



CASTLECONNELL BOAT CLUB · HEAD OF THE RIVER 2026

Safety briefing

Saturday 24 October 2026 · 07:30 · Race Control

For each club's representative and coxswains · attendance is mandatory for bow numbers

Read with the Safety Statement and the risk assessment, circulated to every club before the event.

IN AN EMERGENCY

112 / 999, then tell Race Control

Defibrillator

At Race Control today.

Ambulance

Met at the main gate. The club road stays clear all day.

First aid

Irish Red Cross crew and ambulance, 08:30 to 15:30, at the post outside the main gate.

Hospital

University Hospital Limerick, Dooradoyle · 061 301 111

Who decides

HEAD SECRETARY

Rory Corbett

Starts, restricts, suspends
or cancels racing.

085 226 4155

SAFETY OFFICER

Vincent Carroll

Decides with the Head
Secretary.

085 271 4866

CLUB CAPTAIN

Brian O'Connor

Through Race Control.

Any umpire or safety launch can stop racing on the spot.

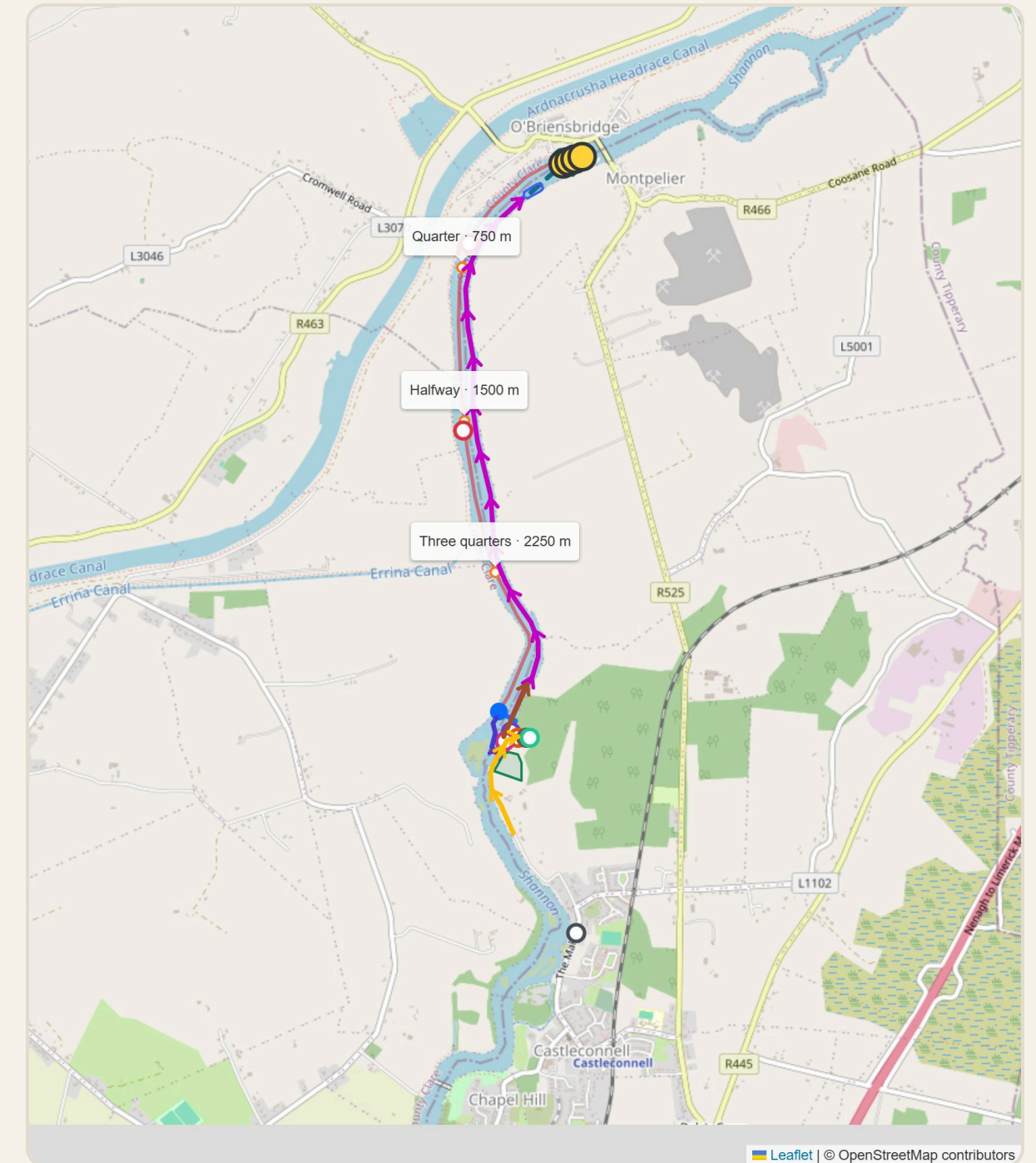
The course

3 km downstream, O'Briensbridge to the club.

