



### Safety Instructions

1. Competitors must follow the instructions of Umpires and Marshals.
2. Competitors must ensure that their boats comply with the requirements set out in "RowSafe" and in particular the requirements concerning heel restraints, bow safety balls, watertight hatches and / or bungs, and coxes' lifejackets.
3. Coxes must wear an appropriate buoyancy aid or lifejacket when afloat, and know how to use it. All officials must wear a buoyancy aid or lifejacket when on the water or pontoons.
4. Competitors, coaches and officials should comply with national guidance on managing the risk of Covid transmission and British Rowing guidance on athletes' return to training after illness.
5. Coaches are responsible for deciding whether crews are competent to race. Every crew must know how to spin, back down and hold position in a strong wind. Crews and coxes must be able to respond quickly to marshals' instructions.
6. There will be three safety boats on the main lake and two on the return lake. An ambulance with a paramedic and first aiders will be stationed by the Boathouse. Anyone injured on the water should be taken to the landing stages and transferred to the ambulance. Anyone injured on land should be taken directly to the ambulance. The paramedic will arrange transfer to Wexham Park Hospital if appropriate.
7. Notify the nearest official in an emergency. Radios will be provided to all umpires and marshals. Ambulance and safety boat crews monitor the radio traffic.
8. Drivers must follow the traffic circulation plan and comply with the speed limit.
9. In bad weather the Head of Race Committee may decide that it is unsafe to proceed. If boats are on the water when the event is stopped then crews will be directed to disembark as quickly as possible using all landing stages.
10. The Dorney Operations Manager will sound the lake siren for a major threat such as an armed person attack. Competitors should "Run - Hide - Tell". (Move rapidly to the safest nearby location, keep out of sight, and use your mobile phone on silent mode to stay in touch.) Everyone on site should follow the instructions of Dorney staff until the All Clear is announced.