



HUNTINGDON BOAT CLUB HEAD OF THE RIVER RACE
SAFETY INSTRUCTIONS FOR COMPETING CREWS

Thank you for your entry to Huntingdon Head of the River Race. Please read the following points. All visiting clubs must brief their crews on these points before race day.

IN AN EMERGENCY

If you see an accident or capsize you must report it immediately to the nearest marshal (all marshals will be equipped with radios and water safety equipment). The safety boats and marshals will take charge of the situation. Crews can give assistance but only if it is absolutely necessary and safe to do so, do not put yourself or crew in any unnecessary danger. You will be allowed to race again without penalty if you assist any crew in distress.

IN THE EVENT OF A CAPSIZE

During the event there will be marshals on the riverbank and on the safety boats. The bank and boat marshals will both be equipped with radios and the relevant water safety equipment. In the event of a capsize generally stay with your boat until help arrives (either from the safety boats or bank marshals). The safety boats and bank marshals will be in attendance during the duration of the racing divisions.

ACCIDENT ON LAND

St Johns Ambulance service will be on duty throughout the day to give assistance if any accidents occur. They will be situated in the boat/clubhouse area. Any accidents are to be reported to an official from Huntingdon Boat Club. The club can be contacted on (01480) 456963.

EQUIPMENT

All boats and equipment must meet the current BR safety standard as specified in the British Rowing Almanack. Official BR umpires will be on duty throughout the day to check the boats and equipment. Any boats or equipment failing to meet the required standard will not be allowed to race.

COMPETITORS/VISITING CLUBS RESPONSIBILITIES

All competitors including coxswains must be able to swim a minimum of 100 metres in race kit. All coxswains are to be the correct weight for racing and wear a fully approved life jacket at all times whilst on the water. Coxswains using front-loading boats must be capable of exiting the craft safely in the event of a capsize/accident. All competitors are to wear suitable appropriate clothing that is warm and waterproof enough to last the duration of being on the water (crews can be on the water for up to 1 ½ hours). To help identify crews it is asked that during the race clubs wear your correct club racing kit as stated in the British Rowing Almanack. Competitors are to ensure they carry enough drink and provisions with them to last the duration of being on the water.

Your observation of these instructions is greatly appreciated by the organising committee