There should always be one person on each side of the trailer when it is being manoeuvred in the field. Long trailers may need to be unhitched and pushed onto the grass.

Do not drive over the rugby pitches. Our neighbours spend a considerable amount of time maintaining and improving their pitches. If you drive your club truck and trailer on any part of the rugby pitch, you will be asked to leave the field and will have to find parking elsewhere.

No boats or equipment should be left on the road – except in transit between the car park and the landing stage – in order to leave the road clear should access be needed for emergency vehicles. Boats should be rigged near the trailers.

Once you have established your trailer location, please try to stay within your club group as much as possible to avoid mixing with other competitors, visitors, or the public.

If we experience particularly wet weather before the event we may have to resort to Towing vehicles and possibly even trailers parking in the car park instead, if this is likely we will notify you.

Other vehicles

The car park will be closed to all other vehicles except officials. Car sharing or use of public transport is advisable as local street parking is limited and you may well need to walk from the

top of the hill! Nearby stations include Finsbury Park, Clapton and Seven Sisters, which can be reached by bus from Clapton Common at the top of Spring Hill.

The local rugby club may host an event on the same day. We ask visiting club members to be extra-sensitive to the needs of the rugby club members and their guests.

Boat licencing

The regatta takes place on Canal and River Trust water and boats should be licensed for use accordingly. This is solely the responsibility of the competitors and the easiest (and cheapest) way to purchase a day license is by telephoning 0303 040 4040 (option 1) during office hours Monday – Friday 8am – 6pm.

Photography

All competitors should be aware that this regatta takes place in a public space. The River Lea towpath is a public right of way, and there will be bystanders and passers-by. As such, it is not practicable for Lea Rowing Club to control all photography that happens along the length of the course.

If you wish to take photographs during the regatta, please be aware of the rights to privacy of all participants, and particularly of junior competitors. If you wish to take photographs for publication or for any commercial purpose you must seek written consent from the Regatta Committee, and we will require you to seek consent from the athletes for the use of any images that are of identifiable individuals.

If you are concerned that these guidelines have been broken, then please contact the Regatta Welfare Officer, or any member of the Regatta Committee.

Clean Sport Statement

Lea Rowing Club is committed to Clean Sport. All athletes, athlete support personnel and clubs are bound and must abide by the World Anti-Doping Agency Code. Athletes competing at the Lea Regatta could be tested at any time, and by entering this event it will be deemed that consent to be tested has been given. To understand more about anti-doping, the rules and your responsibilities, go to <https://www.britishrowing.org/about-us/governance/anti-doping/> or email antidoping@britishrowing.org.

Contact details

Race Committee Chair	David Porter 07876 540914 regatta@learc.org.uk
Entries and Payments	Caroline Carson regatta@learc.org.uk
Regatta Welfare Co-ordinator	Sylvia Chew 07973 387827
Regatta Safety Advisor	Joe Elwell rsa@learc.org.uk
Covid Safety Officer	Matt Pooley 07792 687765 captain@learc.org.uk
British Rowing Safeguarding Officer	Iso@britishrowing.org 020 8237 6700
Canal & River Trust contact	Chris Stanley
NSPCC	0808 800 5000
Springfield Safer Neighbourhoods	020 8721 2925
Canal and River Trust	0303 040 4040
Local Police (Stoke Newington)	101
Emergency Services	999

Race instructions

The Regatta is 600m side-by-side downstream sprint on the straight near the Lea Rowing Club boathouse. It takes place under the British Rowing Rules of Racing, which can be found online. Crews and coaches are responsible for making themselves familiar with these rules.

Crew and cox registration

Race Control will be at the front of Tyrells boathouse, this is between the café and the main boathouse. It is in the open to facilitate social distancing, please queue appropriately or consider returning at a quieter time if possible.

Race numbers will be ready for collection from Control. Race numbers will only be released when all crew details and any outstanding payments have been dealt with. Any crew changes or scratched crews on the day must be made at Control as soon as possible.

Coxes must report to be weighed at Control and must bring a lifejacket conforming with Row Safe requirements, which they will wear on the water. A certificate will be issued showing if any deadweight is required, as dictated in the Rules of Racing.

Getting on the water

Racing will take place in divisions as shown in the draw. Access to the start is between divisions. There will be a board displaying which division is racing and which is boating outside the café by the tree.

