

BRITISH ROWING NATIONAL TOUR 2026
The Broads 4 – 7 June
on the Rivers Bure, Waveney & Yare

SAFETY PLAN

Introduction

Each year a tour is organised on different waterways around the UK to promote recreational rowing for adults of all ages for fitness and fun. Touring rowing is not competitive, appeals to all who love the water and is a great way to keep fit at any age, as it is low impact, exercises the whole body and is very social.

Description of Tour

This year's tour will take place on the three rivers which form the main arteries of the complex waterways in Norfolk and Suffolk.

The tour will take place as three day-tours on the three main rivers – the Bure, the Waveney and the Yare.

The starting points will be at:

- Norfolk Broads Yacht Club on Wroxham Broad
- Beccles Rowing Club on the Waveney
- Yare Boat Club and Norwich Rowing Club on the River Yare.

The three tours will allow all the rowers to experience the three very different rivers. The approximate distance each day will be 32 km, with a shorter row on the Sunday to allow time for loading the trailers

There will be a total of approx. 80 participants who will be experienced oarsmen and women ranging in age from mid thirties to late seventies. British Rowing membership is a requirement for the event.

There will be approx. 16 touring coxed quads (4x+) taking part.

These are stable and buoyant with sufficient freeboard for expected conditions. Some boats will be from local clubs who normally row on the local waterways.

Organisation

A sub-group of the British Rowing Recreational Committee (RRC) is organising the tour with support from rowing clubs on the routes.

The organisers have considerable experience gained over some 20 years of touring rowing around the UK and abroad including regularly planning major events. Previous events have been held without incident on many rivers/waterways across the country.

The tour will follow BR RowSafe guidance, in particular tour guidance, and take account of specific Broads Authority requirements including safeguarding standards.

USEFUL NUMBERS:

Tour coordinators are allocated to certain routes:

- Paul Gurbutt – Beccles – The Waveney: **07876 660800**
- Frances Kemp – Wroxham, The Bure: **07827 341761**
- Carol Warman – Yare BC, The Yare: **07707 083269**
- John Turnbull, main tour coordinator: **07771 807993**

- **Welfare Officer:** Linda Lloyd who can be contacted via her mobile during tour days on 07745 954744 alternatively via any official tour coordinator/official.

- Safety Advisor: Teresa Aslett **07711 655988**
- Chair, Tour OC: Malcolm Hingle **07798 882377**

A team will be formed to provide tour support on land – see separate rota.

A Tour Management Handbook with details of crews, route, key contact details and emergency procedures will be issued to the support team.

Boat Captains

The organisers will appoint appropriately experienced participants as boat captains. Each will be responsible for a nominated boat during the tour.

They will be required to:

- attend briefings daily or as circumstances dictate to receive guidance from the tour coordinator(s) on the itinerary, route, hazards and other safety matters.
- ensure that their boat is in a safe condition at all times
- manage crew welfare during rowing by ensuring provision of water, suitable rest periods, checking for injuries and reporting any concerns to the tour coordinator and/or welfare officer
- determine the crew order
- ensure whoever is coxing navigates the boat in accordance with the agreed instructions and with due regard to hazards and conditions
- communicate with the designated tour coordinator in the event of emergencies afloat, using "What 3 Words" app for location as appropriate
- if safe to do so, assist another crew they may come upon who needs assistance, ensuring at all times their crew is safe. If unable to assist make every effort to report to tour coordinator as soon as possible (i.e. should the crew needing assistance be in a "not spot" with no mobile phone access).

Captains will be issued with a set of laminated maps for each stage of the tour route, showing waterway information and land access points together with a laminated summary Emergency Procedure and Contact Number card, for use in the boat.

Captains will ensure that there is a mobile phone operational and accessible in a waterproof container.

Captains will be provided with a summary of their duties and emergency procedures

Participants

All participants will be required to:

- be members of British Rowing with related third party insurance cover
- certify that they are fit to cover the distances involved and are competent rowers - verified by their Club Captain
- declare any medical conditions that might affect them or require attention
- sign a waiver in relation to any injuries or damage to personal property arising from participation

All participants will be provided with joining instructions which will include tour safety guidance reflecting the risk assessment and how to report welfare concerns.