Race on the **Clare bank**. Row up to the start on the **Limerick bank**.

RADIO NAMES, FROM THE TOP

- O'Brien's Bridge / Start
- Limerick Slip
- The Wires (38 kV line, about 1,557 m)
- The Coopers
- The Canal
- Last Bend
- Race Control (the finish)



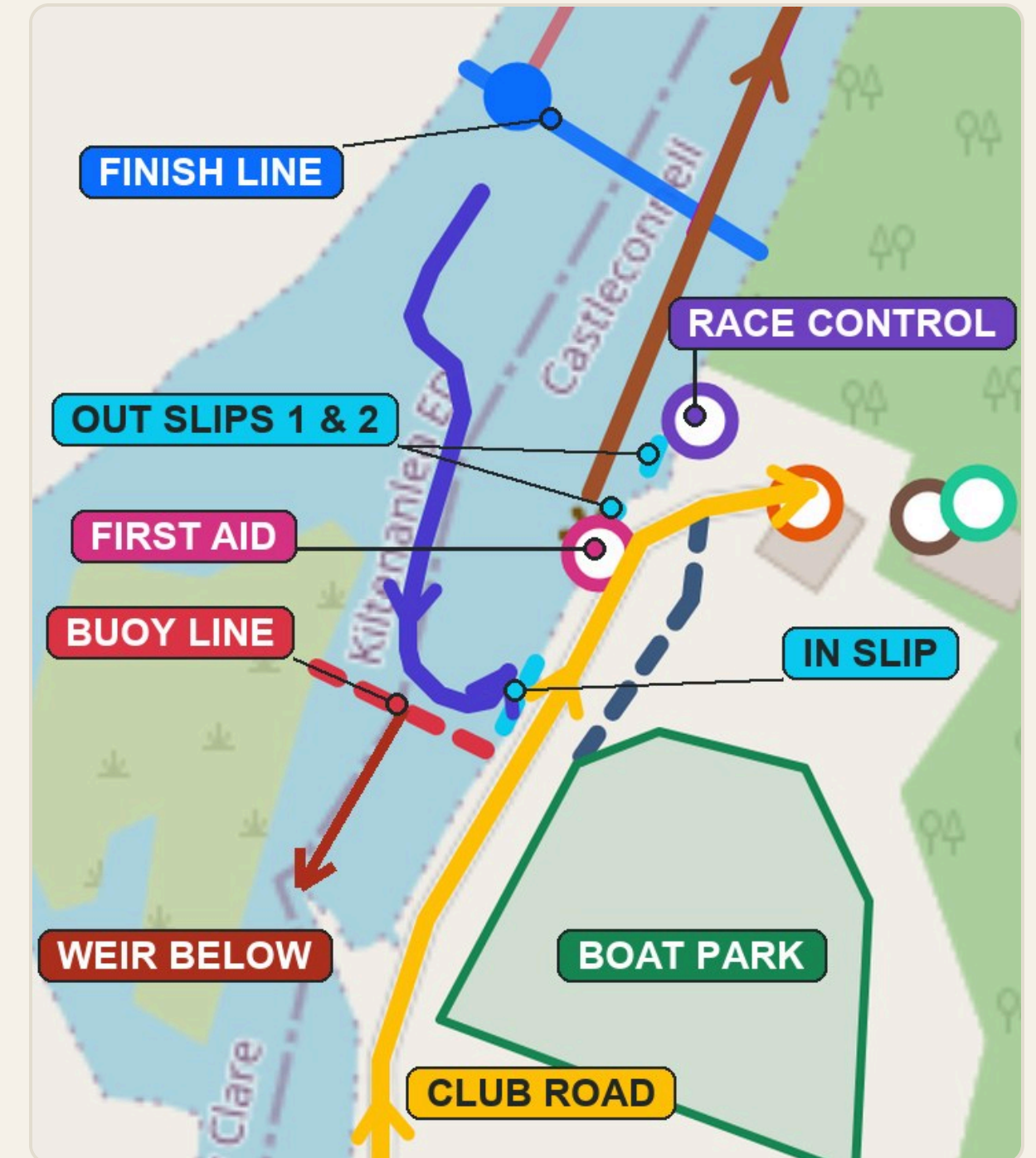
Live map: ccbc.race.rowops.ie/live/castleconnell-head-of-the-river/course

The finish and the weir

Below the finish there is a weir and trees.