For **division 1 and the first division after lunch**, boat 30 minutes before division start time. For **other divisions**: boat while previous division is racing. Please do not boat earlier than this to aid distancing in the boating area and on the water. To aid social distancing the landing stage will be divided into a boating half (downstream) and de-boating half (upstream) please observe these restrictions

Boat using the downstream end of the landing stage (towards the footbridge). Space is limited, so be prepared to boat quickly. Make adjustments to equipment before boating, or after you have pushed away from the landing stage. Please maintain social distancing from other competitors and members of the public, including once boated and in the first marshalling area.

Marshalling for your race

Marshalling is in two stages.

For **division 1 and the first division after lunch**, proceed directly to Marshalling Position 2 (see below).

For **other divisions**, races will be on the course when you boat, and it will not be possible to proceed up the course. Instead, proceed downstream below the footbridge to Marshalling Position 1. Maintain distance from other crews but remain aware of your opposition.

Marshalling Position 1

Spin under the marshal's instructions aiming to be paired up with your opponent. The last race in the division will wait closest to the bridge.

Once the previous division finishes racing, marshals will instruct you to proceed up the course in order.

Marshalling Position 2

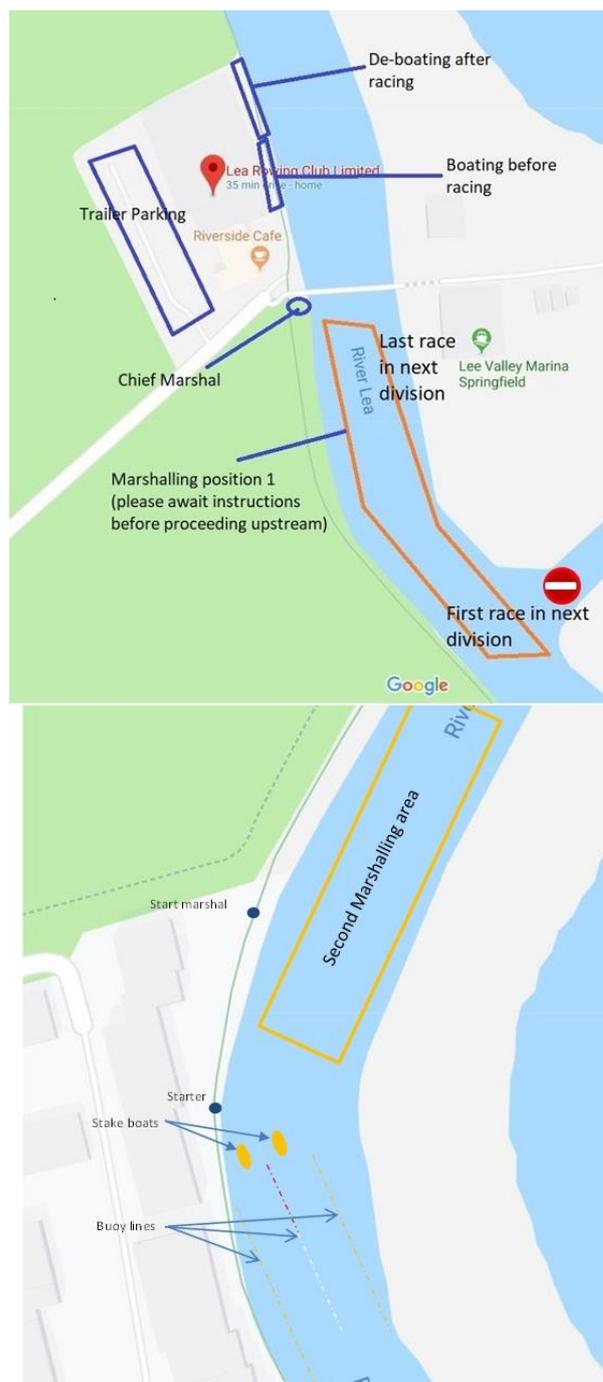
Proceed carefully up the course and past the buoy lines and stake boats at the start to Marshalling Position 2.

Spin under the marshal's instructions aiming to be paired up with your opponent. The pair first to race will wait closest to the stake boats.

When all crews are upstream of the start, racing will begin. Be ready to proceed to the stake boats when instructed by marshals.

Warming up

There is very little suitable water for warming up near the regatta course. This area of the Lea is bendy and contains many hazards for unfamiliar river users. We therefore strongly recommend that visiting crews warm up on land. A number of ergs are available in the club gym which is well ventilated. Please feel free to use them but do not move ergs from their distanced positions and please sanitise with the spray provided after use.



