**Norfolk Long Distance Sculls 21st October 2023**

**Event Emergency Response Plan**

**Site Location:**

This event is organised by Norwich Rowing Club (NRC), Whitlingham BoatHouses (WBH),

Whitlingham Lane, Trowse, Norwich, NR14 8TR Grid Reference TG 25031 07697.

What three words: ///grab.sleeps.future and the slipway is ///payer.oldest.third.

**Introduction:**

This Emergency Response Plan provides information to assist officials dealing with any incident that may occur during the Norfolk Long Distance Sculls event Saturday 21st October 2023. The overarching priority is safety for all river users.

**River Yare:**

The river Yare is a tidal river with levels measured daily by Environment Agency at Carrow Bridge TS Norwich Monitoring Station. The normal level in average weather conditions is between -0.05m and 1.09m. The usual range in extreme weather is between -0.82m and 1.81m (2018). Levels are measured from mean sea level and do not indicate water depth.

River users include rowers, hire craft, private craft, sailing clubs, canoes, paddleboarders, anglers and some commercial river management craft such as barges.

**The Course:**

The course is set over a 5km stretch of river starting upstream from Waters Edge PH Bramerton and finishing on ‘The Cut’ on the approach to WBH. The short course is 3km starting near A47 Postwick road bridge with the same finish point. The courses are shown on the competitor course map and marshal positions on the officials’ course map.

South banks generally slope to reeds or low banking to grass with overhanging trees and afford egress from the water. North banks are a mixture of piled commercial and private moorings and on The Cut wooden pilings which make exit difficult. Elsewhere, banks generally slope to farmland with overhanging bushes and trees affording egress.

Access to the banks to provide support is limited and listed under ‘Emergency Access Points’ but is mitigated using strategically placed launches/safety boats. There are no bridge piers in the river or weirs on the course. Normal navigation rules apply, the river is open to all users on race day.

**Launches and Safety Boats:**

A number of safety boats are planned for this event (details to be confirmed on the day depending on the number of competitors), with a minimum of 3 safety launches. A variety of craft will be used to carry officials and safety marshals. Craft include catamarans, flat bottom coaching launches with low freeboard, mono hull coaching launches and plastic safety boats. Launch users must wear lifejackets or buoyancy aids and clothing appropriate to the conditions. Crew will carry mobile phones, throw lines, knife and first aid kits. There are various items located within the launches safety boxes. Kill cords will be used and drivers will be competent in handling their craft.

**Designated Vehicle:**

A vehicle and driver will be designated to transport officials/persons as required in the event of an incident. Contact via Race Control.

**First Aid:**

Anyone requiring first aid should be directed to the Medical Support situated at WBH outside racing times. First aid equipment is available at WBH throughout the event. Whilst racing is in progress, Medical Support with communication equipment (for example radios/phones) will be based on a designated launch at the Race Finish (The Cut) and will have access to limited first aid medical equipment. A defibrillator is sited at WBH. The Medical Support will provide appropriate care and advise whether the casualty requires further treatment at hospital and if they should be taken by family/friend or emergency ambulance. Race control should be updated by phone/radio accordingly.

**Incident or Injury on the Water:**

In the event of an incident on the water the nearest marshal will determine the requirements and summon the closest safety boat and/or Medical Support via phone/radio. Marshals will make use of throw lines and thermal blankets. Other NRC members will support as directed. Race Control may suspend racing, if necessary, by phone/radio contact with Start and Boating Marshals.

**Serious or Potentially Life-Threatening Incident:**

**Contact the emergency services, if in any doubt they have not been contacted, then make contact again.**

In the event of a serious incident with multiple casualties on the water, fire or other incident in WBH, or any other serious potentially life-threatening incident, the following course of action will be taken: -

• Race marshals, umpires, safety boat crews and other officials, are reliant on mobile phone communication, and will advise Race Control of any incident. Race Control will coordinate any response.

• Medical Support will be dispatched to the scene if necessary. Whilst racing is in progress, this is likely to be by boat. Outside racing times, the most appropriate transport should be used which may be travelling with the Emergency Coordinator in the designated vehicle and authorised driver (vehicle to be parked near the permanent trailer park to allow uninhibited access and keys to be at Race Control).

• Emergency Coordinator will attend the scene (so far as possible if off site) using the designated vehicle and authorised driver. Significant driving time may be needed to access areas on the north bank. On arrival at scene continue to direct support as required from marshals, umpires, other NRC members and liaise with emergency services if present.

• Race Control will become the Incident Control Centre.

• Race Control will liaise with Water Safety Advisor and manage the incident as follows

* Commence and maintain a log of actions
* Contact with emergency services and other external agencies
* Dispatch persons to direct any incoming emergency services and to control vehicles entering and leaving the site/scene
* Identify a safe location. Dispatch persons to direct competitors and the public to safety
* Task members of NRC with actions
* Announcements
* Suspension or cancellation of racing
* Deal with enquiries from family and colleagues of those involved
* Deal with the media
* Prompt an initial enquiry into the incident and report to relevant interested parties

In the event of a major incident at WBH e.g. fire, all personnel will be evacuated according to the WBH designated emergency plan. WBH is a modern building with exits and fire extinguishers clearly signed.

