**Event Plan - Saundersfoot Beach**

**Home International Regatta**

**Area of operation:**

Saundersfoot Beach and in the area of Saundersfoot Bay. Nearest postcode SA69 9HE

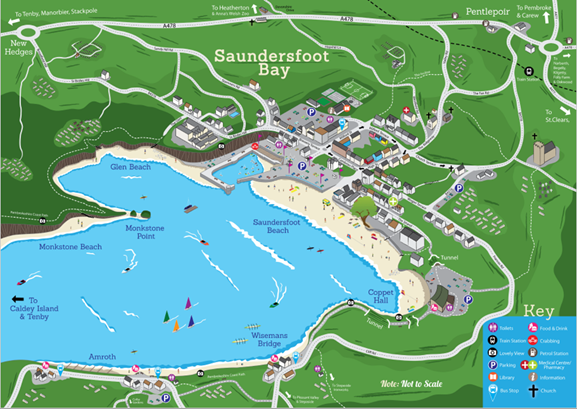
Training will be 11:30 to 15:00 Friday 8th September 2023

Competition 7.30 to 15:00 Saturday 9th September 2023

Competitor Access via Public Slipway

Safety Boats to launch via Harbour Slipway

Please note: A drone will be in operation during racing on Saturday 9th September.



**EMERGENCY**

A mobile phone and VHF radio will be with Welsh Rowing Event Control.

If on land call 999 ask ambulance or police.

If on water call 999 ask for coastguard.

Outer Reef Lifeguards will be on duty during the times stated above.

Nearest Coastguard: Milford Haven 01646 690909

VHF emergency channel: CH16

Safety Crew will operate on VHF channel 37a/M1.

On the water close to the beach, the signal for help, is one had waved from side to side.

Nearest A&E: Glangwili in Carmarthen – 01267 235151

Local Police: 01267 222020

Harbourmaster: 01834 812094

During training or racing, the signal for rowers to immediately return to shore in an emergency, will be one long blast of an Air Horn. If we require immediate attention and action on the water, the Air horn will sound three short blasts. If you hear this, please look around you and take appropriate action.

The public address system will also be used during racing.

**Event Control**

Welsh Rowing will be based on Saundersfoot Beach adjacent to the course and will be clearly visible. This should be used to check in on your arrival and for any questions or queries you have throughout the day. This will also be the First Aid station.

Commentary will be provided throughout the race together with public address announcements.

**Contacts:**

|  |  |
| --- | --- |
| Dan Fella, Welsh Rowing CEO | 07792 071342 |
| Sam English, Welsh Rowing / Match Director FIRST AID | 07967 502055 |
| Janet Raven, Welsh Rowing Welfare FIRST AID | 07576 131555 |
| Andrew Richards, Beach Sprint Setup and Safety Boats | 07812 794998 |
| Chris Harding, Health & Safety | 07976 503930 |
| Chris Anton, President of the Jury | 07966 166602 |
| Tim FIRST AID & Vicky Grimsdale, Volunteer Managers | 07889 248298 |
| Nic Thomas, Competition Manager FIRST AID | 07527 817589 |

**Boats to be used:**

Swift CO2x x 4 + spare.

Swift CO1x x 6 + spare.

Athletes to provide own Blades.

Teams to provide own Boat Handlers.

Safety Boats – Lead, Andrew Richards.

**Safety equipment on rowing boats (0-300m from beach):**

Lifejackets & towline.

**Safety equipment on safety boats:**

Lifejackets, towline and VHF. All safety boats will have a crew which includes a person with a RYA PB2 qualification.

**Participants:**

Welsh Rowing Event Control to have a full list of staff, volunteers, and participants. Team Managers will have Athlete’s medical information and emergency contacts, readily available. Welsh Rowing will have staff and volunteers’ medical information and emergency contacts, readily available.

**Racing, Rules and Appeals**

Racing will take place under World Rowing Rules see <https://www.homeinternationalrowing.org/hirbc-rules>. Umpires will be introduced at the Team Managers Captains Meeting that will take place on Friday 8th September at 6pm at Saundersfoot Sailing Club. This is for Team Managers only.

Team Managers are responsible monitoring the competency of their crews in changing conditions. Athlete welfare should be assessed both physically and mentally. Crews should not be allowed to race if insufficient confidence/experience to match conditions.

