



LONDON YOUTH ROWING – NJIRC 2026 HEALTH & SAFETY PROTOCOL

Event Date: Friday 20th March

Purpose: Mitigate risk associated with recent meningitis outbreak while safely delivering NJIRC.

Please note that if any child is unwell on the day of the race or has been unwell in the last few days, can we ask you not to travel and compete at NJIRC 2026. You will be given free entry into the NJIRC Virtual event for as many students as you want to enter.

1. OVERVIEW

Due to a recent meningitis outbreak affecting young people in Kent, this protocol sets out mandatory procedures for all coaches, and competitors. The focus is on reducing close-contact transmission risks and ensuring rapid identification of potential cases.

2. ENTRY REQUIREMENTS

All attendees (competitors, coaches, staff, spectators) must only compete on Friday 20th March if they can:

- Confirm they are not experiencing symptoms (fever, headache, neck stiffness, rash, vomiting)
- Confirm they have not had recent close contact with a suspected meningitis case
- Agree to comply with all hygiene and behaviour rules

Anyone feeling unwell must not attend under any circumstances

3. EVENT ORGANISER RESPONSIBILITIES

3.1 Communication

- We will circulate this protocol to all clubs at least 36 hours before the event
- Clearly display symptom guidance at registration and key points

3.2 Attendance & Traceability

- Maintain a register of all attendees (name, club, contact details)

- Ensure clubs provide accurate crew lists

3.3 Hygiene Measures

- Provide hand sanitiser stations at:
Registration
- Erg handles will be sanitised after each use.

3.4 Behavioural Controls

- Encourage no sharing of water bottles, food and utensils.
- Strongly discourage unnecessary close contact (e.g. hugging)

3.5 Medical Provision

- Provide trained first aid personnel briefed on meningitis symptoms
- Designate an isolation area for suspected cases
- Have a clear escalation plan:

4. COMPETITOR & COACH RESPONSIBILITIES

4.1 Before Arrival

- Do not attend if feeling unwell (even mild symptoms)
- Bring personal, clearly labelled water bottles

4.2 During the Event

- Maintain good hand hygiene
- Avoid sharing any personal items
- Follow all organiser instructions

4.3 Monitoring

- Coaches must actively monitor athletes for fatigue, confusion, headache or fever
- Any concerns must be reported immediately and please note that these may be harder to detect in athletes that have raced and competed.

5. SYMPTOM RESPONSE PROCEDURE

If any attendee shows symptoms:

1. Isolate immediately from others
2. Notify event medical team
3. Contact NHS 111 or emergency services if severe
4. Record details for follow-up

6. POST-EVENT GUIDANCE

All attendees should:

- Monitor for symptoms for up to 14 days
- Seek urgent medical advice if symptoms develop
- Inform their club and event organisers if diagnosed or suspected

7. COMPLIANCE

Failure to follow this protocol may result in removal from the event

KEY PRINCIPLES

Do not attend if unwell. Do not share items. Report symptoms immediately.

Issued by: London Youth Rowing

Applies to: All NJIRC participants and attendees