No boat crosses the buoy line.

- After the line: ease, keep steerage, turn early.
- Never sit stationary past the finish.
- Land at the In Slip. Turn before you dock.
- Launch 5 holds the finish, Launch 6 the In Slip.



Launching and landing

Out Slip 2

Fours and eights

Out Slip 1

Singles and doubles

In Slip

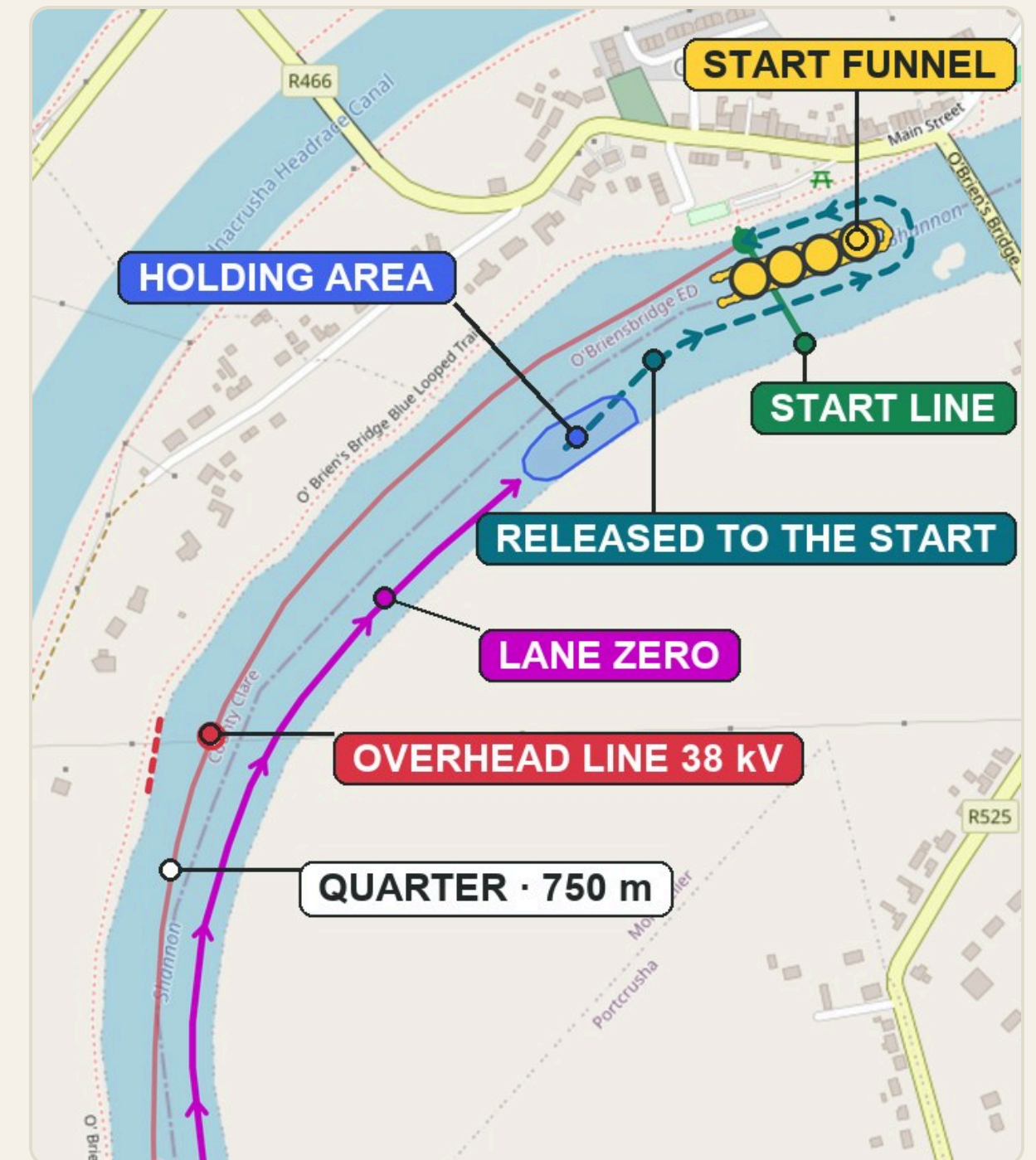
Every crew lands here

- Queue in single file at the out-slip queue point. Wait for the slip marshal.
- Launch facing upstream. Boat ready, every adjustment made, before the slip.
- Footwear on the slipway. Keep the banks and the emergency lane clear.
- No training on the course before or during racing.

