
BSDRA TEAM RACING CHAMPIONSHIP

FINALS

Sevenoaks School at Bough Beech Sailing Club

24th to 26th June 2026

Addendum to Event Risk Assessment

Extreme Heat (Red Weather Warning)

1. Event Details

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Assessment Focus: Extreme heat risk (Red Weather Warning conditions)

2. Purpose of Assessment

This document intends to assess the additional risks factors faced due to the current extreme heat conditions and identifies control measures to reduce risks to an acceptable level.

3. Relevant Guidance

Government guidance for extreme heat recommends avoiding strenuous activity between 1100 and 1500, maintaining hydration, minimising sun exposure, using shade, and wearing sun protection.

These are advisory but form the primary basis for this assessment.

4. Key Constraints

- No swimming permitted (reservoir owner restriction)
- Limited shade on water
- Physical activity required during peak heat hours

5. Hazard Identification

- Primary: Extreme heat exposure
- Secondary: Dehydration, heat illness, UV exposure, fatigue, delayed recognition due to wind

6. Persons at Risk

- Sailors (Medium)
- Shore volunteers (Low-Medium)
- Start/finish crews (Medium-High)
- RIB/umpire crews (Medium-High)

7. Existing Controls

- Shore shading via gazebos and trees
- Sailors and Volunteers requested to bring own water bottles; Water refill stations provided
- Encouragement of continuing hydration
- Encouragement to wear suitable covering clothing.
- Forecast light winds reduce exertion
- Approx. 50% through indirect sail shade
- Additional Volunteers to facilitate a rotation system.
- Parasol shade for start/finish boats and Beach Masters being provided.
- Management of Race Rate to extend sailor breaks ashore and to facilitate umpire and volunteer breaks.

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8. Key Risk Factors

- False cooling effect from wind
- Lack of shade for RIB crews
- Prolonged exposure; particularly for RIB Crews and Race Management Volunteers
- No immersion cooling

9. Additional Controls

- Team Managers briefing by email (Monday Night)
- Clear briefing on hydration and heat risk
- Encourage shade use and self-monitoring
- Afloat Volunteer rotation; Start and Finish boat relief crews to facilitate rotation on each boat to allow each person time to return to shore and shade
- Umpire boat numbers reduced to allow rotation of each crew ashore.
- Race rate to be managed based on temperature and conditions such that
- Encourage use of self owned PPE (hats, sunscreen)
- Provide cooling spray on slipway with safety controls
- Management of event programme
 - Wednesday - Delay first start from 1230 to 1500
 - Thursday - Review on Wednesday; option to return to shore between 1100 & 1500
 - Friday - Weather warning ends; review as appropriate.

Summary

Continued assessment of the developing heat risk is required; however the primary action of changing start times and the racing windows to avoid the highest heat of the day mean that the remaining risks can be appropriately managed.

Appendix A – Safety Briefing Checklist

- Heat Awareness: Extreme conditions present
- Hydration: Drink regularly, refill bottles
- Sun Protection: Use shade, hats, sunscreen
- On-water Awareness: Wind masks overheating
- Volunteers: Rotate regularly and check wellbeing
- Cooling: Use shaded areas and spray facility
- Escalation: Return to shore if unwell