

**EVSRA SAFETY PLAN FOR
REGATTAS AT BUGSY BEACH / ELIZABETH CITY, N.C.
(Rev. 2023, V2 03-20-23)**

INTRODUCTION

The Regatta Commission of the Eastern Virginia Scholastic Rowing Association recognizes that safety is the joint responsibility of regatta organizers, participants and officials. Although there are certain risks inherent in any water activity, we are committed to conducting our events with good judgment and common sense EVSRA has run regattas for a number of years without injury or serious incident. This written safety plan is an attempt to perpetuate the policies that have made this record possible, to improve upon past safety practices, and to communicate our safety expectations to all regatta participants, volunteers, and officials. Publishing a plan in writing is an important part of our efforts, begun in early 2005, to regularize EVSRA regatta operations. This plan governs all regattas conducted at Buggy Beach in Elizabeth City, N.C. and compliance with its terms is a condition of participation at that venue. This document is intended to comply with current USRowing safety guidelines. EVSRA reserves the right to amend this plan from time to time.

REGATTA OFFICERS

The Regatta Director is responsible for implementation and enforcement of this plan for all EVSRA events conducted at Buggy Beach, N.C. A Safety Officer shall be appointed whose primary responsibilities will include the implementation and enforcement of this plan on the day of each regatta. In unusual circumstances such as unanticipated illness or injury of the Safety Officer, the Regatta Director shall serve as Safety Officer. The Regatta Director and/or Safety Officer will identify physicians and emergency medical providers that are on site during each regatta via a sign-in sheet at the regatta office. The Safety Officer will be responsible for delivering a safety briefing to the coaches prior to the start of each regatta that includes information on the weather plan, rower safety, injuries, and general grounds safety concerns. The Safety Officer is also responsible for documentation of any medical emergency occurring during the regatta. The Safety Officer will ensure the regatta site traffic management plan is updated as necessary to adapt for changes in weather or number of teams attending the regatta.

COORDINATION WITH RACE OFFICIALS

The Regatta Director and the Safety Officer shall coordinate implementation of this safety plan with the Chief Referee. The plan is intended to complement Rules of Rowing established by The United States Rowing Association (USRowing). In the event of a conflict between USRowing rules and this plan, the Regatta Officers and race officials shall act cooperatively to conduct an efficient and safe regatta. The EVSRA Commission encourages decision making through consensus where practical. The Regatta Commission will provide all equipment, information and notices required by current Rules of Rowing. A copy of this safety plan and a map of the course showing mandatory traffic patterns shall be distributed to all regatta participants prior to the Pre-Regatta Coaches Meeting. This may be accomplished via electronic means. Regatta

volunteers will be instructed that the primary duty of every race official is to provide for the safety of competitors and race officials as outlined in Article II, Part A, Paragraph 2-101(a). Volunteers shall be instructed to follow the directions of race officials for all competitive activity.

Under Section Five of this plan, racing may be suspended by the Chief Referee, the Regatta Director, or the Safety Officer at any time due to adverse weather conditions, with the final decision residing with the Chief Referee. If suspended, racing shall not be resumed until authorized by the Chief Referee. Racing is not be recommenced sooner than thirty minutes following a weather suspension.

COURSE AND EMERGENCY INFORMATION

In addition to the map required by Section 3.4 of this plan, the Regatta Commission shall devise and post in a conspicuous place at the regatta site the course diagram and instructions as recommended by Sections VI & VIII of the LOC Guidance Manual. The Commission shall also clearly identify the location of the first aid stations, telephones and methods of summoning emergency assistance. This information shall be provided to regatta participants as part of the regatta registration package and will also be reiterated by the Safety Officer at the pre-regatta coaches meeting.

Diagrams of the race course and the regatta grounds are attached at the end of this Safety Plan.

COMMUNICATIONS

The Regatta Commission will provide (or ensure participants have a privately owned) hand-held VHF radios for the following officials and volunteers:

- *Chief Referee*
- *Finish Referee*
- *Starter Marshall*
- *Start Referee*
- *Race Manager (“Control Commission”)*
- *Mid-Course Safety Marshall*
- *Regatta Office*
- *Following/ “Chase” Referees*
- *Launch Master*
- *Finish Area Marshall*
- *Safety Officer*
- *Regatta Director*

Prior to each regatta, the Safety Officer shall ensure that each radio is fully charged and capable of sending and receiving radio communications. All VHF radios shall remain on during the entire regatta and shall remain tuned to the regatta operations channel except in the case of the emergency procedure described in the following section. Each person issued a VHF radio shall be responsible for monitoring the regatta operations channel. **THE NORMAL OPERATING CHANNEL FOR REGATTAS IS CHANNEL 72.** The Regatta Director, Regatta Office Manager and Safety Officer shall each maintain an operational cell phone to be used for communicating with land based 911 emergency services.