Going to the start

Allow at least 20 minutes to row up.

- Keep to the Limerick bank: the bank on your left, the buoys on your right.
- Stop and let a racing crew pass. Never pace one.
- Row up Lane Zero. Wait in the holding area until you are released.
- Released: up the Limerick side of the large buoys, turn above the last one, down the Clare side to the start.
- Jump the queue or skip the funnel: no time.



Racing

THE STOP SIGNAL

Three short, sharp blasts: every crew stops rowing at once.

Keep a lookout and wait for the nearest umpire, marshal or launch.

- The overtaking crew passes safely. The slower crew gives way in good time.
- No crew races across another's line.
- Any official who tells a crew to stop is obeyed at once.
- Steering fails: stop racing and move off the racing line.

Boats: Rowing Ireland rule 2.39

Item	Rule
Bow ball	White, 4 cm, soft rubber, secure and undamaged
Heel restraints	Every shoe, no more than 50 mm of play
Hatch covers	In place; buoyancy compartments watertight
Riggers and steering	Nuts tight; steering working
Coxswains	Lifejacket at all times afloat; manual gas in a bow-loader; no automatic
Bow numbers	Fitted by the crew before the start

Marshals check at the slips. A boat or coxswain that fails stays ashore.

Weather and the river

Weather

Assessed on the day for suitability to race. Wind speed, direction and gusts all play a part.

Visibility

At least 500 m, to the first bend.

Thunder and lightning

No racing while lightning is forecast. 30-30 rule: 30 seconds or less from lightning to thunder, every crew off the water and sheltering indoors or in a closed vehicle. No racing until 30 minutes after the last thunder.

River flow

Monitored. The Head Secretary and the Safety Officer decide if it is an issue.

Changes: announced on the PA, posted at Race Control, emailed to clubs.

Safety cover: seven boats

Boat	Station
Launch 1	The start
Launch 2	Upper course
Rescue RIB	Mid-course
Launch 3	The Canal
Launch 4	The Last Bend
Launch 5	The finish
Launch 6	The In Slip

- A driver and a second person in every launch.
- Kill cord on at all times. Lifejackets worn.
- Safety launches do safety and nothing else.
- No other boat on the course without the chief umpire.
- No drones without the Head Secretary.

Radio

Channel numbers are posted at the Race Control tent.

Race Control, rescue and umpires on one channel; marshals on another. Event business only.

Call	Means
CODE RED	Urgent medical emergency
CODE BLUE	Medical help needed, not urgent
RESCUE, RESCUE, RESCUE	Capsize, or someone in the water

On any call: everyone else goes quiet, and the start stops sending crews.

Report: what is needed · where (course names) · what happened · how many · how serious

If something goes wrong

Capsize

Stay with the boat.

Get onto the hull. Count your crew. Wait for the launch. Do not swim for the bank.

Rescued

Straight off the river.

At the nearest bank. Warmed, checked by first aid. Does not race again today.

Collapse

Call 112.

Start chest compressions. The defibrillator comes from Race Control.

Concussion

If in doubt, sit them out.

Out for the day. Checked by first aid, not left alone, does not drive.

13:00

The Bulls and Bears

Two composite eights, experienced coxswains, 500 m side by side to the clubhouse.

- Only pairs through the start before 11:00 are counted.
- Crews assemble at Race Control at 12:30 and are briefed before they boat.
- Once both eights are ready, the start stops sending head crews: a 10-minute gap in racing.
- The sprint starts only when Race Control confirms the last head crew has finished.
- An umpire follows the race. Crews ease after the finish as usual.
- Head racing restarts once both eights are off the finish stretch.

On land

The road

Main gate to clubhouse kept clear for emergency vehicles. Park where the marshals say.

Car and trailer park

Walk. Keep children clear of moving vehicles and trailers.

Juniors

A named adult on site for every junior crew. A lost child goes to Race Control.

Report it

Every incident, injury or near miss, to Race Control.

Pass it on



To every crew and coxswain before they boat.

Club representatives: sign the attendance sheet and sign for your bow numbers.

Safety Statement · risk assessment · filming notice: sent to every club before the event.

Maps: ccbc.race.rowops.ie/live/castleconnell-head-of-the-river/course

Questions?

Head Secretary · Rory Corbett · 085 226 4155 · racing@castleconnellbc.ie