Crews are responsible for checking their allocated boats before racing. Any concerns should be raised immediately to an umpire.

Appeals must be made as soon as possible in person and by the person contesting, to the Competition Manager at Event Control, where the complaint will be documented and reviewed in accordance with World Rowing guidelines.

The racing format is outlined in the following timeline and the course will be laid as follows. This is illustrative only and distances will change with the movement of tide.

An area on the beach 30m wide and up to 50m from shore will be cordoned off from the public whilst racing is taking place.

The diagram below indicates side by side racing:



The diagram below indicates Time Trials:

A diagram of a rowing scheme

Description automatically generated

**Race Schedule**

See link: [**Please click here**](https://static1.squarespace.com/static/61f90f822adae3593517f110/t/62fcdd736ced465f81b7d64a/1660738932109/Home+International+Beach+Sprints+Regatta+-+schedule+pdf.pdf)

A draw will take place at the Team Managers Meeting to determine the countries order of racing for the Time Trials.

**Weather: BBC – Saundersfoot Forecast**

The forecast will be checked regularly on the lead to the event and at regular intervals on the day.

[Saundersfoot (Beach) (Pembrokeshire) Beach forecast and tide times - Met Office](https://www.metoffice.gov.uk/weather/specialist-forecasts/coast-and-sea/beach-forecast-and-tide-times/gchwjjmtd#?date=2021-06-08)

**HAZARDS:**

**Exposed Rocks at Low Tide:** risk of damage to hull when landing between Saundersfoot and Coppet Hall however the course will not be positioned near this hazard.

**Marine Traffic:** Saundersfoot is a working harbour so please be mindful and familiarise yourself with traffic flow and traffic going in and out of the harbour.

**Leisure craft:** the course will be patrolled but please keep a good look out and take action to avoid collision. Call to other rowing craft if they are out.

**Walkers and swimmers:** the course will be patrolled but again please keep a watchful eye out and take action to avoid. Call to other rowing craft if they are out.

**Marine creatures**: please bring suitable footwear to protect your feet from weaver fish and razor shells. Do not feed the seagulls. Ensure all cuts/grazes or exposed skin are covered.

**Cold**: please bring suitable clothing for:

* standing around on the beach all day.
* getting in and out of the water either as a rower or boat handler. Neoprene booties are advisable. Boats are without shoes.

**Sun:** please bringcream, long sleeves and hat to protect you from the sun.

**Shelter:** please bring your own beach tents as the event shelters will be limited.

**RISK ASSESSMENT**

A full Event Risk Assessment has taken place in addition to this document and can be provided on request.

A dynamic Risk Assessment will take place on the days of the event and at regular intervals throughout.

**Cancellation of Race**

Should bad weather be an issue on the day(s) a decision made to cancel the event will be made by the Match Director, President of the Jury and Health & Safety Lead. Any decision to cancel or stop racing for safety reasons cannot be appealed.

**Water quality:** Will be reviewed prior to event based on latest testing. See [Bathing water profile (data.gov.uk)](http://environment.data.gov.uk/wales/bathing-waters/profiles/profile.html?_search=saun&site=ukl1403-38000). It has been rated as excellent for the past four years.

**Nearest toilets:** By Saundersfoot Yacht Club and in the Regency Hall Car Park (see map).

Shower and changing facilities are available for official teams at Saundersfoot Sailing Club.

**Parking:**

There are three pay and display car parks just a short walk away. These can be seen on the map. They are the Harbour, Regency Hall and Coppet Hall car parks.

**Refreshments:**

You can bring your own food and refreshments to the beach however there are numerous retail venues serving an array of drinks and meals, all within the immediate vicinity.

Arrangements have been made for food for Volunteers at the break in racing.

Team Managers will coordinate food for their Teams.

There are no water filling stations close to the beach. Please bring enough water with you, ideally in reuseable containers.

**Live Webcam**

<https://www.saundersfootconnect.co.uk/webcam/>

**Environment**: please make sure that we take away all our litter and respect the local habitat. Saundersfoot Beach is in the Pembrokeshire National Park and holds Blue Flag status.

There is a dog ban on Saundersfoot Beach in operation from 1st May to 30th September.

**Nearest Defibrillator:**

Located outside the old Harbourmasters Office central to the Harbour Car Park.