Communications

Mobile phones will be used for communication between the participating boats and the tour organisers and support team.

Each boat must carry at least one mobile phone with numbers held by organisers.

Contact details for Broads Authority enroute will be maintained and included in the Tour Management Handbook

Support team

Support teams on land will be provided on each route, each day. In addition, due to the inaccessible nature by road on the Waveney route there will be a safety launch following the last boat of the group each day.

Emergency Procedures

The Tour Management Handbook will cover safety and emergency procedures and will be issued to the tour support team. It will include the following:

- the itinerary
- list of participants and crews with mobile phone contact numbers
- navigation information and maps
- contact numbers and location information for local medical services
- emergency service contact numbers
- the risk assessment and welfare statement

Any accident or emergency on land or on water should be reported to the designated tour coordinator for that route without delay. However, in the event of a serious medical problem please see “actions in the event of medical emergencies below”.

Actions in the event of medical emergencies

The boat captain/crew member (in the event the boat captain is the person requiring medical treatment) should take initial control and will assess the situation. (If necessary, they will call emergency services.) As soon as immediate life saving measures are in hand, the tour coordinator, on that route (if not already aware) will be notified. If emergency assistance is required, initial incident report should briefly include:

- Where (using W3W)
- Informing that the incident is afloat (if indeed they are) to assist emergency services to know which service to engage be that coastguard, RNLI, air ambulance etc
- What has happened
- The number of casualties
- The severity of injuries or illness
- Any support required

As soon as an incident is reported absolute priority is to be given to relevant tour coordinator and those responding directly to the incident – i.e. calls for non-urgent assistance/information will be asked to wait whilst the medical emergency is dealt with.

In the event of any accident or emergency beyond that detailed in the safety plan and outside the capabilities of the first aid and safety facilities, the emergency services will be called using 112 or 999 by mobile phone.

Those in support teams/tour coordinator to record details as in above list. Additionally written record of:

- Time of initial call:
- Who attended
- Details of actions take, time emergency services called (if appropriate)
- Outcome of incident.
- Time of call to tour coordinator to report conclusion of incident.
- Tour coordinator to confirm appropriate next steps – resume rowing, recovery of crew member(s), recovery of boat
- Tour coordinator to complete a log of any/all safety issues including medical incidents – Incident reporting sheets provided to support teams.

Non-urgent incidents afloat, assistance required

For such incidents, boat captains should notify the designated tour coordinator by phone of the nature of the problem and the boat location. **If in doubt please do call the designated tour coordinator to request assistance/notify of an incident.**

Access points will be identified and located using “what 3 words”

AEDs

AED locations can be found using: <https://www.nddb.uk/> or <https://www.defibfinder.uk/>

Action Plan for risk from lightning

Weather forecasts will be monitored each day of the tour and should there be potential risk of thunder and lightning this will be advised during the safety briefing on each route before boating.

In the event of thunder and lightning we will adopt BR's 30/30 Rule:

- When you see lightning, count the time until you hear the thunder.
- If it is 30 seconds (approx. 10km away) or less, seek "proper shelter".
- If you can't see the lightning, just hearing the thunder is a good back=up rule for it being time to seek "proper shelter".
- Wait a minimum of 30 minutes after the last lightning or thunder before leaving shelter.

General navigation considerations

Care is needed with regard to other river traffic at narrow points such as approaches to bridges. Account will also be taken of areas where there may be possible encounter with pleasure craft, paddleboarders and swimmers which is highly likely on The Broads.

Broads Authority notices will be monitored and taken into account

Life jackets or buoyancy aids will be worn by coxes at all times on the water in accordance with BR rules.

Biohazards

Boats and equipment coming from other waterways will be washed before loading to avoid cross contamination when launching onto the waterways on this tour.

Briefing / Training

As well as reading the safety procedures, participants will be advised to familiarise themselves with the "RowSafe" touring guidance available on the recreational rowing website

A number of online seminars on tour rowing will be offered before the tour.

Boat captains will be briefed at the start of each day's rowing on the route, water and weather conditions and any known hazards, which they should pass on to their crews.