A Communications Plan listing all referees and critical regatta officers and positions will be developed by the Regatta Director. The plan is used by the Safety Officer as a portable radio check out/in log. If possible, a copy should be given to the Regatta Office and Launchmaster, the Race Manager and the Safety Officer.

Regatta representatives summoning 911 assistance shall instruct emergency crews that the regatta grounds are located at Buggy Beach, 809 Airship Drive, Elizabeth City, at the end of the gravel road. Unless conditions clearly warrant otherwise, emergency crews should be instructed to expect an escort to direct them to the location of the emergency within regatta grounds. The Regatta Commission shall post a prominent notice in the Regatta Office clearly stating the 911 call procedure and the address of the regatta grounds listed above. The Safety Officer (or in his/her absence, the Regatta Director) shall document all such injuries and actions taken by regatta officials.

All EVSRA VHF radios shall be returned to the Safety Officer at the conclusion of the regatta. The Regatta Safety Officer shall be responsible for maintaining, collecting and securing all radios.

SAFETY INSPECTIONS

In cooperation with the Chief Referee, the Regatta Director shall conduct or confirm that a race official will conduct, a pre-launch safety inspection of all race boats participating in each regatta event.

- 1. *Each such inspection shall confirm that race boats comply with safety and equipment requirements specified in Article III - Equipment of the Rules of Rowing in effect at the time of the regatta. No race boat shall be permitted on the course without the following minimal equipment.***
 - a) *A bowball that complies with Paragraph 3-105 Bowballs.***
 - b) *Oars that comply with Paragraph 3-107 Oars.***
 - c) *Footgear releases that comply with Paragraph 3-108 Footgear Release.***
- 2. *If used, a coxswain enclosure that complies with USRowing Rule 3-110.***

WEATHER PLAN

The Regatta Commission shall monitor both observed and predicted weather for conditions that may present hazards to the safe conduct of regatta operations or competition. A reasonable time prior to the first scheduled launch, the Safety Officer shall review available weather forecasts, including NOAA weather broadcasts, and confirm that weather conditions predicted for Buggy Beach/Elizabeth City are likely to be safe for regatta operations and competition. The Safety Officer shall continue to monitor NOAA weather broadcasts each hour until the conclusion of the regatta. Not more than one hour prior to the first scheduled launch, the Safety Officer and/or Chief Referee shall personally observe the course and starting area in order to confirm that conditions are safe for regatta operations and competition. The Commission shall install and monitor a tone alert radio capable of monitoring and receiving automatic weather alerts transmitted via the NOAA Specific Area Message Encoding system. The radio shall be programmed to receive S.A.M.E. messages for Elizabeth City N.C. and surrounding localities. Racing shall not be permitted if, in the opinion of the Chief Referee, the Regatta Director or the Safety Officer, course conditions endanger the safety of competitors, officials or volunteers. Once suspended, racing may only be resumed with the discretion of the Chief Referee. Racing shall not be resumed for until at least thirty minutes after a weather suspension. Racing shall immediately cease and the course shall be evacuated if thunder is heard or lightning is observed by any race official or member of the Regatta Commission. In the event of course evacuation necessitated by thunder or lightning, regatta participants shall follow the instructions of officials concerning where to exit the course and where to seek shelter. In general, participants should return to the launch and recovery areas in the case of thunder unaccompanied by lightning. If lightning is observed, regatta participants should proceed to the nearest shore and seek shelter away from trees and other tall objects. In the event the course is cleared for weather conditions or other emergency, the Regatta Director shall be primarily responsible for determining through consultation with coaches, Recovery Dock and the Safety Officer that all crews have cleared the course. The Launch Master shall be responsible for determining that all motor launches and occupants have been recovered from the race course in the event the course is cleared for weather conditions or other emergency and report that evacuation of race launches and personnel has been completed to the Regatta Director and Safety Officer.

COLD WEATHER CONSIDERATIONS

Early Spring and Late Fall regattas may be impacted by cold ambient air temperatures as well as wind chill effects that, in conjunction with cold water temperatures, may warrant delay or cancellation of a regatta. In addition, the Chief Referee has the authority to “relax” crew uniform requirements and allow rowers to wear additional clothing to prevent hypothermia. The Safety Officer shall consult with the Chief Referee to determine the course of action to be taken if a crew capsizes and whether or not the rowers will be allowed to continue racing or be removed from the water by launch boats and taken to shore for warming and dry clothing.

