SAFETY PLAN

Bristol Canoe Club Sprint Regatta - Baltic Wharf, Bristol Floating Harbour, October 14, 2024, open for registration 10am, event finishes at 5:30pm

This safety plan is based on our event risk assessment (see link).

Safety Precautions

- Like all water sports, paddle sport involves inherent risks. Participants should be aware of and accept these risks, and be responsible for their own safety, equipment, and actions.
- Insurance is mandatory either through Paddle UK club affiliated membership, individual membership, or third-party insurance. Single Event Insurance is available on the day for anyone wishing to enter through a Paddle UK Day Ticket for £5.
- **Welfare and Safety Officer:** Lisa Gunton will be available throughout the event to address any safety or welfare concerns. She will be stationed between the boat storage cage and finish area.
- **Paddling on Bristol Floating Harbour**
    - Bristol Harbour is a non-tidal floating harbour used by paddlers of all ages and skill levels. It's also a popular venue for open swimming, demonstrating its safe conditions.
    - While Bristol Harbour is still officially a marine port used by motorised craft, it's generally a calm and safe environment for paddling, depending on marine traffic and weather conditions.
- **Safety & Rescue**
    - A motor safety boat operated by All-Aboard Watersports will be stationed at the north east periphery of the regatta course. It will primarily ensure harbour traffic stays clear of the course but will be available for on-water emergencies.
    - For non-emergency capsize and rescue support, experienced club members will be on the water in either Canadian canoes, general purpose kayaks and stand up paddle boards.
- **Emergency Services**
    - Baltic Wharf is 3 miles from Bristol Royal Infirmary Hospital, the main Accident & Emergency service in the West of England. Contact a marshal or dial 999 in case of serious threat to life.
- **Water Levels**
    - The beauty of paddling on the harbour is that water levels are regulated by sluice gates, ensuring relative stability throughout the year.
    - However, in the unlikely event of low water, be aware that entering from quays and pontoons may require additional skill due to increased height differences.

- **Additional Safety Measures**
    - Pay attention to instructions from race marshals.

- Wear buoyancy aids if competing in Div 7 or below and all competitors U14, although recommended for all competitors.
- Ensure your craft is sufficiently buoyant to remain afloat in case of a capsize.
- Inform race organisers of any medical conditions that may affect your performance or safety.
- A First Aid point will be at registration inside the Dutch Barn.

See Risk Assessment HERE for more information

Last updated by Mark Heeley, Bristol Canoe Club, October 14, 2024