**Emergency contact numbers for race day:** WBH does not have a land line telephone. The following are relevant emergency contact numbers for race day:

• **Emergency services (Ambulance, Fire, Police):** 999 or 112. (Extract from BR safety report ‘Using your mobile phone to call for help’ - If you cannot get through using voice, then send a text. Text messages use a different bandwidth to voice messages. Texts are sent in small packets of data and will work even if the **signal is weak and intermittent**. You will need to register with 112 first but this is easy. To register simply text the word **register** to 112. You will be sent a text message, simply read it and reply with the word **yes** then send your message).

• **Hospital Accident and Emergency:** Norfolk and Norwich University Hospital, Colney Lane, Colney, Norwich NR4 7UY Tel:01603 286286

• **Police (non-999):** 101

• **NRC Race Committee** **Chairman:** TBD on the day.

• **NRC Race Controller:**  TBD on the day.

• **NRC Emergency Co-ordinator:** TBD on the day.

• **NRC Medical Support:** TBD on the day.

• **NRC Water Safety Advisor:** TBD on the day.

• **Broads Authority:** TBD on the day.

• **Environment Agency:** 0800 807060 (Freephone, 24hr service)

Ensure mobile phone numbers are exchanged at the start of the event.

**Emergency Access Points:**

In the event of a serious incident and assistance being required, there are several places where vehicular access is possible between Waters Edge PH Bramerton and WBH. In some cases, this may be limited to emergency services only or just provide footpath access. Community Public Access Defibrillators listed by NHS East of England Ambulance Service may be available at named locations. Road access is limited to the following locations: -

**South bank locations –**

• Norwich Rowing Club, Whitlingham Lane (south side), Trowse, Norwich NR14 8TR, (Grid reference- TG 25071 07511) ///each.bolts.wake

• Norwich Rowing Club, Quay Heading (Grid reference - TG 24981 07692) ///payer.oldest.third.

• Whitlingham Adventure, Whitlingham Lane (south side), Trowse, Norwich NR14 8TR (Tel. 01603 632307) (Grid reference-TG 25140 07901) ///clocks.sculpture.land

• Whitlingham Green, Whitlingham Lane (south side), Trowse, Norwich NR7 0HE (Grid reference- TG 26975 07870) ///wrong.closer.cost

• Below A47 Postwick road bridge access via Whitlingham Lane (south side), Grid reference- TG 28180 08172) ///casual.case.trick

• Waters Edge PH, Mill Hill, Bramerton NR14 7ED (Grid reference - TG 29154 06190). This is

the closest point to a Community Public Access Defibrillator listed by NHS East of England

Ambulance Service at Hill Farm, Kirby Road, Kirby Bedon NR14 7DU (2.2 miles). ///times.chitchat.locator

**North bank locations -**

• Broadland Boat Club, Girlings Lane, Norwich NR7 0HE (Grid reference - TG 26438 08221)

• Open area (foot only) opposite Whitlingham Green, Whitlingham Lane (north side from A1242)

• GSA Marine/Freedom Boating Holidays, Bungalow Lane, Norwich NR7 0SH

• Thorpe Marina (including Broads Authority Dockyard and area below A47 Postwick road bridge), Griffin lane, Norwich NR7 0SL (Grid reference - TG 28057 08291)

• Open area north of River Barn (south of short course start) at NR13 5HH (Grid reference - TG 28744 07556)

• River Barn, Hall Farm, Hall Lane, Postwick NR13 5HQ (Grid reference - TG 28906 06997) This is the closest point to a Community Public Access Defibrillator listed by NHS East of England Ambulance Service at The Village Hall, Ferry Lane, Postwick NR13 5HL (1.3 miles)

**Emergency services**

The emergency services would be contacted in the event of an emergency, by telephone and instructed to the nearest launch point. In this instance the main club house would be made available for launch and a route cleared.

The nearest rescue craft would be the fire brigade at carrow station who usually have a motor boat with the availability of defibs and trauma bags, located approximately 1 mile from the rowing club.

**Air Ambulance:**

Air ambulance support is provided at the discretion of the East of England Ambulance Service. If a potentially life-threatening incident occurs, it is possible one may be dispatched. It may arrive before other emergency services. Due to the nature of the race course and environment the pilot will decide where to land the aircraft.

To assist with the incident location, marshals or other race officials should try to identify clearly visible features nearby and any obvious hazards such as power lines.

Once on the ground, medical staff may seek assistance from NRC to get to the precise location, for example to be transferred to an opposite bank of the river by boat. Should this be required, in conjunction with Race Control the most appropriate launch should be used considering carrying capacity and stability. This may necessitate multiple trips and the helmsman decision is final.

Note, Radios may not be appropriate, and mobile phones may offer a better means of communication. Radio signals have been found to be broken, whilst mobiles had better coverage. Ensure, mobile phone numbers are exchanged at the start of the event, particular for umpires and safety officers.