

Cambridge Canoe Club (CCC)

Winter Series Race
Sunday 1st December
Safety Plan 2019

Event Safety co-ordinator: Ceri Salisbury

Vehicle and trailer access.

Access to CCC is via Lammas Lane a narrow road off the A603. At the end of the lane is a free to use public car park. This is a popular car park controlled by both a steel ramp and height restriction. The ramp should lower at 0900 and CCC will open the height restriction. The height restriction will be closed 2hrs after the last competitor has finished the race. Please be considerate when parking and work with others to get maximum usage of the car park. Also please note that some spaces are marked for disabled drivers. The preferred route would be to leave the M11 at Jct 12 then travel towards Cambridge on the A603. It is no right turn from the A603 into Lammas Lane so competitors will need to carry onto the roundabout and then return along the A603 and turn left onto Lammas Lane.

Circulation Patterns.

All races will start facing downstream river and finish facing upstream. All turns are anticlockwise. All racers must endeavour to stay river right. All paddlers must follow normal river etiquette.

To warm up paddlers can enter the river outside the club house, head upstream and warm up upstream of the footbridge. When warming up please circulate in an anti clockwise direction. Marshals will call paddlers forward in class order as announced at the race briefing. Warm down sessions should take place in the same location.

Points of Danger.

- Mill Pond Sluice. This area will have land based Marshals to facilitate the crossing of a public footpath. They will also have responsibility for safety around the inflow and exflow of the sluice.
- Jesus Lock. This area will have land-based Marshals to facilitate the crossing of a public footpath. Please be aware that this area has a busy footbridge and care needs to be taken.
- Punts. There will be punts on the river from the start to Jesus Lock. Some of these are crewed by “professional chauffeurs” however the majority are hire punts steered by enthusiastic but often inept members of the general public. The numbers of punts will be dependant on the weather on the day. Please be aware that

punts often do not understand or ignore the normal rules of the river.

- Rowers. There is a river closure order in place so there shouldn't be any rowers on the lower river. There will not be any rowers upstream of Jesus Lock. There shouldn't be any rowers downstream of Jesus Lock however unaffiliated boats might be on the river. They should adhere to the normal rules of the river.
- River Boats. These are people's homes and as such please keep the noise down when passing. The owners of these river boats are generally pro the canoe and kayak community.
- Fishermen. There may be fishermen on the banks, most will pull their rods in but please be aware of those that do not.

First Aid.

CCC will have suitable numbers of first aid trained staff on duty. A first aid kit is available on the wall of the kitchen in the Club House. In addition there will be first aid kits available at the Mill Pond, Jesus Lock and Green Dragon Bridge.

CCC does not have a land line phone but all areas along the race course have good mobile phone coverage.

The nearest A&E is at Addenbrookes Hospital which is also a dedicated trauma centre.

Any Ambulances will need to be directed to the Council Car Park, Lammas Lane.

The grassed area adjacent to Lammas Lane is suitable for an Air Ambulance.

Safety Equipment.

- 4 x First Aid kits
- 4 x Throw lines co located with first aid kits
- Marshals will have access to a charged mobile phone and will be provided with a contact list.
- All marshals will have a check list for all boats due to pass them.

Summoning Help.

In case of emergency help should be summoned in the normal way using the 999 system. In the case of a more minor issues such as a competitor withdrawing from the race the race organiser must be contacted and will arrange suitable assistance.

Cancelling or suspension.

Cancellation or any significant change to the race prior to the evening before the race will be advertised on the CCC and EWS websites. On the day or during the race the race organiser will liaise with Marshals and Team leaders

to ensure the safety of all paddlers and supporters. Likely reasons for cancellation of the event could include; strong winds, fog/poor visibility, river in flood, fast flowing current, environmental issues or advice from outside agencies.

Marshals.

All safety critical Marshals will be identified prior to the event. All marshals will be briefed prior to the event. Where relevant, marshals will be provided with contact sheets, competitor lists and relevant safety equipment. For point specific briefings please see attached appendices. All marshals will be identifiable by a yellow or orange bib.

Access to CCC.

Access from the Council car park is via a footbridge then follow the path towards the river. Boats should be stored either side of the path leaving sufficient room to get to both boats and the river. Paddlers can launch from outside the CCC clubhouse, there is limited room so please do not come forward until you are ready to launch.

Lightenings can launch in the creek adjacent to the car park from either bank. A specific safety boat will be in attendance and this will keep them clear of the adult racers.

On completion of the race all competitors can exit the river outside the club house but are requested to move their boats to grassed area between the club and car park as soon as possible.

Environmental Issues

The issues with the invasive plant life floating pennywort have been reduced through work by the Cam Valley forum and Cambridge Canoe Club, but it is not completely eliminated. All visiting paddlers should thoroughly clean their boats before leaving Cambridge. This will be reiterated during the race briefing.