**CARROW CUP Saturday 14th December 2024**

**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.

**Introduction**

The Carrow Cup is not a British Rowing (BR) event but will be run broadly in line with BR race rules and as per BR RowSafe, Norwich Canoe Club’s (NCC’s) safety policy, with safety of all water users the overall priority.

The plan defines the actions to be taken by Race Officials, marshals and members of NRC if an incident requiring implementation occurs and will help to reduce the harm that such an incident could cause. Everyone is expected to understand and, in an emergency, follow the Event Emergency Response Plan. The term ‘rower’ includes sculling, and as a trial in 2024, kayakers in K2s and K4s.

Competitors and NRC members should follow the instructions of Club Officials and marshals, report any incident or condition that could give rise to an emergency immediately and report all incidents and near misses within 24 hours to BR and BC (British Canoeing).

**Kayak Specific Information**

Kayakers can overtake each other but not rowing boats - a big gap will be left to ensure kayakers do not catch up with the rowing fleet.

Whilst paddling to the start as well as racing, kayakers give priority to rowing boats to ensure that rowers can concentrate on steering the course safely.

**River Wensum and River Yare**

The race takes place on the rivers Wensum and Yare starting at Pulls Ferry in the centre of Norwich (long course) / Carrow railway bridge (short course) and finishes on the river Yare (New Cut) near to Broadland Boat Club. The river Wensum is upstream from Trowse Eye (confluence of rivers Wensum and Yare) and the Yare downstream.

The river Yare is a tidal river with levels measured daily by the 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 courses are shown on the competitor course map and marshal positions on the officials’ course map. Boats muster in the section upstream of Pulls Ferry to Bishop Bridge (long course) and upstream of Carrow railway bridge (short course) and the course finish is on the New Cut near to Broadland Paddle Sport.

Access to the banks to provide support is limited in places and listed under ‘Emergency Access Points’ but risk is mitigated using strategically placed launches/safety boats. There are bridge piers in the river 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 determined on the day will be provided. 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 life jackets or buoyancy aids and clothing appropriate to the conditions. Crew will carry mobile phones, throw lines and first aid kits. Kill cords will be used and drivers must be competent in handling their craft. Competency and launch handling is covered by RYA courses or through proven experience of operating the launches in a competent manner over a number of years.

**Designated Vehicle**

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

**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 mobile phones will be based on a designated launch at the Race Finish (New Cut) and will have access to limited first aid medical equipment. A defibrillator is sited at WBH on the wall outside the entrance (access code C159X). 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. Emergency Coordinator should be updated by mobile phone accordingly.

**Incident or Injury on the Water**

In the event of an incident on the water the nearest marshal will determine the requirements, inform Start/Finish marshals immediately and summon the closest safety boat and/or Medical Support via mobile phone. Marshals will make use of throw lines and thermal blankets. Other NRC members will support as directed. Race Officials/Emergency Coordinator may suspend racing if necessary, by mobile phone 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 will have mobile phones and will advise Race Control/Emergency Coordinator of any incident. Race Control/Emergency Coordinator 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 Phone Numbers**

If emergency services are required, it is essential to give clear instructions on the location. A postcode is the most direct way for the emergency services to attend. What three words:///grab.sleeps.future will assist. The local fire station is familiar with boating at whitlingham and is likely them that assist, as they are the only emergency service with motor boats.

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.

**Emergency Services (Ambulance, Fire, Police, Coastguard):** 999 or 112.

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

**Police (non-999):** 101

**Whitlingham Adventure:** Whitlingham Lane, Trowse, Norwich NR14 8TR 01603 632307. This is the nearest landline and will only be available if the premises are open.