Crews that do want to warm up on the water must agree a plan with the Chief Marshal by the club footbridge. You will be asked to boat at least two divisions before your race, and to use the area upstream of Marshalling Position 2 only. Be aware that there will be no marshals in this area. You proceed at your own risk following standard river navigation rules. It will be your responsibility to return to Marshalling Position 2 in good time for your race, ready to follow marshals' and umpires' instructions.

The start

The racing course starts on stake boats at the Novice Bend. There are two stations, which are assigned in the race draw.

When instructed by marshals and umpires, attach to your stake boat carefully. The race will be started following the procedures in the Rules of Racing.

The race

Proceed downstream, following the Rules of Racing. Take care to stay on your station.

Be aware that moored boats line both sides of the course. Check your steering regularly and listen carefully for instructions from umpires and marshals.

The finish and de-boating

The racing finish line is approximately 50m upstream of the landing stage. Once you cross the finish line, keep moving.

You must land and de-boat immediately. Land as close as possible to the upstream end of the landing stage. Space is limited. Take boats off the water as quickly as possible.

If a different crew is using your boat in the next division, it should only be left on the water if the new crew is completely ready to boat. Even then, it should be moved to the downstream end of the stage to make room for others to land.

Cooling down

There is no opportunity to cool down on the water. Please feel free to use the club gym facilities in the ventilated part of the gym.



Safety plan

This Safety Plan has been formulated to meet the Lea Regatta Organising Committee's responsibilities.

Regatta Safety Adviser

The Regatta Organising Committee has appointed Joseph Elwell (rsa@learc.org.uk) as Regatta Safety Adviser. He is a member of the Organising Committee and has reviewed this document and the updated 2022 Regatta Risk Assessment (available for viewing on the website).

Regatta Race Committee

A race committee of three licensed umpires will be chaired by the Race Committee Chair (David Porter), the co-ordinating umpire and the umpire at the start. The Race Committee will undertake the duties detailed in British Rowing Rules of Racing 6-1-2 and 6-1-3. In particular, they will decide (in consultation with the Regatta Safety Adviser) whether conditions are too dangerous to permit racing to continue.

Row Safe: A Guide to Good Practice in Rowing ('Row Safe')

It is compulsory that all crews attending Lea Spring Regatta comply fully with British Rowing Rules of Racing ('Rules of Racing') and all aspects of Row Safe. It is the responsibility of the competitors to ensure that their boats are safe and are prepared to standards required by Row Safe. Control Commission Umpires will randomly inspect boats for compliance with the requirements of Row Safe and the Rules of Racing.

All club/crew coaches are to ensure that their crews are correctly briefed on Row Safe, in particular in relation to capsizing procedures for scullers.

Circulation pattern and competitors' instructions

All competitors, coaches and other participants must familiarise themselves with the Regatta circulation pattern as described in the Competitors' Instructions. They must follow all posted safety notices and obey instructions from Regatta Officials.

First Aid

First Aid facilities are provided in the bar which is situated on the first floor of the boathouse overlooking the finish. Any junior requiring first aid treatment should be escorted to First Aid by a responsible adult, who will be expected to remain with the junior throughout his/her stay.

Safety Cover

Umpires along the course (stationed at the start, 200m, 400m and the finish) are each equipped with a throwline and thermal foil blanket in accordance with British Rowing rules.

There will be a rescue launch stationed in the bay at mid-course. Additional safety equipment as specified by Row Safe will be carried in the launch. The driver will have a radio, as will the marshals, the five course umpires on duty and race control.

Emergency Action Plan

The Race Committee Chairman (David Porter) will be contactable on mobile phone 07876540914, and must be advised immediately of any incident:

- involving danger of, or actual, significant injury;
- requiring consideration of suspension of racing;

- involving loss of facilities required for safety and public health

The Race Committee Chairman will coordinate communication to the Race Umpires, Race Control, Starter and other officials, and (as appropriate) Emergency Services. Any notification of the emergency services, including the London Ambulance Service and/or Homerton Hospital, will be made through the

First Aid Station or the Race Committee Chairman.

Accident and emergencies

The regatta has a network of radios spread along the course. In order to summon safety help for an incident on or off the water, please contact the nearest Regatta Official. They will report it by the nearest available radio link to the Safety Adviser and failing that to Race Control. The Safety Adviser or Race Control may assume control of the incident or delegate to the on-site Official.