EVSRA will use the following guideline to determine if conditions are acceptable for racing: a combined total value of water temperature (in Fahrenheit) and air temperature (in Fahrenheit) of at least 100 points. If the combined value is very close to 100, the Safety Officer shall consult with the Chief Referee, as the value may increase to or above 100 at the time the first boats are launched.

Water Temp (° F)	Exhaustion / Unconsciousness	Expected Survival Time
< 32.5	< 15 min.	15 - 45 min.
32.5 - 40.0	15 - 30 min.	30 - 90 min.
40.0 - 50.0	30 - 60 min.	1 - 3 hrs.
50.0 - 60.0	1 - 2 hrs.	1 - 6 hrs.
60.0 - 70.0	2 - 7 hrs.	2 - 40 hrs.
70.0 - 80.0	3 - 12 hrs.	3 hrs. - Indefinite
> 80.0	Indefinite	Indefinite

New Wind Chill Chart

Wind (mph)

Temperature (°F)	Wind (mph)												
	Calm	5	10	15	20	25	30	35	40	45	50	55	60
40	36	34	32	30	29	28	28	27	26	26	25	25	
35	31	27	25	24	23	22	21	20	19	19	18	17	
30	25	21	19	17	16	15	14	13	12	12	11	10	
25	19	15	13	11	9	8	7	6	5	4	4	3	
20	13	9	6	4	3	1	0	-1	-2	-3	-3	-4	
15	7	3	0	-2	-4	-5	-7	-8	-9	-10	-11	-11	
10	1	-4	-7	-9	-11	-12	-14	-15	-16	-17	-18	-19	
5	-5	-10	-13	-15	-17	-19	-21	-22	-23	-24	-25	-26	
0	-11	-16	-19	-22	-24	-26	-27	-29	-30	-31	-32	-33	
-5	-16	-22	-26	-29	-31	-33	-34	-36	-37	-38	-39	-40	
-10	-22	-28	-32	-35	-37	-39	-41	-43	-44	-45	-46	-48	
-15	-28	-35	-39	-42	-44	-46	-48	-50	-51	-52	-54	-55	
-20	-34	-41	-45	-48	-51	-53	-55	-57	-58	-60	-61	-62	
-25	-40	-47	-51	-55	-58	-60	-62	-64	-65	-67	-68	-69	
-30	-46	-53	-58	-61	-64	-67	-69	-71	-72	-74	-75	-76	
-35	-52	-59	-64	-68	-71	-73	-76	-78	-79	-81	-82	-84	
-40	-57	-66	-71	-74	-78	-80	-82	-84	-86	-88	-89	-91	
-45	-63	-72	-77	-81	-84	-87	-89	-91	-93	-95	-97	-98	

Frostbite occurs in 15 minutes or less

$$\text{Wind Chill (°F)} = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$$

Where, T = Air Temperature (°F)

V = Wind Speed (mph)

FIRST AID AND SAFETY EQUIPMENT

The Regatta Commission shall provide the following safety equipment at all regattas:

1. An adequate number of motor launches capable, when occupied, of maintaining a speed necessary to follow a race but without unnecessary wake. Each launch shall carry personal flotation devices for each occupant of the launch. The Commission shall expend its best efforts to provide launches whose hull design minimizes wake, all as recommended by Section III) Equipment / Supplies – Paragraph 1 Motor Launches of the LOC Guidance Manual..
2. Two motor launches provided by the commission shall also function as a safety launches, one being positioned at mid-course. The safety launches shall be equipped, at a minimum, with an adequately stocked first aid kit, ten emergency blankets and nine additional pfd's.
3. A stocked first aid kit shall be located in the Regatta Office.
4. The communication equipment specified in Section Five of this Plan.
5. The weather radio specified in Section Seven of this Plan.

WATER EMERGENCIES

All volunteers and officials shall be instructed to observe the following procedures for emergencies occurring At Buggy Beach:

The official nearest the emergency is designated as the first responder. If an official is not available, the nearest member of the Regatta Commission shall be the first responder until an official arrives on scene.