**Broads Authority:** Broads Ranger/Broads Control 01603 756056

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

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| **NRC Race Committee** **Chairman** | Katherine Trehane |
| **NRC Emergency Coordinator** | TBC – on marshals’ rota |
| **NRC Water Safety Advisor** | Killian Cardine |
| **Marshalling Coordinator** | Pamela Turnball (rota) / Nigel Kippin (marshals’ briefing) |
| **Launch Coordinator** | TBC |
| **Welfare Officer** | Clara Lynch |
| **Traditional boats main contact** | Adrian Hodge |
| **Entries Secretary** | Katherine Trehane |

**Emergency Access Points**

Access points for this event are listed as being upstream of Trowse Eye on the river Wensum and downstream of Trowse Eye on the river Yare.

In the event of a serious incident and assistance being required, vehicle access upstream of Carrow Rail Bridge is generally possible alongside most of the river on both banks although gated housing and commercial premises may cause obstruction. Downstream of Carrow Rail Bridge vehicle access is limited and may be limited to emergency services only or just provide footpath access. A Community Public Access Defibrillator listed by NHS East of England Ambulance Service may be available at the named location.

The local emergency services are familiar with the best access routes, however they may ask for guidance to the specific location. Any assistance you may give for areas that are potential for launches may assist. They have a large motor boat, as well as a smaller floating boat for rapid access. They may proceed directly the location of an incident as they are equipment with dry suits, and buoyancy vests that allow them to enter the water directly.

Road access is limited to the following locations: -

**River Wensum upstream Trowse Eye to Bishop Bridge (City Reaches)**

**South bank locations**

Norwich Rowing Club, Whitlingham Lane (south side), Trowse, Norwich NR14 8TR, (Grid reference- TG 25071 07511) ///payer.oldest.third what three words location of the slipway.

Norwich Rowing Club, Quay Heading (Grid reference - TG 24981 07692)

Carrow Yacht Club, Quay Heading (river Wensum) (Grid reference-TG 24981 07692)

King Street, Norwich may provide access via Old Barge Yard, Hobrough Lane and Abbey Lane although access may be restricted by gated housing and commercial premises between Carrow Bridge and Foundry Bridge. What three words ///often.limbs.kicked

Pulls Ferry, 29 Ferry Lane, Norwich NR1 4DZ. ///certified.cups.broken

The Red Lion PH, 79 Bishopgate, Norwich NR1 4AA (vehicle access via Whitefriars, pedestrian access only from Riverside Road) ///winks.hidden.other

**North bank locations**

Carrow Rail Bridge, Hardy Road, Norwich NR1 (Grid reference-TG 245 077) ///fakes.notes.talent

Carrow Bridge, Carrow Road, Norwich NR1 1HB (Grid reference-TG 23917 07754) ///hope.shark.full

Riverside Walk, Wherry Road, Norwich NR1 1ED (Foundry Bridge to Carrow Bridge and leading to A147 Koblenz Avenue) Community Public Access Defibrillator listed by NHS East of England Ambulance Service at Norwich Railway Station (200 metres) ///hidden.moods.scan

A147 Riverside Road, Norwich NR1 1SN (Foundry Bridge to Bishop Bridge) ///slows.giant.quit

**River Yare downstream Trowse Eye to New Cut - Broadland Boat Club**

**South bank locations**

Norwich Rowing Club, Whitlingham Lane (south side), Trowse, Norwich NR14 8TR, (Grid reference- TG 25071 07511)

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)

**North bank locations -– River Yare downstream Trowse Eye to Broadland Boat Club**

River Green, A1242 Yarmouth Road, Norwich NR7 0HE (Grid reference-TG 260 084) ///leave.launch.plans.

Broadland Boat Club, Girlings Lane, Norwich NR7 0HE (Grid reference-TG 26438 08221) ///leave.launch.plans.

**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 Emergency Coordinator the most appropriate launch should be used considering carrying capacity and stability. This may necessitate multiple trips and the helmsman decision is final.

**Area Ordnance Survey map - ‘Landranger 134’ Norwich &The Broads Gt Yarmouth**

**NRC Water Safety Advisor - contact at** [**safety.norwichrc@gmail.com**](mailto:safety.norwichrc@gmail.com)