Racing may be suspended if an incident has occurred anywhere on the course. Should the regatta need to be suspended or cancelled, umpires will be notified and they will then advise competitors by loudhailers.

Radio silence may be called for except from those involved in dealing with the incident to allow additional help to be summoned if required. Radio users will be advised when conditions return to normal.

The First Aid Station or Race Committee Chairman will initiate any "999" call by mobile phone should the incident require assistance beyond the scope of that available on the Regatta site. The Safety Adviser or Race Control will alert the Car Park Team to the imminent arrival of emergency services, provide a point of contact and clear directions to the incident

Thunderstorm safety plan

If the time between hearing thunder and lightning is 30 seconds or less (and the direction of the thunderstorm passes over the Regatta/Course area) then we will react by evacuating all personnel from the river and advising all competitors, members of the public and regatta staff to take shelter. The Race Committee will make the decision once severity and direction of storm is established.

Co-ordinators responsible for each area will report back to Race Control when their area has been evacuated.

Other river traffic

Occasionally there may be other river traffic that might want to traverse the area. Everybody should be alert to this possibility and every effort will be made to warn people.

There will be signs at both ends of the course alerting river traffic to the fact that racing is in progress. There will be at least two marshals, one at each end of the course. In addition to directing the competitors, they will cope with river traffic wanting to pass through the regatta area. Marshals will ask the vessels to wait for the course to be cleared and will advise the umpires and regatta control that there is a vessel waiting to get through. The procedure then will be to finish the race or division in progress then delay further racing and move crews otherwise on the river to make way for the traffic to proceed. The regatta will resume once the marshal at the other end has advised the river is clear.

Prior to the regatta any moored boats that pose a problem for racing crews will be asked to move.

Cycling

Due to potential incidents, the Organising Committee strongly discourage the following of races on cycles. This is discouraged on safety grounds as the tow path is a busy public right of way. Action will be taken against individuals and clubs reported cycling in a reckless manner and not giving pedestrians the right of way.

Insurance

Please note that the personal accident insurance through your British Rowing membership has limited validity. In particular, if there is any doubt about members' UK residence, it is best to clarify coverage with British Rowing. We cannot be responsible for interpreting the coverage they have purchased on your and our behalf.

Regatta Incidents

All safety-related incidents, including "near misses", must be reported to Race Control who will record them and file an incident report with British Rowing.

Distribution of data

This Safety Plan which includes Competitor Instructions and Circulation Pattern is freely available on the club's website. All competing clubs, umpires and race officials will receive an electronic copy.

Umpires, launch drivers and marshals will receive a race day umpire rota, which includes all relevant contact numbers, a radio protocol sheet and any other relevant information prior to the event.

Welfare plan

This Welfare Plan complies with British Rowing's 'Safeguarding and Protecting Children Policy', updated January 2013, and WG 3.4 Guidelines for Rowing Competitions August 2010

Issue	Action	Note
Who is responsible for welfare issues?	Lea RC Regatta Welfare Officer will be responsible for welfare issues at the Lea Spring Regatta 2022.	All officials and competitors will be notified who the Welfare Officer is through the Safeguarding and Protecting Children Policy posted on the website which will also be displayed at key boating positions on the day.
Awareness	The event will publicise the Welfare Plan and Safeguarding and Protecting Children Policy on the website and as an email attachment, along with the instructions for racing, and post it on boat shed doors on the day.	
Medical provision	The event Water Safety Adviser will brief First Aid on welfare issues.	WSA to distribute a copy of the Welfare Statement to safety and First Aid along with their instructions.
Appropriate level of security	The Organising Committee is to ensure that Heads of Department and/or coaches are aware of the need to safeguard the security of children where changing facilities are provided.	
Missing persons	Any missing persons should be reported to the nearest official who will inform the Regatta Secretary. If after contacting officials along the appropriate length of the course there is still concern that the person has not been located, the Regatta Secretary will contact the local police.	Regatta Secretary to have number of local police station.
Access to young people or their contact details	It is the responsibility of all visiting clubs to ensure that anyone undertaking supervisory roles or with access to young people's contact	

	details should have undertaken a full DBS check.	
Photography	It is the responsibility of those in visiting clubs with responsibilities for safeguarding children to be aware of people taking photographs. If they are concerned about the possible contents of photographs then they should either challenge the individual directly or report the incident to the Welfare Officer.	