Upon arrival at the emergency site, the first responder shall assume control of scene, determine the nature of the emergency and initiate a responsible reaction commencing with a head count of any victims in the water. The safety launch should proceed immediately to the scene of the emergency but lay off awaiting instructions from the first responder. Other boats in the area should also respond but remain in the perimeter of the emergency area awaiting instructions from the first responder. If victims are in the water or if it cannot be determined whether victims are in the water, motor launches responding to the emergency should stop their engines and enter the area only after heads are counted and all crew members are accounted for. If racing crews are in the water, remember to account for the coxswain. Crews should be encouraged to stay with the boat and use oars as flotation devices. While awaiting recovery, crew members should be instructed to buddy up and monitor each other's safety. As promptly as possible after arriving at the scene of the emergency, the first responder shall notify the Safety Officer and Regatta Director of the nature of the emergency via the VHF regatta operations channel, request any required first aid supplies not available on the safety launch and, if necessary request 911 assistance. Radio communications should be shifted to the VHF channel designated for emergency communications at the first reasonable opportunity. Marine channel 72 will be used for regular and emergency communications.

Once notified of the emergency, the Safety Officer shall be responsible for requesting the assistance of known onsite physicians and/or emergency medical technicians and, if required,

coordinating transportation (with assistance from the Launchmaster) to and from the emergency site. Once notified of the emergency, the Safety Officer shall proceed to the motor launch dock and begin coordinating a response in anticipation of landing victims. If 911 help has been requested, the Safety Officer shall be responsible for dispatching a guide/escort to the regatta entrance who can direct emergency crews to the scene of the emergency. During early season regattas or cold weather, a principal concern for victims recovered from the water must be hypothermia. Victims should be covered with blankets and landed as promptly as possible. The Safety Director is responsible for bringing extra blankets to the motor launch dock in preparation for meeting persons who have been in the water. Until emergency crews or medical assistance arrive at the emergency scene, the Safety Officer, in conjunction with medical professionals on site, shall direct efforts to assist and care for victims. It is extremely important that control of the scene remain under the direction of one person capable of coordinating a common- sense response. At the conclusion of the emergency, the Regatta Director is responsible for coordinating any additional actions required by the event.

LAND EMERGENCIES

All volunteers and officials shall be instructed to observe the following procedures for emergencies occurring on the regatta grounds:

The official nearest the emergency is designated as the first responder. If an official is not available, the nearest member of the Regatta Commission shall be the first responder. Upon arrival at the emergency site, the first responder shall assume control of scene, determine the nature of the emergency and initiate a responsible reaction. As promptly as possible after arriving at the scene of the emergency, the first responder shall notify the Safety Officer and Regatta Director of the nature of the emergency via the VHF regatta operations channel, request any required first aid supplies and, if necessary request 911 assistance. Radio communications should be shifted to the VHF channel designated for emergency communications at the first reasonable opportunity. In general, marine channel 72 will be used for emergency communications. Once notified of the emergency, the Safety Officer shall be responsible for requesting the assistance of onsite known physicians and/or emergency medical technicians. Once notified of the emergency, the Safety Officer shall proceed to the scene and lend additional assistance to the victim. If 911 help has been requested, the Safety Officer shall be responsible for dispatching a guide to the regatta entry road who can direct emergency crews to the scene of the emergency. Until emergency crews or medical assistance arrive at the emergency scene, the first responder shall direct efforts to assist and care for the victim. Within his or her discretion, the first responder may cede control of the scene to a person deemed more qualified to lend assistance. Nevertheless, it is extremely important that assistance remain under the direction of one person capable of coordinating a common sense response. At the conclusion of the emergency, the Regatta Director is responsible for coordinating any additional actions required by the event. Medical emergencies on land may or may not require suspension of racing. The decision to suspend racing activities will be made jointly with the Chief Referee and Regatta officers.

SAFETY SENSITIVE POSITIONS

The following volunteer positions are designated as safety sensitive:

- *Regatta Safety Officer*

- *Regatta Office Manager*
- *Launch Master*
- *Launch Boat Operators*
- *Dockmasters*
- *Race Course Marshal*
- *Race Manager*

All volunteers assigned to safety sensitive positions shall receive special instruction concerning specific safety responsibilities for those positions.

Launch boat operators shall be provided a laminated water-resistant card summarizing response procedures for on-water emergencies. The reverse of the card shall depict the course diagram and mandatory traffic pattern.

IMPLEMENTATION AND REVIEW

Compliance with this plan is mandatory at each regatta hosted by the EVSRA. The Commission shall make available copies of its current safety plan to members of the Eastern Virginia Scholastic Rowing Association, participants in EVSRA regattas and, upon request, to other interested individuals. The Commission shall also post a copy of its current safety plan on the EVSRA website.

COURSE SAFETY MAPS

All race participants, volunteers and referees should familiarize themselves with the regatta venue and the race course before coming to the regatta. A course map shall be posted in a prominent location at the regatta site.

ELIZABETH CITY/BUGSY BEACH REGATTA VENUE



ELIZABETH CITY/BUGSY BEACH REGATTA RACE COURSE (NOT TO SCALE)

